Welcome 2020! I am hoping that everyone is enjoying the cold weather this winter. We are certainly cold in Florida!

I have had an email from a relatively new member, Wendy Browne of California, who shared an interesting YouTube video link with me about Lady Godiva. We know that Lady Godiva lived and died in Mercia and that she and her husband, Leofric, were laid to rest in Coventry. When I visited Coventry, I was told that although their grave is not marked, they were reasonably sure that Lady Godiva and Leofric were buried at or around St. Mary’s Priory and Cathedral in Coventry. Also, an interesting email came from Betty Schulz, who sent the link https://youtu.be/a1OQSo5O_hE, which shows the Lady Godiva Clock in the Square across from her statue. The video is about Coventry being the largest watch making industry in the UK.

Another interesting email from Stephen A. Wolfe at stephen.a.wolfe@gmail.com, says that he has been trying to investigate some findings related to his kidney disease. He states, “I
have a hereditary and extremely rare defect in a gene that damages the kidneys. This rare gene causes UKD, and I believe strongly it was due to European royalty being obsessed with "bloodlines." The definition of UKD is: Uromodulin kidney disease (UKD) is an inherited kidney disease caused by a uromodulin (UMOD) gene mutation. The UMOD gene encodes the Tamm–Horsfall protein (THP), which is the most abundant protein in healthy human urine. Because of its rarity, the incidence of UKD has not been fully elucidated. Stephen goes to say, “It would be pretty interesting to finally track down the origins of UKD, and I believe this is it. My ancestors kept meticulous track of ancestry, so we know without any doubt we are from royalty, all the way back to kings and queens.” He says he descends from Lady Godiva, and that “I was sort of counting on you to help me determine if indeed the members of your group have kidney disease running in their families. UKD and other names for it is the only hereditary kidney disease I’m aware of. Most common causes of kidney failure is diabetes, obesity, high blood pressure, etc., but anyone with a family history of kidney disease definitely has UKD or something very closely related. If you are able to discover anything, please feel free to contact me any time.” So, you may want to contact Stephen at the above email address if you have UKD or another kidney-related disease.

A third interesting email was from David Rose, djrose777@gmail.com, Hollywood producer, and he states: “I ran across your group and am interested in hearing more. I am a Godiva descendant many times. My female line has been Godiva loyalist for hundreds of years. I am making a movie about Godiva. I also wrote a book back in 2004 also named Godiva.” His book is available on Amazon and other websites in case you are interested. More about David Rose here https://www1.cbn.com/700club/david-rose-special-effects-guru-talks-about-godiva.

Our scholarship committee, led by Scholarship Committee Chairman Chrissy Herreid, Dr. Charlene Herreid and me, have awarded two $1,000 scholarships in November. They went to Selina Detzel and Bonnie Sopher. Read about them in the scholarship section of this Gazette (pp. 20-21). I encourage you to spread the word about our wonderful scholarships. The amount of the scholarship may fluctuate some depending on our bank interest, insignia sales and donations. This is the first time we have given $1,000 scholarships, and we are hoping to continue this.

I am very pleased to announce that the Society of Descendants of Lady Godiva has been accepted as a qualifying society for membership in The National Gavel Society, as of January 21, 2020. It is good to be recognized for this honor, because it is good to know that our society has met their strict standards to become a member. You may remember that last year we were one day short of being founded for five years, which is one of the mandatory requirements. (See our acceptance letter, p.19.)

More good news is that within the next two weeks or so, you should be receiving a new Society of Descendants of Lady Godiva Directory in the mail. Please examine your contact information listed in the directory and let me know about any changes.

I am looking forward to seeing you in Washington, DC, at the Army and Navy Club for our annual Tea at 3:00 on April 17, 2020. In the meantime, try to stay warm wherever you live!

“Good Judgment, Good Spirit, and Good Character Generate Happiness with Reward through Membership and Service.”

Your Lady Godiva Cousin,
Davine

Valerie Bennett, a friend of Lady General Roberts, saw this piece in a Mt. Dora (Florida) antique store, and the label for the piece describes it as: Cybis Lady Godiva, #75 of 200 $1,795.00.
The Maryland Society is small, holding at five members. We encourage those whom we believe to be qualified to submit applications and remain hopeful that our efforts in this area will be productive.

Anne Henninger

The Godiva Legend, by Roger of Wendover, Continued from p. 1

...and while she, on the other hand, with a woman’s pertinacity, never ceased to exasperate her husband on that matter, he at last made her this answer: "Mount your horse and ride naked, before all the people, through the market of this town from one end to the other, and on your return you shall have your request."

On which Godiva replied, "But will you give me permission if I am willing to do it?"

"I will," said he.

Whereupon the Countess, beloved of God, loosed her hair and let down her tresses, which covered the whole of her body like a veil, and then, mounting her horse and attended by two knights, she rode through the marketplace without being seen, except her fair legs, and having completed the journey, she returned with gladness to her astonished husband and obtained of him what she had asked, for Earl Leofric freed the town of Coventry and its inhabitants from the aforesaid service, and confirmed what he had done by a charter.

Although certain key elements of the story (such as Peeping Tom) didn’t appear until later, the Godiva story in its essentials arose many centuries ago and has held the public’s imagination ever since. Our ancestor’s fame is in no danger of diminishing.
The members of the Arizona Chapter of the Society of Descendants of Lady Godiva met on schedule this fall. Unfortunately, we had several members out ill and unable to attend, but we sure had a great time and are working to be able to give more money in the Spring to the excellent National Scholarship Fund!

Lee T. Nelson
Health Matters in the Middle Ages, Especially in the Eleventh Century, in 1066

By George J. Hill
Adapted from lectures given in April 2019 to the Order of the Norman Conquest, National Guild of St. Margaret of Scotland, and Order of Descendants of Colonial Physicians and Chirurgiens, 1607-1783

Health Matters. You can think of this as a play on words. Matters as a noun, with health as an adjective. And matters as an adjective, modifying the subject of Health, as a noun. In other words, you can look at the subject of this talk from two perspectives: How health matters to all of us. And what matters, in the field of health.

Health DOES matter, every day, in all of our lives. Health is the most important thing we humans strive for. Think about it. Health DOES matter. What is health? What are “matters” of health? What are parts of our lives are about what we call “health”?

