

Camp River Dubois Dispatch

January-March

Official Newsletter of the Lewis & Clark Society and the Lewis & Clark State Historic Site

Volume 4 Issue 1

Managers Corner by Brad Winn

Where do we go from here? As I mentioned in the last newsletter we have hit the ten year anniversary since our site opened way back in 2002, somehow that does not seem that far back. So the question that we all must answer ... What is in store for the next 10 years? I can share with you a couple ideas that I have in mind, but I would like your feedback.

My first priority is the immediate repair and restoration of Camp River Dubois. For me the two most recognizable features that distinguish our site along the trail are the keelboat inside the museum and of course our reconstruction of Camp River Dubois. In reviewing some pictures last week from several years ago, I am amazed at how hard the camp has weathered. I am excited to report there is some good positive movement on securing a portion of the funds needed to start a complete repair and restoration project to begin hopefully in the next year. Having the Camp replica here is so important to our identity at Lewis and Clark State Historic Site, it is hard for me to imagine not being able to see it restored to its former glory. So join me in keeping your fingers and toes crossed that the project funding will continue to move forward.

My second set of goals revolve around the expansion of our park setting. Yes, we are first and foremost a historic site, but I have always intended us to be also considered a park setting. This was the driving force behind the construction of the picnic area and day-use shelters; this was the idea behind the planting of our 20 acres of prairie. I would like to see us finish the day-use area to include bathrooms and a playground in the next 10 years. I also envision an extension of our trail systems to include a path to the river as well as a low impact walking trail through our prairie system now that is has matured.

There are of course lots more ideas to consider and again that is where you all come in. Let me know what you would like to see. We are all in this together!

“Lewis & Clark Medicine”

by Rex Maynard

While Captain Lewis was the most qualified medical practitioner of the Expedition, today his procedures and methods would be considered barbaric, detrimental and often times worse than the ailment they were suppose to cure. What were his qualifications? His mother, Lucy Meriwether Lewis Marks had a vast knowledge of traditional folk remedies and medicines. She passed that knowledge down to her son. He was well read, knew the latest medical theories and had associated with the great thinkers of the new republic. He had a scientific mind and great confidence in the ability of science and reason to solve the problems of the world. He was, after all, the protégé of America’s great Renaissance man, Thomas Jefferson. With all those qualifications, he still had great holes in his medical knowledge and needed some help.

While in Philadelphia in preparation for the great trip, Lewis met with America’s leading physician, a man that served as the Surgeon General of the colonial army, who had signed the Declaration of Independence and had been a confident of Washington, Jefferson, Adams and Franklin. Not only had Dr. Benjamin Rush been all these things, he had studied in Edinburg and Scotland with the great physicians of Europe.

Rush gave Lewis a set of instructions for keeping his men healthy and a list of medicines to take on the trip. Three of these medicines are most interesting. The first was laudanum, whiskey mixed with opium. Not only did it relieve all pain, it relieved almost all sensation.

“This article is continued on page 5.”

Saying Goodbye to Wilbur Cruse



Wilbur Cruse, 90, of Granite City, Ill., departed this life in the Eden Village Rehab Center in Glen Carbon, Ill., at midnight on Saturday, Jan. 26, 2013.

Wilbur was born in Odin, IL, on Oct. 23, 1922, the son of George and Eula, nee Rippy, Cruse. He was united in marriage to Faye Bridges in St. Louis, Mo., on Nov. 21, 1942, and she survives his passing.

Wilbur served in the United States Army, 7th Corp during World War II and saw action at the Battle of the Bulge. He worked as a baker at Gutzler's Bakery in Nashville, Ill., and then as a driver and salesman for the Charles Todd Linen Company until his retirement. He was a faithful member of the Nameoki United Methodist Church in Granite City, IL, where he was a member of the Men's Club. Wilbur volunteered as a docent at the Lewis and Clark Museum in Hartford, Ill. (in the photo Wilbur received *Volunteer of the Year* in 2008), and was a member of the Battle of the Bulge Association of St. Louis. Wilbur and Faye enjoyed square dancing and were members of the Starduster Square Dancers for 30 years.

Should friends desire, memorial contributions may be made to the Nameoki United Methodist Church and will be accepted by the Campagna Funeral Home. Online expressions of sympathy may be made at www.campagnafuneralhomes.com.

Funeral: Funeral services were held Jan. 30, 2013, at the Campagna Funeral Home with Pastor Timothy Pate officiating. Interment will be in the St. Peter Cemetery in Okawville, IL.

