

The Cogswell Courier



“I neither despise nor fear”

August 2019





Cogswell Courier

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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.

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CFA Historian Page

By CFA Historian Elli Gassert



DNA Testing Forces Wrenching Choices for Family Historians

“I am sorry my doing genealogy has opened up Pandora’s box”

Wall Street Journal, Monday, July 22, 2019

By Amy Goskser Marcus

Denis Cogswell sent me an e-mail with an article on DNA testing and the "forcing" of choices upon us as family historians and what our duties are. It is true to life for all those who do family histories. The article also explains feelings and emotions, conflicts and truths that are uncovered during our research. It stresses the ideal that all we find as researchers must be VALID AND TRUE. We cannot just plug in a "found fact" fact or take someone’s word as gospel, without verification! Genealogy, family history and the lives of people are important and must be of the truth. I hope with this article you all can understand the verity that Don and I chose for the next four volumes of the genealogy of our great Cogswell family. Read and enjoy. We have enjoyed even when sometimes frustrated with the immense undertaking of our history. I pray we will also enjoy the new "fruits of our labor in the genealogical history of the Cogswell family.

Sincerely, Elli Gassert, CFA historian

When she started compiling her family history, Carole Davis decided to pick up where her great-grandmother, Maude, left off.

Maude spent decades traveling the back roads of Michigan, searching courthouses for documents, scouring newspapers in small town libraries, and visiting cemeteries to confirm birth and death dates. She sought out relatives, examined family Bibles, scrapbooks and photo albums.

And she had to make some judgment calls about what she found out.

Her findings were organized in a book, which Maude noted was intentionally printed on only one side of the page, to allow “plenty of room for future generations to continue the records.”

Ms. Davis took up the challenge. Once she embraced the hobby of genealogy, as well as the unofficial title of family historian, she enjoyed advantages Maude lacked, including internet searches from a home computer and ubiquitous DNA testing.

Like her great-grandmother before her, Ms. Davis also had to make judgment calls of her own, weighing affection for her family against her duty to render an accurate account for future generations. The hardest one involved crucial information she discovered that wasn’t in Maude’s family record.

Many families boast a member who is the keeper of pictures, documents, memories and the family tree. As DNA testing spreads—there are now millions of family trees online—~that job is confounding and frequently unsettling.

Along the way, Ms. Davis, who is 53 years old, asked herself, “Do I want to know all this?”

In previous eras, people compiled histories to learn about their heritage or used the family tree to bolster social status. Resulting accounts were often a mixture of useful information and stories “that need to be taken with a grain of salt,” said Terry Koch-Bostic, chair of education at the National Genealogical Society, a nonprofit based in Falls Church, Va.

DNA tests challenge all that. Family genealogists must now juggle the privacy of their relatives, some of whom don’t want to be involved, alongside the curiosity of strangers who arrive with evidence that they are part of the family and may want to establish a relationship. “What do you owe these people?” said Steven Mintz, a professor at the University of Texas at Austin who specializes in the history of families.

Family Tree Explodes

Hoping to find new clues, Ms. Davis bought DNA tests for her parents in 2013. As soon as she got the results, “the family tree on my father’s side exploded,” she recalled.

DNA results helped lead her to a relative who accused a neighbor of hexing his cows during the 17th-century Salem Witch Trials. (The neighbor was hanged.) She was excited to find at least six kinsmen who fought in the American Revolution. Millard Fillmore, 13th president of the U.S., was a distant cousin.

Testing also turned up unexpected modern relatives.

After Ms. Davis’s parents took DNA tests, she was excited by dozens of requests for contact from people who apparently shared a common ancestor. Ancestry, the company Ms. Davis used, allows members to send messages to one another within its site.

CFA Historian Page, continued

She spent hours working with newcomers to help them figure out where they fit on her genealogical charts—and in the lives of her family. Many, she found, were curious about their roots, and nothing more.

One genetic match, a cousin, told Ms. Davis he hadn't known his father but was told he had Irish and Puerto Rican roots. She saw that both he and her father were descended from someone who emigrated in fact from neither place, but from Kilmarnock, Scotland, in the early 1900s. .

When members of her extended family reached out to the new cousin, though, he asked her to spread the word that he wasn't interested. "I can respect that," she said. "He got what he needed. He wasn't interested in establishing all these relationships."

The main family historian, Viola Maude Robinson, known as Maude, died in 1995 at the age of 97. She had five children who lived to adulthood. One was Ms. Davis's grandmother, Eva. The other four, all boys, Ms. Davis describes as gregarious, charismatic and "known for their adventures."

Last year, while making one of her regular checks on the DNA-testing account, Ms. Davis saw a new match, someone listed as a likely first cousin to her father. If confirmed, that meant the woman, named Kit Pull, was also a grandchild of Maude.

The news made Ms. Davis uncomfortable. Ms. Pull's father would have to be one of Maude's four sons, who had a total of 17 children from their marriages.

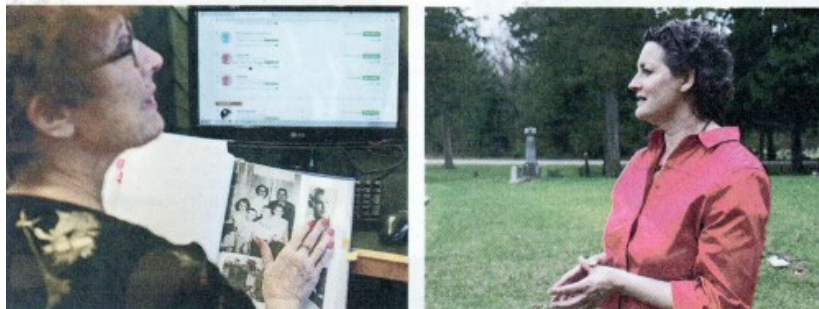
She sent a message to Ms. Pull to see if she was interested in learning more about the connection.

Ms. Pull replied right away. "I am adopted and know almost nothing about my family history," she wrote. "I would be very interested in comparing information with you."

She wanted to know the identity of her biological father. She was eager to meet any new half siblings. These would be people Ms. Davis grew up with and loved. She just didn't know which ones yet.

Ms. Davis was sympathetic to Ms. Pull's desire to know her genetic origins. But the discovery was going to change the life of other family members too, and they didn't have much say in the matter. She worried her family would be upset with her. "I don't want anyone feeling I betrayed them."

Ms. Pull talked on the phone with Ms. Davis's father, Ron Smith, who said he felt warmly toward her. "She seems



Top, Kit Pull is overcome with emotion after receiving DNA results with Carole Davis; left, Ms. Pull looks through a family history book at the library; right, Ms. Davis, in Hastings, Mich.

like a pretty good person," he said. He agreed Ms. Pull's quest might shock his cousins, but also understood the intense desire to know one's identity and history.

"All these people are human beings," he said. He was hopeful that any possible upset might wear off over time.

So on an afternoon in April, Ms. Davis agreed to meet Ms. Pull at the library in Hastings, Mich., the town where Maude grew up. They would go over Ms. Pull's DNA results and try to figure out which of Maude's four sons, all of whom are deceased, was her father.

Maude compiled the family history in books and sent copies to 25 children and grandchildren. She donated copies of the blue-bound hardcover books to the library in Hastings and to the Michigan History Center.

When Ms. Pull, who is 67, arrived, she ran across the street and gave Ms. Davis a hug. The women headed inside the library.