In looking at health in the Middle Ages, I will focus on the 11th century and specifically on the events in 1066, which is arguably the most important year in English history. It is the year of the Norman Conquest. Lady Godiva (also known as Godgifu) was in her prime in that year; she was born about 1043 and died between 1066 and 1086. It is near the mid-point in the life of St. Margaret of Scotland. Dates in this period are memorialized in other lineage societies, such as the Order of the Three Crusades (1096-1192) and Saints and Sinners. For instance, my ancestor, Saint William “Lonsword,” Duke of Normandy, was born in about 900 and was martyred in 942.

This part of the Middle Ages is sometimes called the High Middle Ages. The Middle Ages – or the Medieval Period, if you will – lasted for a thousand years. The conventional definition of the Middle Ages is from the 5th to the 15th century. The Middle Ages, sometimes called the Dark Ages, began with the Sack of Rome by the Visigoths in 410, and this period ended in about 1500, with the Renaissance in Florence, Italy. Or perhaps it ended with the Fall of Constantinople in 1453. The Middle Ages thus refers to a millennium of history in Southern Europe. But some scholars say that Northern Europe continued to develop in its own way, in agriculture, art, and architecture, as seen in the castles, medieval cities, the incredible cathedrals, and the Holy Roman Empire.

It’s a long period of time, a millennium, and although it was not static period in Europe, the events in this millennium – from the 5th century to the 15th century – had much in common. There were great differences between the rulers and the serfs, and that there was not much of a middle class. There were slow advances in practical science – that is to say, in technology – such as in agriculture, architecture, and tool-making – but little of pure science (such as astronomy, mathematics, chemistry and physics). And there were few developments in medicine, or in other forms of scholarship, as these fields had existed in the past. The ancient texts of Greece and Rome were lost or not available to Europeans during the Middle Ages. Scholarship and advancement in science and medicine took place in the Islamic world of Asia and on the coastal lands of the Mediterranean Sea, not in the Christian world of Northern Europe. Islam was the dominant civilization in Asia and along much of the Mediterranean Seacoast during the Middle Ages in northern Europe.

I will discuss three subjects today. The first topic is about how health – either good health, or illness and death – played a key role in the important events in England in 1066, which includes much more than the Norman Conquest. The second subject is about the status of medicine in the 11th century. The third subject is my new paradigm for history: I will argue that health, and the search for health - for a long, safe, and comfortable life – is the dominant factor in

Continued on p. 6.
human history. The search for good health is what I call “Healthquest.”

* * * *

I begin by telling about Saint Margaret of Scotland, who was born in 1045 and died in 1093. Like her contemporary, Lady Godiva, Margaret was lady of privilege, a noble woman. She was born in Hungary, the daughter of Edward Ætheling, son of King Edmund “Ironside.” Edmund Ironside was the son of King Æthelred II “the Unready,” who in 997 gave a charter that was witnessed by Leofric, Earl of Mercia (d. 1057). The Countess of Mercia was Godigfu, usually known as Lady Godiva. Leofric supported King Edward, “the Confessor” in 1051.

Margaret’s father was believed to be a weak man, and he spent most of his life in exile. Her brother, Edgar Ætheling, was elected King of England after the battle of Hastings, but yielded the throne to William the Conqueror. Her father fled from England to Scotland to avoid conflict with Harold Godwinson, who had claimed the throne of England after the death of Edward the Confessor; and in Scotland she met and married, in 1070, the widowed King of Scotland, Malcolm Canmore III. They had eight children, two of whom became kings of Scotland, and one, Matilda, who married Henry I of England, was the great-grandmother of King John. Margaret’s piety led to the taming of the rough ways of her husband, Malcolm Canmore, and to her canonization as a saint. She is said to have “united so much strictness with her sweetness of temper, so pleasant was she even in her severity, that all who waited upon her . . . loved her while they feared her, and in fearing loved her. . . There was a gravity in her very joy, and something stately in her anger.” She introduced the custom of drinking a toast of thanks to God after a meal, and it is said that passing the cup of this toast around the table became known as the “loving cup.”

Margaret’s father-in-law was King Duncan. He will be forever remembered as Shakespeare wrote of him: the victim of his cousin, Macbeth, and of his scheming wife, Lady Macbeth. Duncan’s violent death in 1040 was avenged in 1057 by his son, Malcolm Canmore III, with the aid of Macduff, who actually killed Macbeth. Many of Shakespeare’s words in the play Macbeth are often quoted. For instance, “no man of a woman born / will ever harm Macbeth,” and Macbeth’s indifferent comment on hearing of the death of his wife, “She should have died hereafter . . . tomorrow and tomorrow and tomorrow.”

I would remind you that the events in Macbeth tell of the importance of health – and the ultimate measure of the lack of health, which is Death. Think about it, the importance to Saint Margaret and her husband, of their health, and of the lack of health in others, such as Duncan and Macbeth; and then of the ill health of Malcolm Canmore, who was killed, along with their eldest son, in a battle with the English in 1093. The lack of health, or the reciprocal of health, is the ultimate ill-health. It has been called Illth. It is Death.

* * * *

The events in England in 1066 include four kings of England, and another man who hoped to be king, but failed; and two enormous battles, not just the Battle of Hastings, but one that preceded it: The Battle of Stamford Bridge. These events began with the death in January of King Edward the Confessor, who left no heir to the throne. He was the first of the four kings of England in 1066. His nearest blood relative was the unfortunate Edgar, the Ætheling (meaning a prince, eligible for the kingship). Edgar had been banished from England and had spent some time in exile in Hungary, where his daughter Margaret – later known as Saint Margaret – was born. The most powerful man in England at that time was Harold Godwinson, of Essex, but his claim to the throne was weak: he had no royal blood. William, Duke of Normandy, who was a distant relative of King Edward the Confessor, claimed (and perhaps believed) that King Edward the Confessor had promised the throne to him in 1051. In 1064, Harold Godwinson was shipwrecked and captured off the coast of Normandy. His ransom was paid by William, who held him captive after the shipwreck, but then freed him. Harold is said to have agreed that William would become king. However, two days after Edward died, the Anglo-Saxon tribal leaders, known as the Witan, elected Harold Godwinson as king, and he was crowned. He was the second man to be king of England in the year 1066. William was furious, and set about

continued on p. 7.
taking the crown for himself. And there was yet another contender for the crown. His name was also Harold – Harold Harada – a relative of Cnut the Norwegian, who had been king of England from 1016 to 1039. Harold Harada and his ally, the unreliable Tostig, brother of Harold Godwinson, landed with 300 ships on the east coast of England. They fought against King Harold Godwinson at the Battle of Stamford Bridge. Both Harold Harada and Tostig were killed, and the River Derwent was said to have turned red with blood.

