

# Shinnin' Times

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A Publication of the Early Arkansas Reenactors Association (EARA)

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## UPCOMING EVENTS

### Keelboat Trip on the Ouachita River December 26th – 30th

The keelboat will be making a trip down the Ouachita River on December 26th through the 30th. The tentative schedule is to leave Locust Bayou recreation area, which is about 15 miles or so up river from Calion, AR, on Wednesday, December 27th, and arrive at Moro Bay State Park on Friday, December 28th. They are planning on leaving the next day and arriving at Crossett Harbor on Sunday, December 30th.

Plans are to travel to Locust Bayou on the 26th, then take the vehicles to Moro Bay State Park to park the trip. Help will be needed for shuttling back to Locust Bayou on the 26th and then back to Moro Bay on the 30th.

If you would like to volunteer to help shuttle the crew on the 26th or the 30th, please contact Ed Williams (at 501-944-0736 or [ed\\_laurine@juno.com](mailto:ed_laurine@juno.com)). Any help would be welcome. An official press release will be sent the first week of December.

At the present time, the crew is: Ed Williams, Earl Harrell, Norajean Harrell, Chris Bliss, Tim Richardson, Harvey Alexander, Kevin Morrow, Andrew Downs, Tom Bristow, Steve Sprinkle, Ken Bueche, Bob Rogers, Robert Rogers and Marvin Boyce.

### A Colonial & Early American Event April 5-7th, 2013

White Oak Lake State Park  
563 HWY 387  
Bluff City, AR 71722

**Friday, 5th:** Live fire, rifle, and smoothbore competition, shooting at English and French Silhouette targets.

**Saturday, 6<sup>th</sup> (AM)** – Live fire competition again;  
**(PM)** – Tactical: Scenario depends on who shows up.

**Sunday 7th:** Hawk, knife, & fire start competition.

White Oak Lake State Park is located about 15 miles West of Camden, Arkansas, near Bluff City, off of HWY 24. The Park will provide water, firewood, toilets, & showers. Call the Park to register (870-

685-2748). Call Ed Williams (501-944-0736), or Will Hardage, (501-627-6313), if you have specific questions,

This event is co-sponsored by the Early Arkansas Reenactors Association (EARA) and Arkansas Department of Parks and Tourism.

Ed Williams  
501-944-0736

## WANTED: UPCOMING EVENTS

If you know of any events that are not on our calendar of Upcoming Events, please send them to Renee at [bubbamoore1208@gmail.com](mailto:bubbamoore1208@gmail.com).

Also, I have heard a lot of good comments about some of the articles we have been presenting recently. If you have any articles or tidbits you would like to share, please send them also. Thanks!

## HISTORY

### Arkansas History (1500 – 1700)

**1541** – June 18 – Arkansas was first explored by the Spanish conqueror, Hernando de Soto. He led the first European expedition into Arkansas, likely crossing the Mississippi near Commerce Landing, south of Memphis

**1673** – Jesuit Father Jacques Marquette and Louis Jolliet, a trader, travel south on the Mississippi River, reaching the Quapaw villages of “Akansae” and “Kappa” intent on missionizing and exploring. Warned by the Quapaw (Arkansas) Indians of hostile tribes further south, they terminated their expedition in July of 1674

**1682** – March 13 – Rene-Robert Cavelier, Sieur de La Salle, reaches the Arkansas on his way to the mouth of the Mississippi. He visits a Quapaw village and claims the land in the Mississippi Valley in the name of King Louis XIV of France, dubbing the country “Louisiana”. In February, La Salle’s party pauses near present day Memphis to build Fort Prud’homme, then continues south to the mouth of the river

**1686** – Henri de Tonti, an Italian mercenary soldier, founded La Poste d’Arkansas (Arkansas Post) as the first settlement on the Mississippi River. As the first settlement in the lower Mississippi River Valley, it served as a trading post, a way-station for Mississippi River travel, and the home of a Jesuit mission for a few years

**1699** – Arkansas Post is abandoned, due to sluggish business

**1700** – French Catholic missionaries arrive in present-day Arkansas to convert local Natives to Christianity; most Natives continue their prior observances despite these efforts

**1717** – Scottish land speculator John Law recruits French settlers for a projected colony to be built in the wilds of present-day Arkansas. Law promises a life of ease due to deposits of gold and silver. Law is granted 87,000 acres of land near the Quapaw villages

**1721** – A group of 1,300 half-starved colonists – whites and black slaves – abandons Arkansas Post after John Law's scheme to develop the Mississippi Valley collapses

**1721** – Seventy or eighty engagés, or workmen, recruited by John Law, arrive at Arkansas Post, only to discover it long abandoned. Welcomed by local Quapaws, the settlers stay despite finding no gold or silver