Ms. Pull had been adopted when she was seven days old. She described a happy childhood, adored and spoiled

CFA Historian Page, continued

by her parents. She celebrated two birthdays. On the day she was born, her parents gave her birthday presents. On the day she was adopted, the family went out for dinner. "It was always a special thing," she said.

In 1968, when she was 16, she got pregnant. Her parents sent her to a home for unwed mothers. "They told people I had gone away to school for a while," Ms. Pull said. She gave birth to a daughter, who was also adopted. .



Ms. Davis's great-grandmother, Maude, with her husband and children

In 1991, when she was 39, Ms. Pull got a call from a person who said she had been asked by Ms. Pull's biological daughter to track her down. The young woman wanted to know her family health history. When Ms. Pull called her biological daughter she told her, "I was adopted too. I know nothing about my background."

Ms. Pull, who raised two other children, wanted to help nonetheless. She asked the intermediary to help find her own biological mother. She hoped to get answers. But when they located Ms. Pull's biological mother, she refused to accept her letter.

She was devastated. "I felt like I was a skeleton in her closet," she said. Ms. Pull said her adopted parents had never been given the name of her biological father and she didn't have the heart to continue a search. Ms. Pull and her

biological daughter keep up from time to time.

In 2017, Ms. Pull's husband bought her a DNA kit for Christmas. She spat into : a tube and sent it in. When she got her results back, she saw a list of genetic matches, along with how much DNA she shared with them.

Siblings share around half their DNA. Half siblings share a quarter; and first cousins, on average, share 12.5%. Based on the numbers, Ms. Pull and Ms. Davis's father appeared to be first cousins. "I realized I had another family out there," she said.

Now she and Ms. Davis sat side by side, sharing a computer at the library, to go over the DNA results together. Both women had initially assumed Ms. Pull's father was a son named Arnold, the only one of the four brothers who had done DNA testing, because he showed up as one of her highest genetic matches.

Now that Ms. Davis was able to see the amount of common DNA, she realized Arnold and Ms. Pull didn't share enough to be father and child. He was her uncle.

Children of two of Maude's other sons had also done DNA testing. They were genetic matches for Ms. Pull, but the results indicated they were her first cousins, not her half siblings. "It hit me at the same time as it hit Kit," said Ms. Davis. There was only one brother left.

Richard was Maude's oldest son, a decorated World War II hero. In 1942, pinned down with his unit during the Battle of Guadalcanal, he came under enemy fire, taking shrapnel in the chest. In the confusion of wartime, the Marines sent Maude a letter informing her Richard had been mortally wounded. Maude collapsed in shock.

Three weeks later, Maude received a letter from Richard and learned he was alive and recovering in a military hospital. He later received the Purple Heart.

Ms. Davis took out her own copy of Maude's book, and showed Ms. Pull a picture of a young man in a sharp military uniform. "This is my father," Ms. Pull said, her voice filled with wonder. "Welcome to the family," Ms. Davis told her. Ms. Pull started to cry.

Of the four brothers, Richard was considered a straight

CFA Historian Page, concluded

arrow. He worked in a factory in Lansing, then returned home in the evening to more responsibilities on the family farm. He doled out advice and help to the extended family. He and his wife, both deceased, were married almost 52 years. Richard's wife cared for both Richard and his mother, Maude, during their final illnesses.

The women did a quick calculation; Ms. Pull was born less than a year after the youngest of Richard's four children. "Do you think my siblings will accept me?" Ms. Pull asked. Ms. Davis said it would be a shock to them, but, nonetheless, promised to reach out to Richard's daughter, Rebecca, with whom she was closest, to share the news.

After Ms. Pull left, Ms. Davis stopped at the local cemetery to visit Maude's grave, pulling out weeds that had grown around the headstone. She was happy for Ms. Pull, but nervous about what lay ahead.

In May, she told Richard's daughter, who is 71, about the DNA test results. Ms. Davis asked her whether she would take a DNA test to confirm the suspicions that her father was also Ms. Pull's father.

"She said, 'Oh,' she didn't say anything," Ms. Davis recalls. "That was the moment my heart started to hurt."

She told her cousin, "I am sorry my doing genealogy has opened up Pandora's box."

"A week later, she contacted her again. Rebecca had decided to take the test. In June, Ms. Davis got a text at 6 a.m. from Rebecca. The results were back. They got on a call and went over the numbers.

Based on the amount of shared DNA, Rebecca and Ms. Pull were indeed half sisters. Ms. Davis said Rebecca thanked her, then ended the conversation.

New Territory

Ms. Pull checked her Ancestry account page. After weeks of waiting, she saw Rebecca's name on a list of her genetic matches. "There is a lump in my throat," she said later that day. She had her confirmation.

Ms. Davis and Ms. Pull couldn't figure out how Richard might have met Ms. Pull's mother. At the time Ms. Pull was born, her mother was unmarried and 33 years old. Richard would have been 29, busy raising four young children. "The answer is probably lost to history," Ms. Davis said.

The repercussions weren't. Ms. Davis found herself navigating new territory, as the intermediary. During one conversation, Rebecca asked, What does Kit want?

"I don't really know," she replied.

Ms. Pull asked her to pass along this message: "I want to know if any of my brothers and sisters are interested in developing 'a relationship with me.'" Then she apologized.

"I'm sorry you're in the middle of all this and you have to be my back and forth," she told Ms. Davis. "I love you."

Recently, Ms. Davis drove her father to Ms. Pull's house so the first cousins could meet. She wanted her to know that, no matter what happens, "Kit has found family with me and my dad."

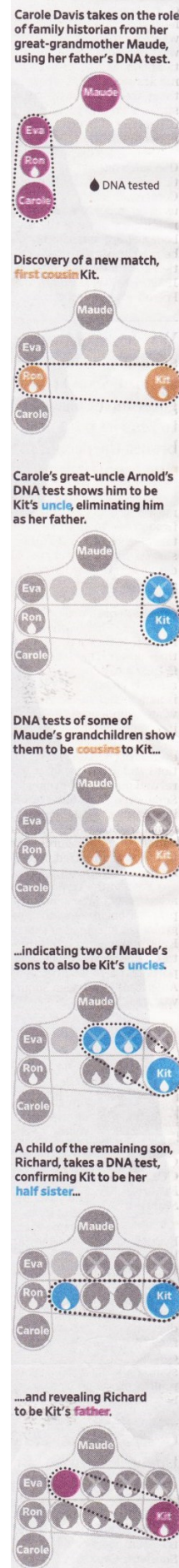
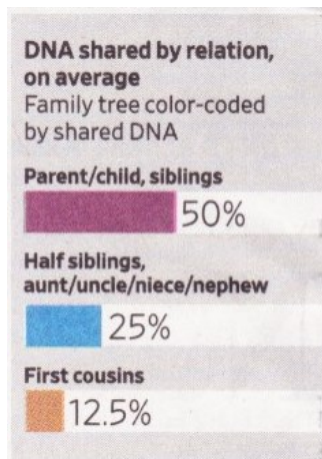
When it came to genealogy, Ms. Davis considered herself Maude's heir, solving historical puzzles to add to the blank pages in her great-grandmother's book. She assumed Maude presented all the information she found about the sprawling family.

Then a few years ago, while doing her own research, Ms. Davis discovered spots in the book where Maude's record was incomplete.