Although Harold Godwinson was the winner at Stamford Bridge, he then had to face William, Duke of Normandy, whose ships landed two days later, on 27 September. Harold Godwinson and his men marched 250 miles to meet William at Hastings on 14 October. William’s men were well equipped, wearing chain mail, with specially bred and outfitted horses, although Harold’s men were well-positioned and held the high ground. William ordered his men to retreat, in a trick to deceive Harold’s men into leaving their “shield wall.” The English, under Harold Godwinson, thought it would be a rout, but instead, William’s men turned about at the bottom of Senlac Hill. The English were slaughtered, and Harold was killed. The Bayeux Tapestry shows that he was hit by an arrow in the eye. Upon learning of the death of Harold, the Witan elected Edgar the Ætheling, as king Edgar II. He was the third man to become king of England in 1066. However, Edgar the Ætheling (or Edgar II) was never crowned, and some lists of English kings do not show him as king. Two months later Edgar resigned as king in favor of William, Duke of Normandy. William had marched through Sussex and Kent to London, and he was crowned King William I at Westminster Abbey on Christmas Day, 1066. William was thus the fourth man to become king of England in 1066. The Battle of Stamford Bridge and the Battle of Hastings and the crowning of William the Conqueror made 1066 the most famous year in English history, and it was also the year of three or four English kings.

1066 was a surely a year of Life and Death – of Health and Ill Health.

* * * *

The second subject in this talk is about Health in the Middle Ages. We need to look at that period through the so-call “lens” of those who lived at that time. What did people in the Middle Ages believe would promote good health? Was diet important? Or prayer? How about what we call Astrology: the study of the sun, moon, and stars? What were some of the problems of illness and disease in the High Middle Ages? What did people then think of their causes? And what did they do about them? What was the role of the physician and other “healers” at that time? What were useful medicines, and what were used but not useful? Bleeding? Were there midwives? How about barber surgeons? What was the usual life expectancy? We don’t have time to talk about all of these topics, but I’ll mention a few.

Since ancient times, even before the Golden Age of Greece, the theory of disease, and of treatments with “contraries” to restore balance in those who were ill, was that there were four elements (earth, air, fire, water) derived from their qualities (dry, cold, hot, wet); and the four humours, which were based on the four elements (black bile, blood, yellow bile, phlegm). These qualities still are seen as characteristics of humans (bilious or melancholic, sanguineous, choler or jaundiced, phlegmatic). The humoral theory of disease persisted from ancient Greek and Egyptian medicine until the 19th century. In general, it was naturalistic (diseases had causes), not theological (which was God’s will, as in the book of Job).

However, in northern Europe in the Middle Ages, medicine began to focus on “practicalities: recipes, meteorological and astrological advice, tips for uroscopy and bleeding, all indicative of an unstable society where books and learning had grown precious.” Roy Porter says in his chapter on “the West comes to life again” that change began when Alphanus (d. 1085) traveled to Constantinople in 1063 and became acquainted with Greek medical texts. This was only two years before the time of the Norman Conquest. Physicians in Northern Europe in the late 11th century had only a smattering of knowledge of those in the East, but it was a time of change. The first hospital in London was St. Bartholomew’s, built in 1123, and the first English medical school was founded at Oxford in 1167. Porter (pp. 115-6)
quotes Geoffrey Chaucer’s (c.1325-1400) description of a “Doctour of Phisyk” in the Canterbury Tales (1380, et seq). It is likely to be similar to that of a physician in, say, 1066. He “was grounded in astronomye” and he could “speke of phisik and of surgrye,” although Chaucer does not say that he could actually perform surgery. Chaucer’s physician knew the cause of every malady, based on the four humours, and he stayed by his patient for many hours. And by his “magik naturel” he fortuned the outcome, and he was thus a “verrey parfit practisour.”

Diet in the Middle Ages was largely meat, which was especially necessary in winter, or fish. And some vegetables that could be stored, such as carrots, turnips, beans; and grains; but not potatoes, because they were brought to Europe after 1492 (and by the way, no tomatoes or maize [Indian corn] or peanuts – for all of them came from America). Scurvy was probably common because of a lack of vitamin C. I would recall that most people believed that the earth was flat, and that both the sun and moon revolved around the earth. There was no understanding of the modern sequence of the calendar, of the hours and minutes, or of longitude. Time was cyclical, not longitudinal. People kept track of the time by the cycle of sunrise, sunset, and mid-day; by the rising and setting of the moon, and by the seasons.

There were many remedies in nature. Some of these were described in the recent BBC mystery series “Rosemary and Thyme.”

Nightshade (belladonna) was obtained from mandragora. It had atropine and scopolamine effects; it increases heart rate; it was also used as an anesthetic; and as a poison.

St. John’s wort (Hypericum perforatum) was used to produce a miscarriage. It was a so-called “abortifacient,” and it was also used to treat depression.

Digitalis, for “dropsy” (swollen ankles), from Digitalis folia, to slow the heart rate and strengthen the heart.

Laurel bark, for fever and/or pain (“salyx” – later purified as aspirin).

Emetics, to induce vomiting (syrup of ipecac, containing emetine and cephaline).


Treatment for constipation: prunes, and roughage in food.

Diuretics, from the Arabic physicians (compounds of mercury).

Poisons, understood, but not to be administered by physicians.

Honey’s healing powers.

Salves for skin with oily substances, especially butter and lard.

Talc and saltwort, for drying of skin and wounds.

Moldy bread poultice, to treat infections of the skin (it contained penicillin).

Silver, for skin sores – antibacterial.

Mercury, as a pure liquid metal, or in compounds, for various diseases – often harmful.

Gold: the ancient remedy for the itching palm.

Questionable: Polypharmacy with theriac and mithridates.

Useless: eye of newt, wing of bat, and other nonsense.

Other methods of physicians and surgeons were known in Greek and Arabic medicine, and known to a variable extent by physicians in Northern Europe:

Prognostication, to take credit or deflect blame.

