

Shinnin' Times

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A Publication of the Early Arkansas Reenactors Association (EARA)

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EARA ANNUAL PICNIC AT CADRON

A wonderful time was had by all at the EARA Annual Picnic on Saturday, Sept. 1. We actually had a wonderful day for the event, to start with. While it had been raining, that morning began slightly overcast, but with a very pleasant breeze. The little ones were all having fun, playing and chasing each other. After a wonderful luncheon, everyone sat around and socialized. And then the real fun began. Several folks noted the dark clouds brewing and before we knew it, it began to rain. Not too bad – we could keep the doors and windows open. But then it really started coming down. We all crowded into the blockhouse and weathered the storm out in there, until it was over. But all in all, it was a great day.

BATTLE OF BLUE LICKS

The attached photos were taken at the "Battle of Blue Licks" reenactment near Paris, KY. Cornwallis surrendered at Yorktown, VA on October 19, 1781. However, the news of that surrender did not reach Kentucky until over a year later. The battle of Blue Licks (August 1782) was the last battle of the Rev War and the only one that occurred in Kentucky. The reenactment was held on the actual location of the original battle. After the reenactment, Norajean and I got to visit with several of the participants. Among the Natives were "white" Indians, of course, but, to our surprise, there were several full-blood Cherokee who dressed in their 18th Century attire to extreme historical accuracy. We even met a "historical tattoo" artist who, apparently, did many (if not all) of the tattoos embellished on the Natives. She was in the process of tattooing a Cherokee lady as we watched. She used only a needle and a bottle of ink ... no "tattoo gun;" no modern utensils. It was noticed that these people distinguished a difference between "reenactment" and "rendezvous." The difference was: "Reenactors" align their accoutrements, clothing and outward appearance specifically and historically to a particular event and/or period of history designed to give their audience an exact presentation of what would have been seen and used. "Rendezvous," they define, is an event where no particular event is reenacted nor presented, but rather is a conglomeration of several time periods and may or may not present an accurate accounting of history in appearance, accoutrements or personal presentation. Norajean and I agree. Having attended another event several weeks after this one at the

"Painted Stone" area where Squire Boone (Daniel's brother) had built a station, we will send those photos soonest.



MEDICINE IN THE WOODS

CALENDULA (Marigolds)

The Healing Virtues of Calendula

Beautiful pot marigolds, popularly known as Calendula or simply marigolds, are appreciated and valued as ornamental flowers, but especially for their therapeutic and culinary effects. Just a few people know that their leaves are very tasty and healthy in salads of raw vegetables, and their petals have the same properties as saffron. Since ancient times, pot marigolds were famous for their healing virtues, mainly for the stomach, intestines and liver. Moreover, in many parts of Europe, these plants are nicknamed "flower rain", because they act as a barometer: the morning the flowers do not open their corolla between 6 and 7 AM, it will rain.

Marigold flowers contain saponins, carotenoids, fatty acids, volatile oils and manganese salts. This chemical composition stimulates the functions of the liver and kidney, and helps in the absorption of calcium and iron. In addition, they have anti-inflammatory, antibacterial and healing effects, and therefore are indicated for the treatment of infections,

inflammation and skin lesions. Pot marigold products are recommended in the treatment of many diseases, such as hyperacid gastritis, gastric and duodenal ulcers, inflammation of the colon, liver disease, acne, leucorrhoea, burns, frostbite, purulent wounds, skin cancer, skin ulcers, breast cancer, skin diseases, fungus, osteoporosis, and the list goes on.

Internal Remedies:

Do you have heartburn? Drink Calendula tea! Our stomach lining secretes acidic gastric juice containing pepsin, an enzyme that degrades proteins, hydrochloric acid to kill bacteria in the food and promote the action of the pepsin, and intrinsic factor (IF), a glycoprotein essential for the absorption of vitamin B12 in the small intestine. Sour sensations and heartburn are often only a transient acid hypersecretion caused by certain foods (fried fat, alcohol and others). If confronted with this issue, use a natural healer: Calendula tea. Soak a teaspoon of ground Calendula flowers in a cup of water (preferably spring water) for four to six hours at room temperature, or allow infusing for three to five minutes in boiling water. Drink four cups a day with small sips.

Combined infusion for ulcers and gastritis:

These diseases are treated for eight weeks with a combined infusion prepared as follows: Macerate four tablespoons of flowers into 500 ml of water, for eight hours, and then filter. Add another 500 ml of water and boil for five minutes. After it cools down, mix the tea from the first and second filtering. Consume three cups of tea per day, unsweetened.

Fights colitis

A mixture of powder of pot marigold flowers and St. John's Wort has proven to be a cure for both types of fermentation and putrefaction colitis. Four to six teaspoons per day is administered in cycles of three weeks. Abdominal cramps can also be treated with powder of the flowers, half a teaspoon before and after meals, until pain recedes.

Tincture, good for cholecystitis

Calendula tincture helps calm gallbladder crisis. Take a teaspoon of tincture diluted in water 15 minutes before each meal. Treatment must last three weeks and has anti-inflammatory effects on the gallbladder, regulates bile secretion, and supports its secretion into the duodenum. It also has a stimulating effect on digestion.