In one case, one of Maude's other sons had a child with another woman the same year his wife gave birth. In the blue book, Maude moved the birth date of the other woman's child to a different year. Ms. Davis thinks Maude didn't want people to know both women were pregnant at the same time.

Ms. Davis had always felt that people's foibles and challenges made them relatable and should remain part of the official record.

After her own recent experiences, she saw Maude's choices in a new light. "I might be a little bit more like Maude than I thought," she said.



Getting to Know Priscilla Greenlees



1 What is your best childhood memory?

My father taking me with him, in 1940, flying to New York on his business trip to meet a diamond merchant to buy diamonds for his diamond tool business. I spent most of the time there picking up little diamond chips from the floor. The merchant then let me hold a huge piece of uncut diamond, explaining that he was deciding how to best divide it into smaller pieces.

2 If you had a chance for a “do-over” in life, what would you do differently?

Pursue my first passionate interest, which was in the late 1940’s—genetics!

3 How did you and your husband meet?

Through mutual friends.

4 What do you feel most proud of?

My children and grandchildren.

5 What is your favorite music?

Classical—Bach et. Al. and operas.

6 If you could travel anywhere, where would you go and why?

Back to Norway to visit my paternal grandparents descendants families again.

7 If you could only keep five possessions, what would they be?

The embroidery piece done in 1844 in Christiana, Norway, by my paternal great grandmother which laid out her family tree. And a few old relics from my ancestors.

8 What teacher in school made the most impact on you and why?

My high school biology teacher in 1949 who was fascinated with evolution.

9 What do you want your tombstone to say?

It has already been “planted” - next to my parents, maternal grandparents, great-grandparents and great-great-grandparents, as well as my second husband.

10 What was one of your most defining moments in life?

Not marrying my first true love—because my parents disapproved; he was a foreign student at UCLA (yes, we were classmates) from Alexandria, Egypt and a Moslem. His parents disapproved of me because I was white, blond and blue-eyed; they threatened to kill me if I married into their family, so we ended our engagement.

11 What is your profession and why did you choose that profession?

I was a Medical Office Manager and a Certified Physician’s Assistant, having studied bacteriology, business and office management.

12 How do you spend your free time?

Traveling visiting old friends and finding new ancestors.

13 If you won the lottery, what would you do?

Give it all away to my favorite foundations.

Getting to Know Priscilla Greenlees—Concluded

14 Who do you most admire in life?

My father—an honest, hard-working, loving individual.

15 What are your top three favorite books and why?

The Bible and anything about archeology, evolution and genetics.

16 What are you most afraid of?

Losing the ability think using my own brain.

17 What feels like love to you?

Kindness.

18 What is your strongest personal trait?

Focusing on the most important problem at hand.

19 What was your most embarrassing moment?

I don't remember one.

20 If you were president, what is the first thing you would do?

Probably resign; I am not fond of politics.

21 What age do you feel right now and why?

I am 87 and I feel old and slowing down, but still anxious to accomplish a few special goals before the end comes.

22 If you could witness any event of the past, present, or future, what would it be?

The actual moment when Watson and Crick discovered they had actually found the double helix.

23 What is a skill you would like to learn and why?

At my age I just want to keep up with the skills I already have.

24 What does a perfect day look like to you?

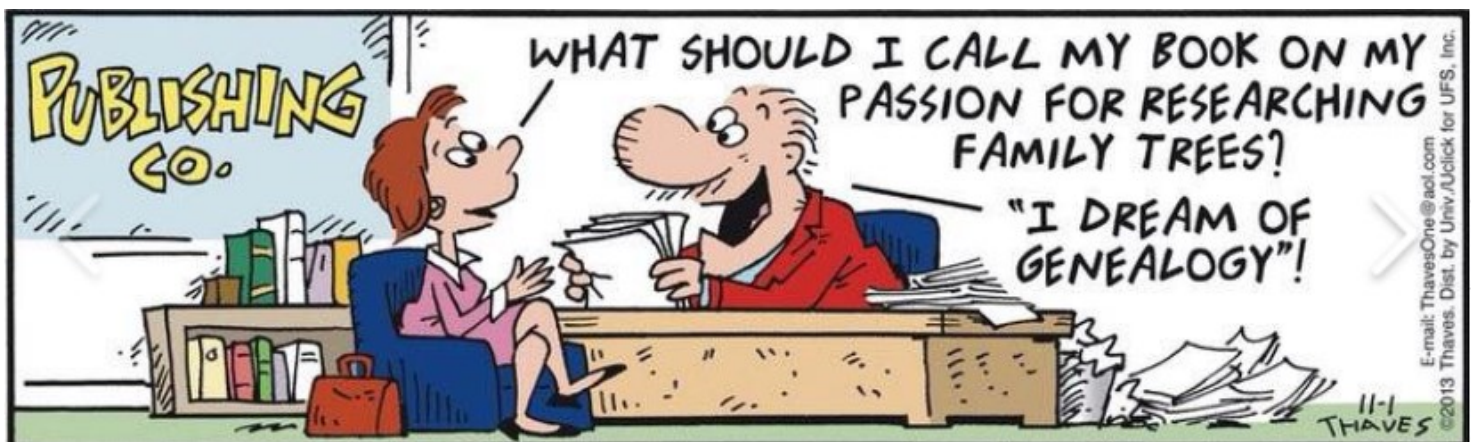
When it ends and I have finished my goals for the day.

25 How would your friends describe you?

Probably quiet, honest and picky perfectionist!



Shhhh!
Be vewy,
vewy quiet.
I'm hunting
forebears.



Andria Cogswell—Animal Chiropractic



150 pounds can manipulate the joints of a horse weighing half a ton or more, but chiropractic is not about brute strength.

“It’s about knowing the skeletal system, the angle of the joints and adjustments, and the horse and chiroprac-

tor being correctly positioned,” says Cogswell, adding that relaxation on the horse’s part is also important. “If the horse is tense, resistant or fearful, you can’t adjust him easily, if at all.”

The ultimate goal of chiropractic is to relieve pain and restore normal function. With proper alignment of the skeletal system, neurological function and balance of the body’s other systems can be restored.

“I take a spine that isn’t moving well and encourage it to move better, because this leads to better function of the skeletal system and also the nervous system,” says Cogswell.

In essence, chiropractic puts the horse’s body in the best position to heal and maintain health.

The number of chiropractic treatments needed depends on each horse’s individual situation. In many cases, a specific problem can be addressed in only a couple of treatments. That makes chiropractic remarkably effective when you look at it on a cost basis.

Cogswell typically sees a horse for the first time because of a problem that is affecting performance. Once owners see how chiropractic can address these issues, they often opt for maintenance visits every four to six weeks in hopes of avoiding acute conditions in the future.

Chiropractic Therapy for Horses

By Cynthia McFarland

Horse Illustrated, August 2017

Once considered “alternative,” chiropractic, along with therapies such as acupuncture and massage, are now viewed by knowledgeable horsemen as “complementary.” None of these therapies will replace traditional veterinary medicine, but in the right situations, they can enhance and improve a horse’s health and well-being.

“It’s not a matter of ‘either or,’” says Andria Cogswell, DVM, who has been a veterinary chiropractor since 1999. “You can use traditional veterinary medicine and then add chiropractic to complement it. For example, a horse with a lameness problem may still need to have his hocks or stifles injected, but will also benefit from chiropractic adjustment.