Pre-op check list, used by surgeons from Hippocrates to Atul Gawande.

Leeches, to bleed for many diseases; good for polycythemia; also was the nickname for physician. The use of bleeding later led to the bizarre practice of the use of the lancet – the often harmful – and largely useless – practice of lancing the vein at the front of the elbow. Its use has been traced back to ancient Egypt, but the lancet was probably not used in England until the 1720s.

Cupping, for many diseases – probably useless, but harmless. Application of heated glass cups of about 2 oz. in size to the skin of the affected area – such as the chest, in pneumonia.

Examination of skin surface, the pulse, and urine.

Cold or hot baths.

The Oklahoma membership celebrated our Lady Godiva heritage with a Christmas Luncheon in the home of Barbara Brown McMullin. Several members were unable to attend. After the luncheon was served, the group sang “The Lady Godiva” song and Barbara read the Lady Godiva poem. Upon the members’ departure, Barbara presented each with a bag of Godiva chocolates. Member Darlene Shawn was on her way to the luncheon and was involved in an automobile accident. (She was unhurt, but her car was messed up!)

Barbara McMullin

Left to right: Della Nash, Kathy Patterson, Linda Fox, Ellena Womack, Barbara Brown McMullin, Cynthia Henderson, Kristen Ferate
Note From Texas

The Texas State SDLG is doing well. We have 37 members, scattered all over our large state. Our members are proud to be a part of SDLG; several of us are officers in the national organization. While it is difficult, owing to great distances, for all of us to get together, we are glad to have a big Texas membership.

Also, we are pleased to report, as we have before, that we have the oldest member of SDLG: Earline Hart Andrews, who turned 109 in October. Earline graduated from what is now Northwestern State University in Natchitoches, Louisiana, in 1931. She went to work as a teacher, educating decades of middle school students, nearly all of her career in Texas. Many of her former students still keep in touch with her.

After 43 years of teaching, Earline retired in 1975. She now lives with her niece, Rayline Binion (age 92). They are truly a wonderful family and an inspiration.

Earline is a member of SDLG as well as the Daughters of the American Revolution, Colonial Dames Seventeenth Century, and the United Daughters of the Confederacy. We are proud to have her in our Society.

Pauline Warren and Suzanne Bass
Texas Society Members, SDLG
My daughter, Rachel, is a princess. I know because she has pajamas that say “Princess” on them. During the day, she diligently studies at our Montessori school so that one day she may fulfill her royal duties. In the evenings, she works on her grace and poise at gymnastics and ice skating. In case all of this is not enough proof that she is a princess, she is also descended from royalty.

The easiest way to prove royal ancestry is by having colonial ancestors with proven royal ancestry. Rachel has three such “gateway” ancestors:

Sarah Ludlow was born in Maiden Bradley, Wiltshire, England around 1635. At some point, she crossed the Atlantic Ocean, and by the early 1660s, she became the fourth wife of John Carter, a member of the Virginia Governor’s Council and the House of Burgesses. They had a daughter who died in infancy and a surviving son named Robert. Sarah died in Lancaster county, Virginia in 1668. Her son, Robert “King” Carter, became the richest and one of the most powerful men in Virginia. As President of the Governor’s Council, he was the acting Governor of Virginia from 1726 to 1727.

Warham Horsmanden was baptized in Ulcombe, Kent, England on September 5th, 1628. He married Susanna Beeching at St. Mary Somerset in London on February 27th, 1650/51. He was loyal to King Charles I during the Civil Wars in England, and he fled to Charles City County, Virginia. He was a member of the House of Burgesses and a member of the Governor’s Council from 1658 to 1659. After the restoration of King Charles II to the throne in 1660, he returned to England and died in 1691, probably in Purleigh, Essex. He was the grandfather of William Byrd II, a planter and author who founded Richmond, Virginia.

Gerard Fowke came to Virginia from Staffordshire, England. On February 12th, 1661, he married Anne Thoroughgood. He was a burgess for Westmoreland county, Virginia in 1663 and 1665. He then moved to Maryland and became a burgess of Charles county, Maryland in 1666. He died sometime before October 30th, 1669. His daughter, Mary, married George Mason II, the grandfather of George Mason IV, who was a planter, politician, and one of the delegates to the Constitutional Convention in 1787 who refused to sign the Constitution because it did not have a bill of rights. In 1789, James Madison based the United States Bill of Rights on the Virginia Declaration of Rights that George Mason IV had written in 1776.

The insigne of the National Guild of St. Margaret of Scotland honors gateway ancestors by providing for the addition of gateway ancestor bars. If you can prove descent through three different children of Saint Margaret, two martlets can be added to the insigne. Rachel is a descendant of Saint Margaret through:

- Matilda of Scotland (1079 – 1118), Queen of England through Sarah Ludlow
- Mary of Scotland (1082 – 116), Countess of Boulogne through Warham Horsmanden
- David I (1085 – 1153), King of Scotland through Gerard Fowke
While it is possible to prove descent from one royal ancestor through multiple gateway ancestors and genealogical lines, it is also possible to prove many royal ancestors through a single gateway ancestor and genealogical line. For example, in an application for the National Society Americans of Royal Descent (NSARD), I proved descent from eleven kings in a single genealogical line through Warham Horsmanden. The kings include:

- Robert I (866 – 923), King of France
- Andrew II (1176 – 1235), King of Hungary
- Charles II (1254 – 1309), King of Naples, Sicily, and Jerusalem
- Hugh Capet (941 – 996), King of France
- Edward III (1312 – 1377), King of England

Since Edward III is a descendant of Louis IX, I was invited to join the Order of St. Louis, which is an honorary order within the NSARD:

- Louis IX (1214 – 1270), King of France

I was then able to add ancestor bars to the insigné, so that the first letter of each king’s name spells “RACHEL.”