External Remedies:

Lavage and compresses with Calendula tincture are beneficial for varicose ulcers and slow-healing wounds. Wash the affected area daily with a compress sprayed with tincture of pot marigold. To speed up healing, remove the compress after two hours and apply on the affected area an ointment containing Calendula. Marigold oil has healing, anti-inflammatory, soothing, antibacterial and antifungal effects. This oil is used as feedstock in the preparation of cosmetics and pharmaceuticals

(ointments, creams, gels, lotions, eggs). Pot marigolds are useful in treating warts. Use Calendula tincture or tea twice a day. Cover the area with a gauze. After 10-15 minutes, rinse with warm water.

HISTORY

History of Ice Cream

The origins of ice cream can be traced back to at least the 4th century B.C.

By Mary Bellis, About.com Guide

The origins of ice cream can be traced back to at least the 4th century B.C. Early references include the Roman emperor Nero (A.D. 37-68) who ordered ice to be brought from the mountains and combined with fruit toppings, and King Tang (A.D. 618-97) of Shang, China who had a method of creating ice and milk concoctions. Ice cream was likely brought from China back to Europe. Over time, recipes for ices, sherbets, and milk ices evolved and served in the fashionable Italian and French royal courts.

After the dessert was imported to the United States, it was served by several famous Americans. George Washington and Thomas Jefferson served it to their guests. In 1700, Governor Bladen of Maryland was recorded as having served it to his guests. In 1774, a London caterer named Philip Lenzi announced in a New York newspaper that he would be offering for sale various confections, including ice cream. Dolly Madison served it in 1812.

The first ice cream parlor in America opened in New York City in 1776. American colonists were the first to use the term "ice cream". The name came from the phrase "iced cream" that was similar to "iced tea". The name was later abbreviated to "ice cream" the name we know today.

Whoever invented the method of using ice mixed with salt to lower and control the temperature of ice cream ingredients during its making provided a major breakthrough in ice cream technology. Also important was the invention of the wooden bucket freezer with rotary paddles improved ice cream's manufacture. Augustus Jackson, a confectioner from Philadelphia, created new recipes for making ice cream in 1832.

In 1846, Nancy Johnson patented a hand-cranked freezer that established the basic method of making ice cream still used today. William Young patented the similar "Johnson Patent Ice-Cream Freezer" in 1848.

In 1851, Jacob Fussell in Baltimore established the first large-scale commercial ice cream plant. Alfred Cralle patented an ice cream mold and scooper used to serve on February 2 1897.

The treat became both distributable and profitable with the introduction of mechanical refrigeration. The

ice cream shop or soda fountain has since become an icon of American culture.

Thanks are given to Carol for use of her porch and to God for the cool weather that we enjoyed while visiting and eating buckets of Ice Cream. We had Strawberry, Chocolate Peanut Butter, Butter Pecan, Vanilla, Peach, Cheese cake, with assorted toppings and peach and blackberry cobblers. We all ate until we hurt. Thanks for all that attended and brought goodies. Looking forward to seeing you in November.

MissHattie

CAROL'S BARN

EARA is having a candle making seminar at Carol's Barn on Saturday, Nov. 3 at 9:00 am. Please, bring bee's wax, molds, pots, potholder, and any other supplies needed. Carol has wick thread. Miss Hattie has 3 sets of candle molds and rack for sale. Please bring something for lunch potluck. Plates and silverware are provided. Looking forward to seeing you there!

UPCOMING EVENTS

OCTOBER 2012

4th – Home School Days at Washington State Park

Vickie Shoewies –
870-983-2558
Patricia.Thomas@ark.gov
870-983-2625

5th – WooloRoc Voo, Bartsville, OK

woolaroc.org
Jennifer Johnson 417-294-1175

5th – Bloomsfield, MO Voo

Jennifer Johnson 417-294-1175

5th – Crowley's Ridge Black Powder

6th – 2nd Saturday at Cadron

(adjusted date to accommodate the new Voo at Leslie)
Ree Walker (tomandree@yahoo.com)

12th–14th – Leslie's Voo, Leslie, AR – Set up on 10th - Glenn Cook (gc1760@yahoo.com)

19th-20th – Pioneer Days, a Celebration of the History and Heritage of Garland County”, Garland County Fairgrounds

19th–21st – 2nd Annual Hardy Mountain Man Rendezvous

Loburg Park, Hardy, AR
Cheyenne – 870-405-6279
Rawhide – 417-372-1252

NOVEMBER 2012

10th – 2nd Saturday at Cadron

Ree Walker (tomandree@yahoo.com)

22nd–25th – Petite Jean – Call the Park – 501-727-6512

DECEMBER 2012

2nd – Christmas Open House, Historical Arkansas Museum

Call Museum – 501-324-9351

8th – 2nd Saturday at Cadron

Ree Walker (tomandree@yahoo.com)

JANUARY 2013

5th – 12th Night at Cadron

Cadron Settlement Park
Ree Walker (tomandree@yahoo.com)

EARA INFORMATION

Newsletter Notice

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“Pepper” is the password to access the online edition of the EARA Newsletter, via the EARA website.

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Liability Insurance

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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