**1722** – Adventurer Bernard de la Harpe travels up the Arkansas River seeking precious metals. He finds none but his journal describes the area of present-day Little Rock

**1731** – Louisiana, including present-day Arkansas, becomes a royal colony of France

**1738** – French regulars, militia and Quapaw and Choctaw allies begin a two-year campaign against the Chickasaw, who threaten travelers and residents alike

**1740** – Cotton culture is introduced in the Mississippi valley by Pierre de Bienville, governor of Louisiana

**1753** – The Seven Years' or "French and Indian" War, breaks out in Europe, pitting France against England

**1762** – The Treaty of Fontainebleau (Paris) concludes the Seven Years' War; as part of the treaty, France cedes most of its North American possessions to England; a separate, secret treaty gives parts of Louisiana west of the Mississippi (including Arkansas) to Spain. French soldiers continue to man Arkansas Post

**1775 – 1783** – The American Revolution creates the United States of America. The Revolution was due to the British burden of taxes and total power to legislate any laws governing the American colonies

**1779** – After several previous relocations, Arkansas Post moves once more to the Ecores Rouges (Red Bluffs) site where it remains today

**1783** – In April, Arkansas Post is attacked by a small force of Chickasaws and Englishmen led by trader James Colbert. The small Spanish garrison, commanded by Capitan Balthasar de Villiers, counterattacks and routs Colbert's forces

**1783** – September 3, 1783: The Treaty of Paris is signed by the victorious United States and the defeated Great Britain

**1795** – The Treaty of Madrid confirms the right of United States citizens to navigate on the Mississippi River and to ship through the Spanish-held port of New Orleans

**1797** – Campo del Esperanza, or Field of Hope, is established in present day Marion County, opposite Memphis. It serves as a Spanish naval outpost and defense against Chickasaw raiding

Sources:

- (1) <http://www.e-referencedesk.com/resources/state-history-timeline/arkansas.html>;
- (2) <http://www.worldatlas.com/webimage/countrys/namerica/usstates/artimeln.htm>
- (3) [http://visionmena.com/arkansas\\_history\\_-\\_a\\_time\\_line.htm](http://visionmena.com/arkansas_history_-_a_time_line.htm)
- (4) <http://www.history-timelines.org.uk/american-timelines/04-arkansas-history-timeline.htm>

## **MEDICINE IN THE WOODS**

### **Willow Bark**

**Overview:** The use of willow bark dates back thousands of years, to the time of Hippocrates (400 BC) when patients were advised to chew on the bark to reduce fever and inflammation. Willow bark has been used throughout the centuries in China and Europe, and continues to be used today for the treatment of pain (particularly low back pain and osteoarthritis), headache, and inflammatory conditions, such as bursitis and tendinitis. The bark of white willow contains salicin, which is a chemical similar to aspirin (acetylsalicylic acid). It is thought to be responsible for the pain relieving and anti-inflammatory effects of the herb. In fact, in the 1800s, salicin was used to develop aspirin. White willow appears to bring pain relief more slowly than aspirin, but its effects may last longer.

**Plant Description:** The willow family includes a number of different species of deciduous trees and shrubs native to Europe, Asia, and some parts of North America. Some of the more commonly known species are white willow/European willow (*Salix alba*), black willow/pussy willow (*Salix nigra*), crack willow (*Salix fragilis*), purple willow (*Salix purpurea*), and weeping willow (*Salix babylonica*). Not all willow species accumulate a therapeutically sufficient amount of salicin. In one study, the amount of salicin after 1 and 2 year growth in autumn and spring ranged from 0.08 - 12.6%. The willow bark sold in Europe and the United States usually includes a combination of the bark from white, purple, and crack willows.

**Medicinal Uses & Indications:** Willow bark is used to ease pain and reduce inflammation. Researchers believe that the chemical salicin, found in willow bark, is responsible for these effects. However, studies have identified several other components of willow bark that have antioxidant, fever reducing, antiseptic, and immune boosting properties. Some studies show willow is as effective as aspirin for reducing pain and inflammation (but not fever), and at a much lower dose. Scientists think that may be due to other compounds in the herb. More research is needed.

Studies suggest that willow bark may be useful for the following conditions:

**Headache:** Willow bark has been shown to relieve headaches. There is some evidence that it is less likely to cause gastrointestinal side effects than other pain relievers, such as ibuprofen (Advil) and other nonsteroidal anti-inflammatory drugs, do. However, studies have not shown this beyond all doubt, and people who are prone to stomach upset may want to avoid willow bark. Large scale studies are needed to fully determine how safe and effective willow bark is for chronic or recurring headaches.