I decided to make an insignia display case for Rachel that demonstrates many of her famous ancestors. Since Rachel’s middle name is “Anne,” I used each of her gateway ancestors to prove descent from several “Anne” ancestors or their husbands:

- Anne of Kiev (1036 – 1075) through Sarah Ludlow
- Henry I (1008 – 1060), King of France (husband of Anne of Kiev) through Gerard Fowke
- Saint Anne (1001 – 1050), Grand Princess of Kiev through Warham Horsmanden
- Yaroslav I (978 – 1054), Crown Prince of Kiev Rus’ (husband of Saint Anne) through Gerard Fowke

The final theme that I incorporated is hugs, since Rachel has been a generous giver of hugs from an early age. Although no ancestors are named “hug,” there are a number of ancestors named “Hugh.” The insignia case includes:

- Hugh le Despenser (1223 – 1265), Justiciar of England through Sarah Ludlow
- Hugh Magnus (1057 – 1101), Count of Vermandois through Gerard Fowke
- Hugh Capet (941 – 996), King of France through Warham Horsmanden

Hug coupon that Rachel gave to me for Father’s Day when she was a toddler.
Once I had collected all of the insignia, I placed them in a display case organized by gateway ancestor. The top portion of the display case enclosed by the Society of Descendants of Lady Godiva neckband includes societies joined through Sarah Ludlow, including the insignie of the National Guild of St. Margaret of Scotland discussed previously. The left portion of the display case has societies joined through Gerard Fowke, and the right portion of the display case has societies joined through Warham Horsmanden, which includes the NSARD insignie that is in the middle of the display case. Rachel is still in princess training and has not had a lot of education in European history, but I hope that this display case and article inspires her to learn more about her ancestors.
Exercise.
Massage.
Personal hygiene.
Reduction and bandaging of fractures.
Cautery, employed by the physicians of Cordoba in the 10th century.
Ligature, described in *On Surgical Conditions*, by Albucasis of Cordoba (b. 936).
Styptics for minor bleeding.
Cataract removal.
Simple diet for gout (also, avoid consumption of alcohol).
Lancet, for venesection (bleeding), used for centuries.
Psychic methods used for anxiety, depression, phobias, psychoses, impotence (if capsaicin—Spanish fly—fails), female problems (menorrhagia, pain).
Supportive care and isolation for infectious diseases: Leprosy, smallpox, plague. Arabic physicians noted that smallpox couldn’t be contracted a second time—which we call “immunity.”
Astrology was important.

Methods of physicians of the Arabic world and Persia (some of whom were Christian, and others were Jews) in the Golden Age of Arabic civilization (750-850), included:
- Methods of concentrating drugs (distillation, sublimation, filtration); drugs such as senna, camphor, cloves, and mercury; solvents such as alcohol, syrups, and aldehydes; and anesthetics such as cannabis and hyoscyamus (nightshade). And many other substances known then as drugs but which we now believe were useless or harmful; plus alchemy (the ultimate goal of which was to turn other substances into gold). Avicenna (980-1037) of Persia was the greatest of all, but his knowledge and contributions to medicine would have been unknown in England, although the historian of medicine, Ralph Major, says his work was “the most famous medical textbook ever written.” He described the use of forceps for “difficult delivery.”
- The Arabs described laryngototomy, and the use of silk ligatures if need be; and catherization of the bladder; and many other operations.
- Hospitals were in common use in the Arab world in the 8th to the 11th centuries, but not in northern France or England in the 11th century.
- Medical schools were common throughout the Arab world, but the first European medical school was established at Salerno in 1080.
- Later diseases and treatments, not seen in 11th century in northern Europe:
  - Great pox (syphilis), which appeared after 1492, was initially treated with compounds of mercury. It was initially considered to be worse than smallpox. It may have been brought to the Old World by infected seamen. Measles was potentially deadlier than smallpox, but resistance to some of the effects had gradually evolved in Europe.
  - The first public human dissection was performed by Mondino of Bologna in 1315, and the knowledge of internal human anatomy was sketchy at best in the 11th century.
  - Understanding of the diseases of women, and of their proper treatment, is usually traced to Hildegard of Bingen (1098-1179), shortly after the Norman Conquest.
  - The Black Death (which was probably plague) came with traders along the Silk Road from Central Asia in 1343, and nearly half of Europe died within three years. It is said to have arisen in Tashkent. Waves of plague followed in successive centuries, until its cause and mode of transmission were understood (a bacterium, spread by the bite of a flea, carried by rats).
  - Many drugs later came to Europe from other parts of the world, unknown to northern Europeans in the High Middle Ages: Quinine (Peruvian bark), ephedrine and artemesin (from China), opium and hashish (from the Middle East), cocaine (from South America), limes (from tropical lands, for prevention of scurvy), and hallucinogens (from mushrooms in America).
  - Later discovery (or rediscovery) in physiology (circulation of the blood, and pulmonary capillaries); and in microscopy (cause of infectious diseases caused by bacteria).

Now, moving on to my third topic, the most controversial: Health and History. I call this “Healthquest.” I argue
that the search for health involves the knowledge that something bad will happen – and that you will have poor health – if you don’t prepare for the future. There are the six urges for preservation that are the drivers of history of human beings. These urges are for what humans need, what they must have. First: Water (a daily need). Second: Food (a secure source). Third: Clothing (cover from the environment). Fourth: Protection (with weapons and shelter). Fifth: Fire & Fuel (how to start a fire, and how to keep it going). Sixth: Social (the company of other humans). There may be a Seventh need, too: Animal companions, especially the dog.

There are three exceptions to these urges for preservation: First: Lust, which leads to procreation and thus to the preservation of the species, and which must take precedence over urges for self-preservation. Second: Defiance of Logic by Self-Sacrifice, for the sake of others, and thus also to preserve the species (Darwin struggled to explain this). Third: Defiance of Logic for another ill-logical reason, such as Religion, or Adventure, or Miscalculation of Risk.

Think of the many things that have evolved from these six or seven urges and the three exceptions. For instance: medicine, religion, methods of water storage, agriculture, looms, architecture, weaponry, walled cities, and all of the technology of civilization, including control of electricity and geographic discoveries. It is also obvious that history has been influenced by the impact of individual deaths (i.e., when a leader dies unexpectedly, or is killed), infectious diseases (such as “Black death” in the middle ages), and illnesses (such as Napoleon’s hemorrhoids at the Battle of Waterloo) – that is to say, of poor health. And there are many other ways that health or illth (poor health) influence history: e.g., the rising impact of diabetes and Alzheimer’s disease in modern society; and the political-economic consequences of the belief that society should provide, in some way, “health care for all.” The Washington Post said on May 24, 2019, that the “health care system makes up a fifth of the U.S. economy.”