“In the last decade, there has been much more awareness of chiropractic, and it’s much more accepted,” Cogswell continues. “I find that by the time an owner calls me for an appointment, they’ve usually talked to other people and found information through the Internet and social media. People don’t tend to have the same amount of skepticism they did even 10 years ago.”

It might seem hard to believe a human weighing

Andria Cogswell—Animal Chiropractic—concluded

When the chiropractor comes out for an initial visit, don't be afraid to ask questions. A good chiropractor wants you to understand what is being done to your horse.

"Educating the client enhances my business," says Cogswell. "The more educated my client is with what I'm doing, the better they are able to judge when the horse needs chiropractic attention, and then issues won't be put off."

Andria M. Cogswell MSc, DVM, CVC, CVA

Certified in Animal Chiropractic & Equine Acupuncture

Dr. Andria Cogswell grew up on a dairy farm in Nova Scotia, Canada and it is no surprise that animals were a large part of her life. She was an active 4-H member, where she got her start in competitive riding.

Dr. Cogswell completed her undergraduate degree in Biology close to her hometown, at Acadia University in Wolfville, Nova Scotia. After a couple of years working with show horses, she returned to school and completed a Master of Science in Exercise Physiology from York University in Toronto, Ontario. In 1996 she graduated from the Atlantic Veterinary College in Prince Edward Island with a Doctor of Veterinary Medicine. She went on to practice at 2 different mixed animal practices and then an all-equine practice. It was

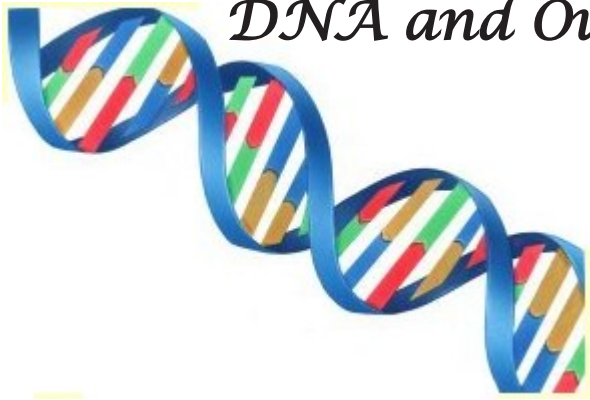
while working at the all equine practice that she began courses in Animal Chiropractic. In 1999, she completed her certification in Animal Chiropractic with Options for Animals and continues to maintain her certification with the American Veterinary Chiropractic Association. Looking to go beyond the limitations of chiropractic care, she enrolled in the Chi Institute in Gainesville, Florida, completing the Equine Acupuncture course in 2009 and is a Certified Veterinary Acupuncturist.

In 2010, she started Cogswell Veterinary Chiropractic & Acupuncture, LLC (CVCA). After continuing to build her business, she resigned from the University of Missouri College of Veterinary Medicine in 2011 to pursue her passion in Equine and Canine Chiropractic and Equine Acupuncture full-time.



Now working as a specialist veterinarian in animal chiropractic and equine acupuncture, she enjoys working closely with several top-notch traditional veterinary practices and has a professional working relationship with Equine Medical Services in Columbia, Missouri, Peterson and Smith Equine Hospital in Ocala, Florida, Buffalo Ridge Animal Hospital in The Villages, Florida and Columbia Canine Sports Center in Columbia, Missouri.

See www.cogswellvet.com.



DNA and Our Family History

By Ed Cogswell



We've been hearing a lot about DNA tests recently. The articles we see online, in the newspaper and on TV have talked about unsolved criminal cases from decades ago. Now, some of the people that got away with murder are now being brought to justice, based on DNA evidence. So, what is this DNA business all about, and how can it help us with genealogy? I thought I'd address this in this article. I am no expert, but I know enough to stimulate some conversation. So, here goes...

DNA, or deoxyribonucleic acid, is the hereditary material in humans and almost all other organisms. Nearly every cell in a person's body has the same DNA. Most DNA is located in the cell nucleus (where it is called nuclear DNA), but a small amount of DNA can also be found in the mitochondria (where it is called mitochondrial DNA or mtDNA). Mitochondria are structures within cells that convert the energy from food into a form that cells can use.

The information in DNA is stored as a code made up of four chemical bases: adenine (A), guanine (G), cytosine (C), and thymine (T). Human DNA consists of about 3 billion bases, and more than 99 percent of those bases are the same in all people. The order, or sequence, of these bases determines the information available for building and maintaining an organism, similar to the way in which letters of the alphabet appear in a certain order to form words and sentences.

Years ago, I thought I'd dive into this DNA world. I was hoping that I'd find more about my distant cousins, and that somehow I could start addressing some of the questions I had about my family's past. I wasn't sure where to start, so I did a little searching on the internet. I found that a lot of different genealogy companies were using DNA, but how could I decide

what company was worth my while. I found that 23andMe had been recognized by the US Government as having a good process, so I went in with them.

Today, if we do an internet search, looking for genealogy companies, we'll find that 23andMe still is amongst those companies that are recognized as being good at what they do, but here are the top 10 services today:

1. [Ancestry.com](https://www.ancestry.com)

- #1 selling consumer DNA test
- More than 10 million people used AncestryDNA
- Estimates origins from regions around the world
- Provides DNA matches with possible relatives
- Tie your DNA results to the largest online collection of family history records
- Add Traits and learn more about your personal traits



2. [MyHeritage.com](https://www.myheritage.com)

- 24/7 Customer Support
- Features 3.2 billion profiles
- Get results in 3-4 weeks
- New relatives may only be added to a family tree with his or her consent
- DNA sample destroyed upon request
- Comprehensive privacy settings



3. [23andMe.com](https://www.23andme.com)

- FDA-approved health component
- Ancestry and Health + Ancestry plans
- CLIA-certified lab
- Database of over 3 million
- Checks hundreds of thousands of genetic markers



4. [Vitagene.com](https://www.vitagene.com)

- DNA analysis for your optimal health
- Customized menus based on your DNA
- Supplementation plans to reach your goals
- Interactive map of your ethnic story
- Fitness routines based on your genetics
- Skin and Beauty Report based on your genetics



5. [Orig3N.com](https://www.orig3n.com)

- Includes both Fitness and Nutrition kits at less than half their combined price



DNA and Our Family History—continued

Nobel Prize-winning technology
No spit—just swab and send your sample
Receive an analysis of genes that may reveal key aspects of nutrition and fitness
Optimize workouts, adjust eating habits, and avoid adverse food reactions
Samples never leave the on-site lab; all test results are encrypted

6. [FamilyTreeDNA.com](#)



3 main tests: the Family Finder (autosomal), Y-DNA, and mtDNA
Results in 4 to 8 weeks
Watch a detailed geographic and ethnic breakdown of your ancestors
Find out how much autosomal DNA you still carry from ancient European civilizations
Compare DNA segments with your genetic matches

7. [LivingDNA.com](#)



Tests for 650,000 genetic markers
Ancestry results go back 10 generations
Partnership with over 200 laboratories
Young, growing company
Invested in mapping out the world's genetic roots

8. [HomeDNA.com](#)



7 DNA tests to choose from
Tests for detailed ancestry in Asia and Africa
Analyze your nutrition and exercise in addition to your ancestry
Buy at a store near you or 24/7 online with free shipping on all tests
Results in as little as 6 weeks

9. [Nutrisystem.com](#)



Helps user understand genetic effect on their metabolism
Easy to use kit that can be performed at home
Cheek-swab procedure with results ready in two minutes
Receive free, personalized nutrition plan based on DNA results
Free prepaid envelope in kit to send DNA sample to a certified lab.