**Low back pain:** Willow bark appears to be effective for back pain. In a well-designed study of nearly 200 people with low back pain, those who received willow bark experienced a significant improvement in pain compared to those who received placebo. People who received higher doses of willow bark (240 mg salicin) had more significant pain relief than those who received low doses (120 mg salicin).

**Osteoarthritis:** Several studies show that willow is more effective at reducing pain from osteoarthritis than placebo. In a small study of people with osteoarthritis of the neck or lower back, those who received willow bark experienced significant improvement in symptoms compared to those who received placebo. A similar study of 78 patients hospitalized with osteoarthritis of the knee or hip joint found that patients who received willow bark had significant pain relief compared to those who received placebo.

**Other uses:** Some professional herbalists may recommend willow bark for the following conditions, although so far, no scientific studies have shown that it works on Menstrual cramps, Fever, Flu, Tendonitis, Bursitis.

**Dosage and Administration:** Pediatric - Because of the danger of developing Reye syndrome (a rare but serious illness associated with the use of aspirin in children), children under the age of 16 should not be given willow bark.

Adult - General dosing guidelines for willow bark are as follows:

- Dried herb (used to make tea): boil 1-2 tsp of dried bark in 8 oz of water and simmer for 10-15 minutes; let steep for ½ hour; drink 3-4 cups daily.
- Powdered herb (available in capsules) or liquid: 60-240 mg of standardized salicin per day; talk to your doctor before taking a higher dose.
- Tincture (1:5, 30% alcohol): 4-6 mL 3 times per day.

**Precautions:** Because willow bark contains salicin, people who are allergic or sensitive to salicylates (such as aspirin) should not use willow bark. Some researchers suggest that people with asthma, diabetes, gout, gastritis, hemophilia, and stomach ulcers should also avoid willow bark. If you have any of these conditions, take nonsteroidal anti-inflammatory drugs (NSAIDs) regularly or blood thinning medication, ask your health care provider

before taking willow bark. Children under the age of 16 should not take willow bark.

**Side Effects:** Side effects tend to be mild. However, stomach upset, ulcers and stomach bleeding are potential side effects of all compounds containing salicylates. Overdoses of willow bark may cause skin rash, stomach inflammation/irritation, nausea, vomiting, kidney inflammation, and tinnitus (ringing in the ears).

**Warning:** Salicylates are not recommended during pregnancy, so pregnant and breastfeeding women should not take willow bark.

Because willow bark contains salicylates, it might interact with a number of drugs and herbs. Talk to your doctor before taking willow bark if you take any other medications, herbs, or supplements.

<http://www.umm.edu/altmed/articles/willow-bark-000281.htm#ixzz2ChS72Qtm>

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## UPCOMING EVENTS

### DECEMBER 2012

**2<sup>nd</sup> – Christmas Open House**, Historical Arkansas Museum – Call Museum – 501-324-9351

**8<sup>th</sup> – 2nd Saturday at Cadron**

Ree Walker (tomandree@yahoo.com)

**26<sup>th</sup>–30<sup>th</sup> – Keelboat Trip on the Ouachita River**

Contact Ed Williams (ed\_laurine@juno.com or 501-944-0736)

### JANUARY 2013

**5<sup>th</sup> – 12th Night at Cadron**

Cadron Settlement Park

Ree Walker (tomandree@yahoo.com)

### MARCH 2013

**9-16 – After the End of the World – Southwestern Regional Rendezvous**, Graham, TX

### APRIL 2013

**5-7 – White Oak Lake State Park Colonial Event.**

1700s Colonial/ Rev War living history and skirmish

Contact William Hardage (501-627-6313 or britishofficer@yahoo.com) or Ed Williams (ed\_laurine@juno.com or 501-944-0736)

**5-7 – Twin Bridges Mountain Man Spring Rendezvous**, near West Plains, MO

**20-21 – 2013 Woolly Hollow Rendezvous.** Contact: Ree Walker (tomandree@yahoo.com)

### MAY 2013

**3-5 – Rendezvous at Pomme de Terre Lake**

**Damsite, Missouri.** Black powder shoot; hawk contest, etc.

**17-19 – Rendezvous at Rockaway Beach, Missouri**

### JUNE 2013

**15-22 – High Plains Regional Rendezvous**, Blaine, KS

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## **EARA INFORMATION**

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To be covered you need to sign the book or if not available, a sheet of paper needs to be signed and sent to Glenn Cook. All volunteer events are covered, whether in the state or not. If in doubt always sign a sheet and send it to EARA President, c/o Glenn Cook, 331 Mark Lynn Cir., Cabot, AR 72023

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