Incidentally, you can look at the following leaders in early human society: The Golden Bough says the leaders were Priest and healer (it could be both, as in witch doctor) and ruler (such as trial chief). The Bible says: “Honor physicians for their services, for the Lord created them; for their gift of healing comes from the Most High, and they are rewarded by the king. The skill of physicians makes them distinguished, and in the presence of the great they are admired” (Ecclesiasticus 38:1-3). Only later did we have other professions: banker, military leader, tentmaker, ship builder, and so forth.

Some writers now say that there is nothing that “drives” history. Many post-modern academic historians say that history is just a series of events which either follow accidents (for instance, a volcanic eruption) or
choices that are made by individuals or groups of people. Previous historians and historical theories that were once highly regarded have been cast aside. “Manifest Destiny,” for example, which explained and justified the urge to conquer what is now the United States (best to discard this); and Mahan’s *The Influence of Sea Power Upon History*, which played a great role in my thinking about history. I recently heard a Professor of Classics at Yale who argued that climate (or climate changes) is the great driver of history. Jared Diamond’s popular *Guns, Germs and Steel* claims to show that geography is the dominant force in history. William McNeill, on the other hand, disagreed with Diamond; McNeill believed that contacts between peoples was the “driver” of history.

I think Diamond is on the right track, but I argue that the dominant force in history is not geography, it is health. I argue that human history is based on Healthquest – the search for health, for the preservation and extension of good health, and on the contrary events which follow from ill-health and death.

See George J. Hill's biography on p. 17.

Bibliography For “Health Matters in the Middle Ages”

Dr. George J. Hill was born in 1932 in Cedar Rapids, Iowa. After graduation from high school in Sac City, Iowa, he received scholarships to study at Yale College and the Harvard Medical School, where he received an M.D. degree in 1957. Dr. Hill began a career in surgery by training at the New York Hospital-Cornell Medical Center and the Peter Bent Brigham Hospital in Boston. He joined the faculty of the University of Colorado in 1966 as an Instructor in Surgery. He later was a Professor of Surgery at Washington University in St. Louis, Missouri; at Marshall University in Huntington, West Virginia; and at the University of Medicine and Dentistry of New Jersey in Newark, New Jersey. He is also an alumnus of the Harvard Business School, as a participant in the Program for Health Systems Management V in 1976. He retired from surgery in 1996 and was appointed Emeritus Professor of Surgery at the UMDNJ-New Jersey Medical School. In 1999 he earned the M.A. in history from Rutgers University, Newark, N.J., and in 2005 he received the D.Litt. in history from Drew University, Madison, N.J. In 2000-01, Dr. Hill was an Adjunct Professor of History at Kean University in Union, New Jersey. He is also a Clinical Professor of Surgery with tenure at Mount Sinai School of Medicine in New York City and Adjunct Professor of Surgery at the Hebert Medical School of the Uniformed Services University of the Health Sciences, Bethesda, Maryland.

Dr. Hill was a fellow in molecular biology at Princeton University in 1988, and he has been a guest lecturer at many institutions in the United States and abroad. He is the author of more than 150 scientific reports and many published letters and book chapters. He is the author/editor of more than twenty books.

Dr. Hill has been president of the Faculty of the New Jersey Medical School and of the Newark Chapter of Sigma Xi-The Scientific Research Society, and he has been president of the Newark Chapter of the American Association of University Professors of the University of Medicine and Dentistry of New Jersey. He received the Faculty Member of the Year Award from the New Jersey Medical School Faculty and was elected as a Faculty Member of the Alpha Phi Omega Honor Medical Society.

Hill has been president of the Academy of Medicine of New Jersey and of the American Association for Cancer Education. He was also president of the Essex County Medical Society and Secretary of the Medical Society of New Jersey. Dr. Hill was a trustee of Sterling College, Craftsbury Common, Vermont, from 1990-2002, and he was Interim President of the college in 1996. His honors include the Gorgas Medal of the Association of Military Surgeons of the U.S., the Margaret Hay Edwards Medal from the American Association for Cancer Education, and the St. George Medal from the American Cancer Society. In 2010 he received the Delta Award for Community Service from the Essex County Medical Society, and the Robert E. Burt Award for Scouting from the National Society, Sons of the American Revolution. He received the 2012 David L. Cowen Award from the Medical History Society of New Jersey for achievement in the history of medicine; the Russell C. Hill Award for his contributions to Learning for Life from the Northern New Jersey Council, Boy Scouts of America; and the Founders Award from the Essex County Medical Society in 2015. He was made an Honorary Colonel in the Honorable Order of Kentucky Colonels in 2014, and he received a Finalist’s Medal in the Next Generation Indie Book Awards, on 27 May 2015.

Hill is an Honorary Member of the Oncology Nursing Society, of the National Assembly of the American Cancer Society, and of the Medical Staff of Saint Barnabas Medical Center, Livingston, N.J. In 2014, he was also awarded Honorary Membership in the National Society of the Sons of the American Colonists. In 2017, he will be inducted as an Honorary Member of the Heritage Society Community of America.

Dr. Hill was awarded the Meritorious Service Medal upon his retirement as a Captain in the Medical Corps of the U.S. Navy Reserve. He received the Civic Actions Medal with Palm and Frame (Gallantry Color) from the Republic of Viet Nam in 1972, and he received the New Jersey Distinguished Service Medal in 2001.

Dr. Hill is married to Helene (Lanie) Zimmermann Hill, Ph.D, who is a Professor of Radiology at the New Jersey Medical School. George and Helene Hill have four children and two grandchildren.
The Burnleys: On the Road Again

The Burnley Family (members of SDLG) have been hitting some exciting places this fall and winter (Yellowstone National Park and Disneyland) and are gearing up for another military move in 2020. Currently in Utah and enjoying all of the exciting activities out West, they will be relocating to historic Rock Island Arsenal in summer of 2020. Located smack dab in the middle of the mighty Mississippi River between Illinois and Iowa, the island was originally established as a government site in 1816 and is now the largest government-owned weapons manufacturing arsenal in the United States. It is designated as a National Historic Landmark and is the only active U.S. Army foundry, and manufactures ordnance and equipment. Staci-Jill’s husband, Todd, is a colonel in the U.S. Army and has been selected to serve as the Chief of Staff for Joint Munitions Command (JMC) located there, which produces more than 900 million rounds of ammunition annually for the Department of Defense. Todd and Stacey-Jill, with their daughters Catherine and Caroline, are ready for more adventure.