10. [DNAConsultants.com](#)



18 Marker Ethnic Panel

Autosomal, Y-chromosome, and mitochondrial tests
Specializes in Jewish and Native American ancestries
Personal ancestry reports written by historians and professional writers
Results processed by DNA Diagnostics Center

I can't address the other companies that do DNA testing, but I have been a client of 23andMe for a decade or more (it's been so long, I really don't remember when I started). It all started with me purchasing a kit for about \$99. Once my kit arrived, it was time to register it and send in my sample. That required filling a vile with saliva and mailing it to them. A pretty easy process for me! I received my information about a month later. I haven't sent 23andMe any money since this initial purchase.

Since sending in my sample of DNA, I have been contacted by quite a few cousins (and surprise, they live in provinces in eastern Canada), and I've also responded to many survey's that 23andMe has asked me to participate in. To date, I have completed 94% of all of the total surveys available. Basically, I respond when 23andMe sends me a request via email. As I understand it, I am one of thousands of people that have responded to these survey requests. All of these answers are put in a data base that 23andMe maintains. After a while, 23andMe started seeing a correlation between certain labels in DNA with certain physical traits, and these traits can be used to notify people of the tendencies they may have physically. Just because you have a tendency to develop a particular disease or trait, it doesn't mean you will! It is interesting to see what health issues I may develop based on my DNA.

Anyway, I had been harassing my brother (Howard Cogswell, President of the CFA) to take the same test offered by 23andMe. I joked with him about us determining whether we ARE truly brothers. I am happy to report that Howard and I ARE related. Yet, his DNA only matches 51% of mine, so 49% of his DNA is not common to mine. That ensures that we will indeed remain different people. That is lucky for us all!

DNA and Our Family History—concluded

So, DNA testing is something that you might find interesting, but I'd stay with companies that are highly rated. I'm not sure if all DNA Research Companies share this DNA information in a common database. So, I have my DNA in 23andMe, but it may not exist in Ancestry. I'm not sure about that. Yet, this whole topic is interesting to me. [If you have any questionable history in your past, however, tread cautiously here. There are people going to prison now, based on the evidence that DNA was able to provide to the courts.]

If you know more about this than I do, and I'm sure there is someone out there reading this article that does, feel free to submit an article to The Courier. This is certainly an interesting topic to most of us!

From Howard:

My wife and I got our kits as Christmas presents. We set them aside and kept putting off getting around to registering and sending in our sample, thinking it was a long process.

When we finally got around to doing it, we realized it was MUCH easier than we thought and sent our kits in. Results arrived in a few weeks.

The results show your nationality breakdown, as well as DNA matches, but only in the data base that you have purchased. I matched with my brother, but other distant cousins were less than a 2% match. I didn't see any Cogswell surnames though. Probably would be different if I tested with Ancestry.

I understand there is a site that allows you to upload your number from any DNA source - it will compare your DNA with anyone else who had their DNA done - no matter what company was used.

What you need to get this done is the GEDMATCH NUMBER, which is unique with each person.

<https://www.yourdnaguide.com/upload-to-gedmatch>

We still have to find out HOW to get that number.

According to an informal Facebook Page inquiry on the Cogswell Family Association page, it seems like most people did their DNA test with Ancestry. They also seem to have the most samples there. I may want to branch out there as well.

I'm still new at this, but intrigued. Please share with us your experiences....



Editor's Note:

The YourDNAGuide.com site contains many resources to help you in your DNA-based genealogy research. There are a number of quick guides for many of the DNA services (Ancestry, 23AndMe, etc.) - you may want to review a guide for the service you are contemplating using before using their service.

A recent [Wall Street Journal article](#) covered the case of two sisters who both took home DNA tests, only to find out that they had different fathers. This uncovered a family secret that caused considerable distress in the family.

I have heard several reports that suggest that some (many?) of the DNA testing companies sell their DNA information to government agencies, so if you have anything in your past that you wish to keep secret, think twice about doing any DNA tests.



Westbury Wiltshire News



Contributed by Malcolm Cogswell

Westbury Leigh CE Primary School celebrated World Book Day officially last Wednesday by dressing in pyjamas, although they had been celebrating all things books for the previous two weeks.

The Rotary Club of Westbury, in conjunction with Avon Valley Runners, organized the sixth annual Imber Ultra Marathon earlier this month. Starting from Leighton Sports Centre in Westbury, runners set off on the challenging 33-mile route around the Imber Range path, calling at manned checkpoints at Scratchbury, Chitterne, Tilshead, Highland Cottage and Bratton Gate, before returning to the Sports Centre.

Wiltshire residents have been donating red items all week to create a massive red nose for the Hill White Horse. The team battled wind and rain to stake the nose to the chalk hillside. It will be removed on Monday, with the material being recycled locally.

At primary school in Westbury Leigh pupils donned red noses and dressed in red for a fundraising event. At the Watersmead care home at Westbury staff and residents also donned fancy dress and red noses to help raise more than £63 million in this year's Comic Relief Red Nose Day.



Wiltshire Council wants to save £250,000 by closing six of the current 17 centers. Westbury White Horse center is threatened. Mum Delcey Orchard-Smith, who lives in Westbury and is training to help other women breastfeed successfully, said: "It could mean that people from three towns will all have to use Studley Green."



Seven of the Westbury schools took part in a concert sponsored by the Westbury Lions. Each school prepared a song on the theme of 'I Can' which hopefully will have inspired the children that they can do or be anything they choose. Other highlights of the evening were a duet by sisters Florrie and Faith Leitch, students at Westbury Leigh C of E Primary School and Matravers School respectively, who performed a song that they had written themselves called 'Overcoming Hurdles'.

Annie Bell, A 14-year-old Matravers School pupil, competed in the Junior Miss British Isles modelling competition as Junior Miss Westbury in the category for girls aged 11-15 in May. The winner received a modelling and promotions contract.

A Westbury family are fundraising for Bristol Children's Hospital to say thank you for looking after twins, Dean and Jack, who were born 10 weeks prematurely, back in 2003. Dean was diagnosed with Nemaline Myopathy. His condition causes him to have breathing difficulties and in the future he will be on an oxygen mask at night.



Firefighters at Westbury staged a charity car wash to raise £400 for the Fire Fighters Charity March 30th at the town's fire station in Meadow Lane with firefighters washing cars in return for donations. The Fire Fighters Charity provides help to serving and retired personnel, their widows/ widowers and young dependents. It provides sheltered accommodation, recuperative facilities, rehabilitation and therapy, as well as giving financial support to those who need it.



Family and friends of a terminally ill Westbury man, Jim Penny, are raising money for special targeted therapy to prolong his life. Jim has been diagnosed with stage 4 prostate cancer, which has spread to his left pelvis, back of his liver, spine, chest cavity and lymph nodes. In the next few weeks he will begin an intensive round of chemotherapy.

The mayor of Westbury, cllr Ian Cunningham, hosted the annual civic awards. This year, awards were presented to the cleaner of the town's public toilets, Linda Millard; town litter collector, William Phillips; head teacher at Westbury Church of England Junior School, Richard Hatt; community volunteer, Radek Evans; The Westbury Branch of the Wiltshire Family History Society; and World War One commemorations volunteer, Lieutenant Colonel Andrew Field; with a special mention to Poppy organizer, Bill Prior.