"Garrison Weekend"

On **Saturday and Sunday**, March 23 and 24, between 10 a.m. to 4 p.m. visitors will be treated to re-enactors at the Lewis & Clark State Historic Site located in Hartford, Illinois. Captain Clark had the men of the Expedition construct Camp River Dubois where they wintered in 1803-04. Throughout the journals Lewis & Clark referred to these men as "The Detachment." The present day "The Detachment" is a group of living history enthusiasts portraying the army's detachment for exploration. They are creating a window of history with the desire to help visitors see the everyday life of these soldiers. "The Detachment" will participate in "Fatigue Duties:" cooking, laundering, guard duties, uniform fashion show, and shooting demonstrations. Visitors are free to roam the camp and talk with these volunteers of the Lewis & Clark State Historic Site's "The Detachment."

This weekend the "Washer Woman" will be located in the small hut next to Camp River Dubois. On January 1st a woman came forward to wash and sew for the men. Typically the military provided a laundress issuing one daily food ration, quarters, fuel and the services of the post surgeon. That January in 1804, three men of the expedition were drinking, fighting, and not following orders; and for their punishment they were ordered to construct a hut for the washer woman. The washer woman worked throughout the Expedition's stay at Camp River Dubois and when they returned on September 23, 1806, Sergeant Ordway recorded in his journal that the "widow woman" was still here and the place looked like a plantation.

On Sunday only from 10 am to 4 pm re-enactors will demonstrate how the settler's lived in the very early 1800's. The re-enactors will be demonstrating life in the American Bottom by cooking, fetching water, spinning and sewing throughout the day at the newly constructed "Settlers' Cabin."



We Need Your Recurrent Support

By Brandon Paul

With the Holidays in our rearview mirror, now is the time to consider renewing your Lewis and Clark Society membership for 2013. The Society realizes that a number of historical societies and historical interest groups are currently commemorating milestone anniversaries. (i.e. Civil War Sesquicentennial, or the War of 1812 Bicentennial celebrations.) As such, we know you have more groups chasing your disposable income for dues. But just because we're a few years past our Bicentennial celebrations, the Society still depends on support from members like you. Your dues help the Society put on events like the Departure Weekend in May, the Arrival Weekend in December, and all our other events. Your assistance also allows the Lewis and Clark Historic Site to educate the public, both on site, and through its Education Outreach Program.

Additionally, renewing dues for 2013 allows you to continue receiving your 10% discount at the Store of Discovery gift shop inside the State Historic Site.

Reenactor Volunteer News *by Michael Stout*

On February 23, I attend a reenactor's swap meet at Jefferson Barracks. This venue gives reenactors a chance to sell or swap period clothing, hand axes, canteens, and many other items. Reenactors leave and join other reenacting groups from time to time and maybe even create a new persona; which means they will need a different set of clothing and accrements.

The event gives reenactors the opportunity to meet, sell, and recruit new people into their reenacting groups. I went there with the hope of recruiting new members into the Lewis & Clark's "The Detachment." My wife Allison designed a new flyer to attract recruits. A life long reenactor, Ron Stelhorn told me about the event, volunteered to give me a hand. Ron stated that he has a photo of himself as a little boy in his first reenacting clothing. I believe he dressed as Daniel Boone. Just a side note, Ron was also selling his colonial boxes and other items. They are very nice and if you need one stop by and talk to Ron. Well, we had a great time and met a few potential prospects.

Workshops *by Pam Imes*

Lewis Clark State Historic Site will be offering three workshops. The first workshop will be basket making on Tuesday March 26th at 10:00 a.m. You will be making a Williamsburg Basket with instructor Katie Dile. Your cost of this basket will be \$15.00. This includes everything you will need to make it. You might want to bring a lunch.

The second workshop will be a Starbella Scarf on Tuesday April 2th at 10:00 a.m. Your cost for the scarf will be \$7.00. This includes one #10 knitting needle and Starbella Scarf Thread. Please indicate what color you want me to buy. The instructor will be Carolyn Dawson.

The third workshop will be a winter scarf with Elaine Stout (Mike's mom) instructing on Monday April 8, 15, 22 and 29 if needed. All four classes will meet at 10:00 a.m. You will need a I-crochet hook and one ball of Red-Heart 4-ply-soft thread.

You can sign up by writing your name on a list by the book you write your hours in or you can call us at 251-5811 and ask for Pam.