At Yellowstone National Park...

And at Disneyland.
 SDLG: Part of the Community of Hereditary Societies

Editor’s Note:

Members of the National Gavel Society are the present and past highest governing officers of recognized hereditary societies or orders in the United States of America that honor significant milestones or events in the history of this country prior to the 28th of July 1914. The society or order shall have been in existence for a period of not less than five years prior to the issuance of the invitation and shall be national in membership, having no less than fifty active members nationwide. The society or order shall have based their membership acceptance on proven direct or collateral descent.

SDLG has been accepted in the National Gavel Society. This is yet another reminder that SDLG, although a new society, is established in the community of hereditary societies.

The Godiva Gazette

THE NEWSLETTER OF

THE SOCIETY OF DESCENDANTS OF LADY GODIVA

VOLUME IV, ISSUE 1

WINTER, 2020

Suzanne Bass, Editor
suzanne.bass25@yahoo.com

Website: https://societyofdescendantsofladygodiva.weebly.com/
Facebook: https://www.facebook.com/groups/1412018455690651/
The Society of Descendants of Lady Godiva has awarded two scholarships for 2019, each for $1000. Thank you to all who have contributed to our scholarships: It is impressive and provides solid help to deserving students.

One of the scholarship recipients is Selina Detzel, a student at the University of West Florida. She is working toward a degree in veterinary medicine. Her laboratory studies have already included work with domestic animals as well as exotic pets such as reptiles, birds and rodents. She also works in the Tutoring and Learning Resources program. Her hard work and dedication have impressed her university instructors; we were also impressed.

SDLG is happy to help students with great expectations. Congratulations, Selina!
The Society of Descendants of Lady Godiva is pleased to have awarded two scholarships of $1000 in 2019. Our society can be proud of its continuing—and growing—support for education for the next generation.

Bonnie Sopher is our second scholarship awardee. Bonnie received a scholarship for 2018, and was eligible for a scholarship for 2019 based on her grade point average and her continuing dedication to her studies and activities in college.

Bonnie had this to say about her grant: “Thank you, and I am very grateful that a $1,000 Society of Descendants of Lady Godiva scholarship was awarded to me. I am using this award to assist me in my educational expenses at the University of Tampa. My major is criminology, and I plan to pursue a career in this area when I graduate in 2022.” Bonnie has expressed an interest in becoming a Florida Fish and Wildlife Conservation Officer. We wish her the very best. It is a pleasure to assist our two deserving scholarship recipients for 2019.

Congratulations, Bonnie!
Society of Descendants of Lady Godiva  
and Founding Lady General B. Davine Moore Roberts  
Cordially invite you to the Annual Convocation Tea  
Friday, April 17, 2020  
3:00 p.m.  
The Army and Navy Club, John Paul Jones Room  
(Maximum of 50 people)  
901 Seventeenth Street NW, on Farragut Square, Washington, DC  20006  
(Courtesy of our Lord Marshall George Hill, M.D., D.Litt.,)

Sign up now to come to the Friday, April 17, 2020, Annual Convocation Tea of SDLG!  
Program: “Lady Godiva in 1066 – When England was Forever Changed”  
By George J. Hill, M.D., D.Litt.,  
author of 15 books and many articles 
You are encouraged to dress in period attire, if you so desire.  
(Space is limited to a maximum of 50 people in the John Paul Jones Room, and reservations will be accepted in the order they are received. You must pick up your official name tag at the door to attend the Meeting.)

Questions: DavineR@aol.com, 904-910-8614 or sbe19mr19@comcast.net, 904-365-7270

Member: ____________________________________________________________
Guests: ____________________________________________________________

Please remit with check issued to Society of Descendants of Lady Godiva in the amount of $55 per person and mail to the below address by March 28, 2020.

I would like to make a tax deductible donation to the Lady Godiva Scholarship in the amount of $__________.

Sonya Eason  
Chancellor of the Exchequer, SDLG  
11527 Pelham Court  
Jacksonville, FL  32223-1365
Florida State Society of Descendants of Lady Godiva

requests the honor of your presence
at the 7th Annual Meeting
of the Florida State
Society of Descendants of Lady Godiva

February 7, 2020
Immediately following the DAC Board Meetings,
around 4:45 – 5:00 p.m.
at the Embassy Suites Hotel
Lake Buena Vista, Orlando, FL

Program: Lady Godiva and the Middle Ages
Please attend and bring guests!

Please RSVP
to
B. Davine Moore Roberts
Society Founding Lady General
904-766-6182, or DavineR@aol.com
Proposed Slate for 2020-2022 for the Society of Descendants of Lady Godiva

By Dick Jordan, Elected Chairman of the Nominating Committee

By the Nominating Committee per Bylaws:


Nominated and elected: 2nd Lady in Waiting Sharon Stine, Minstrel General Karen Hall and Master of the Horse Dick Jordan.

Lady General.............................................................. Stine, Sharon
Honorary Lady General ............................................. Roberts, Davine
Lady in Waiting ....................................................... Garner, Ann
2nd Lady in Waiting ................................................. Odom, Carla
Lord Marshal .............................................................. Swisher, Michael
Count General ........................................................... Jordan, Dick
Countess General ..................................................... Sopher, Catherine
Earle General ............................................................. Roach, Ken
Baron General ............................................................ Mabee, Tim
Baroness General ....................................................... Janczy, Karen
Prelate General (religious)........................................... Nakamura, Nancy
Scribe (Sec.) General.................................................. Allison, Barbara
Justiciar ........................................................................ Mouring, Annelies
Chancellor General ..................................................... Ford, Harold
Chancellor Exchequer ................................................ Eason, Sonya, (Need Assistant to Learn Quick Books)
Genealogist General ................................................... Crocker, Tracy
Chirurgeon General .................................................... Nielson, Eric
Corresponding Secretary ............................................ Glenn, Mary
Herald General ............................................................ Hall, Karen
Historiographer General ............................................ Bass, Suzanne
Medieval Heritage Artist General ............................... Bass, Patsy
Master of the Horse .................................................... Hill, George
Grand Marshal General ..............................................