Rena Bradley received her congratulatory telegram from the Queen; hand delivered by Westbury town crier John Hadfield in full regalia, on her 100th birthday, April 19th. Her two sons, Stephen and Martin, had travelled all the way from New Zealand with their wives



Westbury Wiltshire News—concluded

for the celebration. Rena said: "It's been a lovely surprise. I never expected to live this long."

Wiltshire parents plan protest to save six children's centers from closure, including a center at Westbury White Horse. They say there won't be enough support for them if six centers close. Mums who use Westbury Children's Centre at Westbury White Horse handed in a petition with over 500 signatures in support of keeping the building open in the town. An amendment has been agreed that will see Westbury children's center closure delayed until the autumn.

Matravers School at Westbury has been forced to halt a complaint about an Ofsted inspection report because of the high legal costs of pursuing it further. The school's head teacher Dr Simon Riding said they had wanted to precede to a judicial review challenge the report, which rated the 863-pupil school as "requires improvement", but would face a £100,000 legal bill to take it further. He said: "We firmly believe there are fundamental flaws in the conclusions reached by the inspection team during their October 2018 inspection. We have received numerous communications from parents and the wider community who agree that the published report simply does not accurately reflect the school."

Westbury Leigh Primary School's year 4 children have 'dug' their way into a new term by becoming young archaeologists.

A selection of "pre-loved" books is on sale at Westbury Leigh Community Hall, 3 – 5pm on May 11th for 50p each or 3 for £1 – plus some "specials" individually priced. All money raised will go towards hall funds.

Walkers from churches across north Wiltshire joined together in the marathon hike from April 27-30. The route took them past all eight white horses carved into the hills in a bid to raise cash for maternal healthcare in Sierra Leone as ten women a day die there in childbirth. With walkers stemming from several different Churches

in North Wiltshire to raise funds for Christian Aid, they will have raised in excess of £2,000. 16 walkers, eight horses, four days and two dogs made one fantastic challenge. The intrepid hikers were from Westbury and five other towns.

Ed Scragg, who is originally from Westbury, has been selected for the Wales squad for the U20 world championship ahead of the tournament in Argentina next month. The 18-year-old forward is currently studying sports management at Cardiff Metropolitan University and plays rugby for Dragons' U23 team as a lock.

Leighton Dyer has invited around 38 of his classmates at Westbury Leigh Primary School to stay up all night at the Leigh Park Community Centre to celebrate his 11th birthday and to raise funds for the charity Asthma UK. The youngsters plan to play games and other activities overnight on May 16th and 17th.

Civic duties changed hands in Westbury May 19th as Mike Sutton was unanimously sworn in as a new mayor.

The Friends of Westbury Leigh School held their summer fair July 5th. At 5pm, they cut a ribbon and the school choir performed to unveil their new amphitheater which has been funded by fundraising and donations.

More than 350 pupils at Westbury Leigh Primary School showed their support to UNICEF by taking part in this year's Soccer Aid Fundraiser. The £200 raised by the school will be doubled by the Government to help change the lives of children worldwide who don't have easy access to their human rights.



Cogswells in the News and Sports

Contributed by Malcolm Cogswell



Naturalist **Anthony Cogswell** gave a talk on how animals and their habitats are linked in the food web, life cycles, and predator-prey relationships in this program March 9th, Westchester County, NY.



Theresa Cogswell, past chairman of the A.S.B. and industry mentor, received the Robert A. Fischer Distinguished Service Award that recognizes the outstanding service and leadership an individual has contributed to the A.S.B.



Cole Cogswell (19.71) scored points for the team in 11th place in the B of the 50 free. The all-senior 200-yard medley relay Cole Cogswell's team dropped a second off their best time, but compared to the rest of the field, their 1:24.71 finish was only good for fifth. In the 200-yard free Cole Cogswell's team had a total time of 1:17.50. The time improved their own season best by almost half a second. Unfortunately, it was not good enough to reach the podium, and the team settled for fourth. Cole Cogswell (43.23), placed fourth in the 100-yard freestyle. Stanford's team including Cole Cogswell, (2:51.67) finished fourth in the 400-yard freestyle relay in the final swim of the championship.

In Danville, Mass., **David Cogswell** is running for Selectman.

Robert Cogswell, 56, of Dillsboro, Indiana was identified as the victim of a fatal motorcycle crash. Witnesses said Cogswell changed lanes and accelerated past slower traffic. As he entered a curve, his motorcycle traveled off the left side of the road, and Cogswell lost control and was thrown from the motorcycle.

C. Alan Cogswell and **Jamie Cogswell** were recognized for their 7 years of active service at the 85th annual Meeker (Colorado) Fire Rescue Banquet on March 9th.

The Berkeley County Science Fair was held Feb. 16 at Spring Mills High School. Those placing in the top three, advanced to the regional event held March 12 at Potomac State College. Behavioral & Social Science: first place, **Ella Cogswell**, Potomac, WV.

Mallory Cogswell received honors for Grade 11 on the Nokomis Regional High (Newport, Maine) second quarter honor roll.

For the Ohio University Board of Trustees, **Cindy Cogswell** will oversee the department's efforts to improve its departments and assess student employees.

Seattle University's men golfers were tied for fifth place. **Nathan Cogswell** of SU was tied for 12th with a 73-72 1-over total.



Layne Cogswell roped a pair of hits for the Eagles in a baseball game between Edgerton (7) and North Central (5).

Bryan (Ohio's) **Andrew Cogswell** claimed the lone triumph for the Golden Bear boys, winning the long jump relay March 29th.



Sydney Cogswell contributed to the scoring spree in the bottom of the fifth inning, extending the Colonels lead 10-6, in a doubleheader, 14-7 in game one, and 4-3 in game two.

Kimberly Cogswell, a mental-health technician at Washington's state-owned psychiatric hospitals where assaults by patients have been on the rise, is among workers who want lawmakers to back Gov. Jay Inslee's budget proposal, which would fund more than 800 full-time employees at the hospitals.

North Central Local Schools (Bryan, OH) recently recognized its subject award winners in grades four through six, including **Gradin Cogswell** (social studies).

Jason A. Cogswell Jr made the Grade 6 Honor Roll of Kesling Middle School, La Porte, IN.

Patricia Cogswell, Acting Deputy Administrator, Transportation Security Administration, opened a half-day conference in Arlington, Virginia, with a keynote address. She told the audience of business and government executives that



Cogswells in the News and Sports—concluded

current security measures at the nation's airports have significantly reduced the chances of lapses in pre-boarding passenger screening and at checkpoints.

In the Mid-Maine Technical Center third quarter honor roll for the 2018-19 academic year, **Hope Cogswell** achieved Honors in Medical Careers.

Chris Cogswell, age 26, of Chicago, IL, ran the Boston Marathon April 15th, 2019, in 3 hours, 49 seconds to finish in 2760th place.

James Cogswell received honors on the Bangor (Maine) High School third quarter honor roll.