Looking for a few Good Heads

By Michael Stout

I'm starting a new exhibit that will require a half dozen Styrofoam heads, the ones that hats, wigs, and toupees are placed. Please make a note that these will be painted and you most likely will not want them returned. I will be displaying historic hats of the day which will include the Army dress hats. Also, I am asking anyone who may have a used Captain's hat and/or a Tricorn hat that could be donated for this exhibit project.

Thank You!

Calendar for 2013

ANNOUNCEMENT: As of May 1, the site will be open seven days a week.

Education Day: On May 10, this event will not be open to the public, but the site is expecting an overwhelming amount of 4th graders. The students will go from station to station learning many new wonderful games and skills.

11th Annual Point of Departure: On May 11-12, from 10am to 4pm, reenactors will portray military life at Camp River Dubois, while artisans will be demonstrating life in the American Bottom. Demonstrators will include: blacksmithing, candle making, soap making, coopering, cooking, spinning, carving, and much more.

Junior Explorers: Between June 17-21, site will have a week long camp for 20 explorers ranging in age from 9-12 years old.

3rd Annual Hummingbird Festival: On July 27, from 9am until noon, the site in cooperation with the Illinois Audubon Society will be catching and banding hummingbirds.

ANNOUNCEMENT: The site will be open on Labor Day, Sept. 2, but starting on Sept 3, the site will be returning to its winter hours. The site will be closed on Monday and Tuesday until Brad announces when we go back to seven days a week, that will be around May 1, 2014.

10th Annual Music Festival: On September 7, the musical traditions of 200 years ago will come to life during the 10th annual Music Festival scheduled for Saturday from 10am to 4pm. Performers will play traditional music throughout the site. Local bluegrass favorites will be announced later.

6th Annual Flags Over the Mississippi and Missouri Rivers a Struggle for Empire: Saturday October 12th and Sunday 13th from 10am to 4pm, reenactors will portray military life in the Mississippi-Missouri river valleys. European nations fought for control of the rich resources of the Mississippi River valley. Native Americans, French, Spanish, English, and Americans will be represented in military and civilian period clothing, along with demonstrations of cannon firing. On Saturday Camp River Dubois will close at 4 pm and reopen from 6-7 pm for the night firing of the cannons. All I can say is that it is really something special to see these historic cannons fire at night.

11th Annual Arrival at Camp River Dubois: On Dec. 14-15, this years Arrival event will feature exhibitors of vintage tools, guns, rock & minerals, artillery, 18th century doctor and vintage dog photos. Camp will be open for tours on the bottom half of the hour.

Volunteer Appreciation Dinner: Friday, October 18th, 2013, from 5:30-9:00 pm, in Godfrey at the Lewis & Clark Community College, the Trimpe ATC Building, in the Blue Room.

Announcement:

For the past several summers Bob Mitchell has been inventorying We Proceeded On journals that people have donated to the site. We would like to have a complete set in the site's library. We are looking for donated copies. These are the ones we are looking for to complete and update our collection. Thank you for your assistance.

Needing these We Proceeded On journals:

1975 No. 1-4	1982 No. 1-4
1976 No. 1, 3, 4	1983 No. 1-4
1977 No. 1-4	1984 No. 1 & 4
1978 No. 1-4	1985 No. 1
1979 No. 1-4	2009 No. 2 & 4
1980 No. 1-4	2011 No. 3 & 4
1981 No. 1-4	2012 No. 1-4

“Medicine ... page 1.”

The second medicine was Peruvian Bark, ground up skin from the Cinchona tree in South America that worked wonders on the scourge of the river countries, malaria. They did not know why Peruvian Bark relieved this dread disease, they just knew that it did. In many cases they would prescribe the bark for many illnesses other than malaria in the hopes that its healing properties would benefit the patient. Lewis took 15 pounds of this powder, the largest amount of any medicine to go on the Expedition. In 1820, chemists isolated an alkaloid now known as quinine from Cinchona bark. Quinine reigned for more than a century as the one successful treatment of malaria.

The third medicine was an invention of Dr. Rush himself. As did all educated men of medicine, he adhered to a theory of wellness that seems very strange today. They did not know about germs or infection or even the need for washing their hands. They believed that a person became ill when the body became unbalanced in its makeup. In order to bring the body into balance, methods were used to induce sweating, bleeding, vomiting and bowel purging in the patient.