The others may be appointed by the Lady General.
Dear Members of the Society of Descendants of Lady Godiva,

I am offering these lovely black tote bags for sale. The bag has a deep outer zippered pocket and a smaller inside pocket. The outside of the bag is approximately 16" across the top by 12" high with a 5 1/2" by 10" base. The two straps are each 26" long. The Society of Descendants of Lady Godiva Insignia is embroidered on the front of the tote, not printed.

The bag is $50 of which $5 goes to the Lady Godiva Scholarship Fund. $50.00

Postage 5.75

Total $55.75

Make your $55.75 check payable to Ann Williams Garner.

Please send your order to:

Ann Williams Garner
102 Preston Road SE
Parrott, GA 39877-5202
Email: awilli861@aol.com

Phone: (H) 229-623-5715; (Cell) 229-886-4219
Dear Members of the Society of Descendants of Lady Godiva,

We are offering these lovely note cards for sale to help promote our Lady Godiva Scholarship. They were designed by our Founding Member Madeline Alworth, Adornment Chairman, and she will be handling the orders. The note cards have the Lady Godiva Insignia just as pictured above with a metallic silver border at the bottom. They are 5" X 3 ½", and each card comes with a white envelope. There are also other items for sale such as Lady Godiva Insignia stickers and address labels. They can be ordered as follows:

**NOTE CARDS**

<table>
<thead>
<tr>
<th>Insignia Description</th>
<th>Price</th>
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<tr>
<td>Lady Godiva Note Cards with Insignia</td>
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**STICKERS**

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<th>Insignia Description</th>
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<tr>
<td>1 inch Insignia Circle Stickers (63 per sheet)</td>
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<tr>
<td>1 ½ inch Square Insignia (24 per sheet)</td>
<td>$3.00 per sheet</td>
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<tr>
<td>2 inch White Gloss Stickers (12 on a sheet)</td>
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**ADDRESS LABELS**

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<td>1 inch X 2 5/8 inches Lady Godiva Insignia Address Labels (30 per sheet)</td>
<td>$3.00 per sheet</td>
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**Postage on any or all of the above items plus $3.00 postage**

(Please include $3.00 per each order of 12 notecards)

Circle the items you want to purchase, and make your check payable to **Society of Descendants of Lady Godiva**. Total _______________

Please send your order to
Madeline Alworth, Adornment Chairman SDLG
505 Cumberland Rd.
Tyler, TX 75703-9325

Email: madeline@alworth.com  Phone: (903) 581-7963
Dear Members of the Society of Descendants of Lady Godiva,

We are offering these lovely Coats of Arms items as a fund raiser for our Lady Godiva Scholarship. They were designed and painted by our Founding Member Patsy Bass, Medieval Heritage Artist General, and she will be handling the orders. One is for the Kingdom of Mercia (now Coventry, England) where Godiva was born and lived with her husband Leofric, and the other is Thorold, for Lady Godiva and father's family name. They are printed on card stock from Patsy's original paintings and hand tinted by her. The note cards are the same as pictured above. They are 3 ½”, X 5” with a creased frame, and each card comes with a matching white envelope. The Coats of Arms ready for framing and the note cards can be ordered as follows:

**NOTE CARDS**

| Lady Godiva Note Cards with Mercia and/or Thorold | $25.00 per dozen |

**COATS OF ARMS SUITABLE FOR FRAMING**

| Coats of Arms for Mercia and/or Thorold 8½X11 | $20.00 each plus $2.00 postage |

(if you wish to order another size, please contact Patsy.)

Postage on any or all of the above items

(Please include $2.00 per each order of 12 notecards)

Circle the items you want to purchase, and make your check payable to **Society of Descendants of Lady Godiva**

Total $

Please send your order to

Patsy Bass
Medieval Heritage Artist General SDLG
215 W. Second Street
Tyler, TX 75701-3038

Email: patsyannbass@gmail.com   Phone: (903) 593-9132
Society of Descendants of Lady Godiva
Insignia Order Form

Member Number: ____________________  Date received: ____________________
Recipient: ______________________
Address: ________________________
Telephone and Email: ________________________

The Society of Descendants of Lady Godiva is a 501c3 non-profit organization. In keeping with this status, all profits from insignia pin sales will go to our Lady Godiva Scholarship Fund. Thank you for helping to support this worthy cause.

The Lady Godiva Large Insignia and the Lady Godiva Miniature Insignia are very versatile, as they may be worn any time or any place. The Miniature Insignia may be worn by all members with a 4" long, ½ wide purple satin ribbon at official meetings. It may also be worn as a lapel pin, pendant, or attached to a branch or a charm bracelet, at official meetings and elsewhere, by all members. The Large Insignia may be worn by all members, at official meetings and elsewhere, as a necklace on a chain or as a lapel pin. A 30" long, 2 ½ wide purple satin ribbon is available for officers, council members, founding members and charter members, for wearing at official meetings. Officers should wear the 30" ribbon with the Large Insignia at meetings; council members, founding members and charter members may choose to wear the 30" ribbon with the Large Insignia at meetings.

Lady Godiva Large Insignia is 2" double plated die struck embossed soft enamel lapel pin pendant with gold and silver plating with clear poly coating, safety pin back attachment, custom bail with approximately ¼" opening centered above the safety pin. The royal purple color of the insignia is Pantone 2540C - standard printer’s color. The picture shown is lighter than the actual insignia and ribbon.

Lady Godiva Miniature Insignia is similar to the large insignia but is more round in shape and sized ½". It is a 3D full relief die struck embossed soft enamel lapel pin pendant/charm with silver plating and clear poly coating, safety pin back attachment, and custom bail above the safety pin with extra ring for hanging if needed. Orders will be shipped in a bubble wrapped envelope. Please calculate the cost plus $8 shipping charge for your total order.

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<td>Miniature Insignia</td>
<td>$30</td>
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<tr>
<td>Miniature with ribbon</td>
<td>$40</td>
</tr>
<tr>
<td>Shipping Charge</td>
<td>$8</td>
</tr>
</tbody>
</table>

TOTAL $8.00

Please make checks payable to the Society of Descendants of Lady Godiva.
Please include the word Insignia on the memo line of your check.
Forward orders to:
B. Davine Moore Roberts
Founding Lady General SDLG
12567 Percy Lane
Jacksonville, FL 32218-2337

Any questions or concerns, please email DavineR@acol.com or call 904-766-6182.