Random Row Brewing Company hosted its second annual St. Baldrick's event. Those in attendance could shave their head, volunteer, or donate

toward the St. Baldrick's Foundation. **Bill Cogswell's** reason for saying goodbye to his hair was in honor of his daughter, Olivia. "It was pretty devastating at the time, my wife and I were obviously pretty, very scared that you know because it is a life-threatening disease," he said. "I am a cancer survivor and now

that I am cancer free. I believe in fighting back so that no child has to go through what I went through," said **Olivia Cogswell**.

Nathan Cogswell was the last man standing in the men's division of the Washington Champion of Champions, finishing with rounds of 68-67 at the Home Course in DuPont, Wash. in a three-way race to the finish. Cogswell held on to win by a single shot. Nathan finished third at 5 over par (76).

Cogswell led day two for the Redhawks as he went two under par, collecting a score of 69. Seattle U maintained their momentum going into the final day, as they finished in third place. Cogswell ended the day with a 71.

Injured senior **Max Cogswell** threw one pitch. Cogswell is out for the season, but head Coach Josh McKittrick wanted to get him in for one pitch on Senior Night in

Marietta (BA) High's 8-0 win over Logan April 30th at Don Schaly Stadium.

The Farwell (Mi) baseball team won a double header. **Johnny Cogswell** had three hits in the first game to lead Eagle the offense with Cogswell driving in three runs. Game two lasted just three innings, with Cogswell tossing a no-hitter and striking out seven batters. Cogswell had two hits and drove in two runs. Johnny Cogswell took the loss for Farwell, tossing five innings and striking out nine, May 16th. Johnny also plays football.

Freeport's (ME) **Justin Cogswell**, left, picks up the ball in Saturday's boys high school lacrosse game against Freeport.

Herberg Middle School (Pittsfield, MA) 3rd quarter honor roll (Pittsfield) Grade 7: honors: **Kira Cogswell**.

Sanborn baseball had an 8-6 victory over Manchester West. **Jacob Cogswell** tossed six innings to pick up the win and drove in a run.

Juliana Cogswell, 14, of Tinley Park was rehearsing for "Frozen Jr."

Camille Cogswell got her start at a Bruegger's Bagels in Asheville, N.C. After graduating from the Culinary Institute of America, she worked in New York City before landing in Philadelphia, where she's been creating Israeli-inspired desserts with her own modern twist at Zahav under Solomonov's tutelage. That's where she caught the eyes of the James Beard Foundation. Cogswell, 28, was named Rising Star Chef of the Year in 2018. She's only the second pastry chef ever to win the award. A bright future will be hers. In one of several new openings to come for Solomonov and his team, Philly is about to celebrate the opening of K'Far, an Israeli bakery and cafe that will be helmed by Cogswell.

Hunter Cogswell had two hits and three RBI's to lead the Tornados past the Bishops, May 8th. Cogswell, the winning pitcher, combined on the two-hitter. Cogswell fanned five.

Colton Cogswell was a Valedictorian at Bloomington High School May 26 at Grossinger Motors Arena, Bloomington, IL.



Cogswell Hall



About YWCA Greater Cleveland:

YWCA is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom and dignity for all. YWCA Greater Cleveland was established in 1868. It is the seventh oldest YWCA in the country and one of the oldest continuously operating nonprofits in Cleveland. For 150 years, YWCA has fought to bring shelter and structure to the vulnerable, to build greater racial equity and to provide a space where women's leadership is valued and promoted. [Read the Full Article](#)

Visit their website to learn more:

[\(https://www.ywcaofcleveland.org/\)](https://www.ywcaofcleveland.org/).

Cogswell Hall and YWCA Greater Cleveland Enter Into Management Agreement

Upon the retirement of **Cogswell Hall Executive Director, Diana Cyganovich**, on June 30th, 2019, the YWCA Greater Cleveland will step in to support the organization through a management agreement as they explore and develop a strategic partnership together. Diana has led the organization since 2002 and announced her retirement plans to the Board of Directors in 2018.

Cogswell Hall and YWCA have a shared history as charities founded by dynamic women leaders in the mid-1800's - visionary women who established a tradition of service to those on the margins of society that has remained core to both organizations. "Today, Cogswell Hall and YWCA individually strive to address the threat of homelessness. Together, we share a vision of providing access to quality housing for all those living in Greater Cleveland," said YWCA President & CEO, Margaret Mitchell.



Diana Cyganovich

Retired as director of Cogswell Hall in June.

2019 Cogswell Family Reunion - Nova Scotia



The 2019 Cogswell Family Association Reunion is over, but those who attended will have many great memories of their time in Nova Scotia's Annapolis Valley. Many of the attendees stayed at Old Orchard Inn in Wolfville. The hotel overlooks the Annapolis Valley, Midas Basin and the Dykeland's Cornwallis River that fills and empties with water from the Bay of Fundy twice a day.

Forty Seven people attended Friday Night's banquet, including several local Cogswells. Our dinner had a definite Annapolis Valley theme to it. Except for haddock from the nearby North Atlantic Ocean, everything was grown or raised in the Valley. We were blessed to have Judith Norton as our guest speaker. Judy has a keen interest in the Nova Scotia Planters; their lifestyle, community development,

and religion of which Hezekiah Cogswell was one. Judy has spent countless hours doing genealogical research, with a real focus on Planter families. Currently, she chairs the Community and Family History Committee at the Kings Historical Society and Museum. More about Judy's talk is elsewhere in this Courier.

What we did learn, the Province of Nova Scotia changed hands many times after the French first settled it in the early 1600's. In the mid-1700's the final battle of the French and Indian War for Nova Scotia occurred, and the English took over control of Nova Scotia. Those who refused to pledge their allegiance to the King of England were expelled from Nova Scotia. A significant number migrated to Spanish Louisiana, where 'Acadians' eventually



2019 Cogswell Family Reunion - Nova Scotia



Judith (Judy) Norton , our guest speaker

became the Cajuns. Others returned to France. This left a lot of property unattended in Nova Scotia. So the expelled French had nothing to come back to, so the Governor of Nova Scotia extended an invitation to those in the American Colonies to come up to Nova Scotia and settle. Mostly fishermen and farmers, they are referred to as the Planters, and their movement to Nova Scotia is called the Planters Migration. In 1761, Hezekiah Cogswell [525] and his family took advantage of this opportunity and left their home in Connecticut and “Planted” their roots in Nova Scotia. The Planters are not the same as the Loyalist who came to Nova Scotia during the American Revolution.

On Saturday, most of the group visited the Kings County Historical Museum and where greeted by a man dressed in period clothing from the 1760s, He was playing the roll of Sam Starr, a neighbor of Hezekiah Cogswell. Sam told the group more about the Planters and what life was like for those early

Planters. He also guided the attendees around the many exhibits at the museum, including the ingenious way that the French built dykes, and drain, and desalt what is now the rich soil of the Valley.

Our group were great tourists, tackling the list of suggest sites to visit while in Nova Scotia. Some of us went to Digby to taste their world famous scallops. Others visited Grand Pre where the French gathered, and from there, deported. Blomindon Lookoff is a favorite spot with an enormous view of the Midas Basin and the many farms in the area. We were able to visit Baxter’s Harbour both at high tide and low tide. Several took advantage of the low tide and walked to the falls. Then most of us visited the fishing village of Halls Harbour, named for a pirate, for a visit to the Halls Harbour Lobster Pound for a great lobster dinner.

We spent a lot of time talking about this 2019 Reunion on the Cogswell Family Association Facebook Page, and this spread the word throughout Canada. We met many new cousins from Canada, and we had a great time. If you haven’t taken the time to learn about the rich history of Nova Scotia, we strongly suggest that you do so. We all had a great time, and would go back, if given the opportunity!