He called his creation Dr. Rush’s “Bilious Pills”. A pill that was composed of 10 grains of calomel, which is a mercury and chloride combination, a powerful laxative all by itself. To that was added 15 grains of jalap, from the roots of a Mexican plant, also a powerful laxative all by itself. This combination was so effective at purging the bowels that the men did not call them “Bilious Pills” but “Dr. Rush’s Thunderbolts”. A person did not take these pills in a trifling manner, but stood ready for fast and immediate effects. Time and again, these men who were consuming a meat heavy diet were issued this efficient and effective purgative.

But mercury is poisonous, a person might say, it would kill them. Yes, that is true, although the most dangerous aspect of mercury is the fumes. Hat makers would hand rub mercury into hats to make them waterproof. Breathing the

fumes gave many of them an occupational hazard of brain damage, which inspired the term “Mad as a Hatter”. Fortunately for the men, and unfortunately for Captain Lewis, swallowing the mercury laden pill was less dangerous than dispensing it time after time as the trip pharmacist. In addition, the pill worked so quickly that it journeyed through the digestive system and little mercury was absorbed.

In Montana, there is a place called Travelers Rest which was a campsite recorded in the journals of the Lewis and Clark Expedition. The exact location of the campsite was in dispute until archaeologists found traces of mercury in the soil. They found the latrine of the Lewis and Clark expedition. Because of the military protocols followed for sanitation purposes, the direction and distances to the camp were successfully calculated. In the eastern states, signs indicate “George Washington slept here.” What do you think the signs say about Lewis and Clark out west?

“The End”

Volunteer Announcement

It’s Tax time and if anyone is itemizing and you need your 2012 volunteer sheets, please contact Cindy Upchurch. After April 15, 2013 the old calendar is discarded.

Mark your calendar, Volunteer Appreciation Dinner, Friday, October 18, 2013, from 5:30-9:00 pm. The location of the dinner will be in Godfrey at the Lewis & Clark College, the Trimpe ATC Building, in the Blue Room.



*2012 Appreciation Dinner
The Mitchell’s are just having too much fun!*

Commemorating the Point of Departure Since 1957



Lewis and Clark Society of America
 #1 Lewis and Clark Trail
 Hartford, IL 62048
www.lewisandclarksociety.org

Lewis and Clark Society of America Membership Information

The Lewis and Clark Society is a non-profit organization dedicated to educating the public about the immense importance of the Lewis and Clark Expedition. The dues structure is:

Student	\$10	_____
Individual	\$20	_____
Family	\$30	_____
Business	\$45	_____
Non Profit Organization	\$35	_____

Make checks payable to Lewis and Clark Society of America and mail to #1 Lewis and Clark Trail, Hartford IL 62048. Members receive a ten per cent discount on items purchased in the Store of Discovery.

NAME _____

ADDRESS _____

CITY, STATE ZIP _____

TELEPHONE _____ EMAIL _____

This newsletter is a publication of the Lewis and Clark Society of America, Inc., and the IL Lewis and Clark State Historic Site. All Society members and Site volunteers are invited to contribute articles or photographs to the newsletter. Articles published do not necessarily represent the opinion or policy of the Lewis and Clark Society of America, its Board of Directors or its Officers. The Camp River Dispatch will be published on a quarterly basis and mail at approximately the first of March, June, September and December. Please submit any items for inclusion approximately one month in advance by email to LCSA@CampRiverDubois.com

or by mail to:

Lewis and Clark Society of America

Newsletter

#1 Lewis and Clark Trail

Hartford, IL 62048.

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Lewis and Clark SHS Volunteer Application

Name _____ Phone _____

(Please write clearly)

Street Address _____

City _____ State _____ Zip _____

If presently employed, name of firm _____

Indicate special skills, hobbies or interests _____

How did you become interested in our volunteer program _____

Volunteer experience _____

Work experience _____

Do you prefer to work in the Visitor's Center, gift shop, Camp River Dubois, special events or other? _____

Please circle the days of the week you can volunteer.

SUN MON TUE WED THU FRI SAT SUN All Day or am/pm shift

(Monday and Tuesday are seasonal)

Number of hours you can work: Monthly _____ Weekly _____

Other information you feel pertinent to your application: _____

Contact in case of emergency

Name _____ Relationship _____

Home Phone _____ Work Phone _____

Signature _____ Date _____

Please submit application to: Lewis and Clark SHS, Attention Volunteer Program, 1 Lewis and Clark Trail, Hartford, IL 62048

Thank you for your interest in Lewis and Clark State Historic Site