We hold a CFA Reunion every two years. Our next Reunion will be in Michigan. We haven’t held a Reunion there, so it will be fun to learn about our family history in that part of the county, and to see some sites there. Keep tabs on the Courier, as we develop the 2021 Reunion in Michigan. Hopefully, you’ll be able to spend some time with our Cousins there. These

Reunion’s are four days long and always include a nice banquet along (along with a guest speaker) with some fun activities. Hopefully, you can join us!

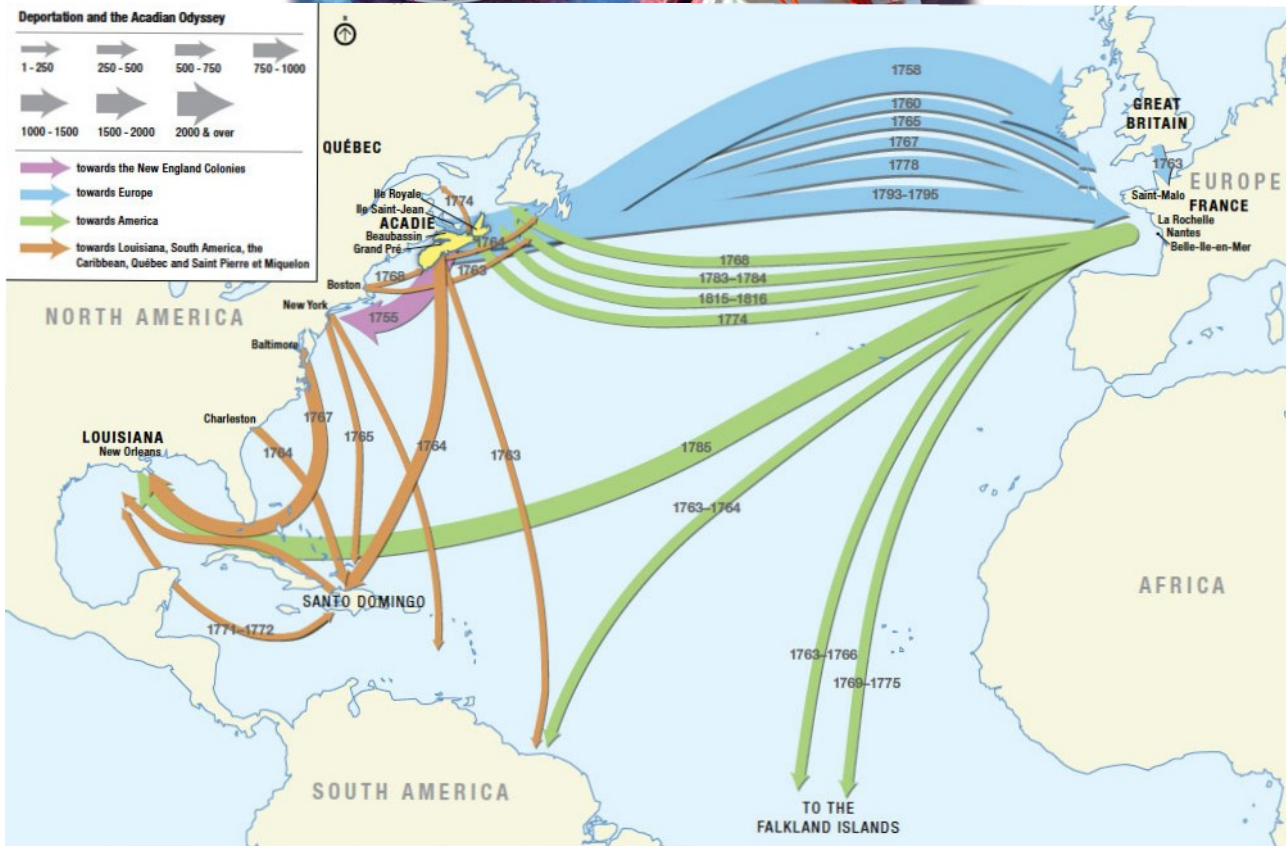


Grand Pre & Statue of Evangeline from Longfellow’s poem

2019 Cogswell Family Reunion - Nova Scotia



Hall's Harbour at high & low tide.. Many of our reunion attendees, including Howard & Margaret "Peg" Cogswell , below) enjoyed a lobster dinner at Halls Harbour.



Marriages, Births & Deaths

Deaths

Dr. Betty Edenfield Cogswell, a long-time resident of Chapel Hill, died Saturday, February 16, 2019, in the guest cottage at her daughter Amanda Cogswell Kirk's home in Burlington, NC, where she had lived for the past five years. She was 88.



Dr. Cogswell married Arthur Ralph Cogswell, Jr, in 1952. She received her Ph.D. from the University of North Carolina at Chapel Hill in 1965

Dr. Cogswell joined the faculty of the University of North Carolina at Chapel Hill in 1960, retiring in 1997 as Associate Professor Emerita, Family Medicine. She was the Director of International Programs and a Faculty Fellow at the Carolina Population Center. She also served on the Board of Directors for the Population Institute in Washington, D.C. She authored several books and published numerous papers in the fields of family medicine and family planning.

For her research, she often traveled for weeks at a time in Pakistan, Iran, Kenya and other developing countries — before the existence of mobile phones, GPS or suitcases with wheels. She attended receptions at the palace of the last Shah of Iran before the Islamist Revolution. She was served tea in dirt-floored homes in rural villages where she interviewed women for family planning studies. When she had a summer conference in the former Yugoslavia, she took her young daughters with her behind the Iron Curtain and let them roam the town of Dubrovnik while she was in meetings.

Marilyn (Dot) Cogswell, died on July 12, 2019, at age 86, at Lancaster Village Assisted Living, Salem, OR. Dot was born on Jan. 18, 1933, in Milton Freewater to Fred and Betty Cook. She married Ernest Cogswell, a logger, on Oct. 30, 1954, and together they had five children. They lived in Coos Bay and settled in Dallas in the late '60s.



Mary "Val" Lavilla Cogswell Babson, 73, died July 30, 2019, peacefully at her home in Gloucester, MA, after years of enduring Alzheimer's dementia. She married David E. Babson in 1972.



Anthony "Tony" Cogswell died in Alexandria, VA, on May 8, 2019. Tony was a graduate of Benedictine Military High School, Morehouse College (BA, cum laude) Atlanta University (Master of Public Administration) and Texas Southern University Thurgood Marshall School of Law (Juris Doctorate). After

graduating from law school, Tony was employed from 1984-1989 by the United States Department of the Navy, Office of General Counsel as an Attorney specializing in government contracts with the Naval Regional Contracting Center in Washington, D.C.

(Sorry, no marriages or births could be found this month)

Officers & Directors

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

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Directors as of Annual Meeting, July 19, 2019

<u>Term: 2017 - 2020</u>	<u>Term: 2018 - 2021</u>	<u>Term: 2019 - 2022</u>
Patti Cogswell	Virginia Bohn	Prescott Cogswell
Don Cogswell	Brenda Cogswell	Carolyn Cogswell
Brenden Martin	Richard Ziegler	Eloise Gassert
Bruce O'Connor	(Vacant)	Tammy Walker

Cogswell Family Association

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