Lewis and Clark Trail Heritage Foundation Considers the Trail Ahead

At the 15 October Mouth of the Platte dinner meeting, members heard from the Board of Directors for the Lewis and Clark Trail Heritage Foundation about the condition of the organization. The Board held their fall meeting in Omaha which provided an opportunity to learn first-hand about the dire circumstances faced by the organization over the last couple of years. Both the current and past Foundation presidents were hopeful and encouraging that a means would be found to keep the organization strong. (See December 2010 issue for more details.)

Philanthropist and Foundation member Tom Johnson, from Virginia, extended some needed financial support on Saturday, 16 October, providing some changes were made to make the organization more vital. A subcommittee of the Board considered these conditions and their implications. Based on the recommendations of this group, the Board of Directors adopted the following:

The Lewis & Clark Trail Heritage Foundation
Mission Statement
Vision Statement and Strategic Goals
adopted 29 January 2011.

Mission Statement

We preserve, promote and teach the diverse heritage of Lewis and Clark for the benefit of all people.

Vision Statement

The Foundation will be the nation’s premier non-profit organization for the preservation of the Lewis and Clark Trail and the sharing of its stories.

Strategic Goals

1. To reassess and restructure the Board to make it effective
2. To develop and enhance organizational infrastructure
3. To provide the leadership to establish a true national trail from Sea to Shining Sea
4. To reassess and formalize the relationship between the Foundation and chapters for the mutual benefit of both
5. To strengthen and diversify the financial underpinnings of the Foundation to make it sustainable
6. To facilitate partnerships among the Lewis and Clark Interpretive and Educational Centers across the nation

A note from our Foundation’s President:

After careful consideration and consulting with the Foundation Leaders, Board members and a consulting team with years of successful non-profit experience, we are happy to share the new mission and vision statements of the Lewis and Clark Trail Heritage Foundation, along with the strategic goals for the next three years. The mission, vision and strategic goals are measurable and attainable and present our Foundation to the world in a stronger and more relevant light. We are excited about the opportunities that await us once we embrace these fundamental principles and share them with the global audience.

Stephenie Ambrose Tubbs
President, LCTHF

Our motto…Keepers of the Story - Stewards of the Trail…remains the same.

[N.B., At this time, the headquarters for the organization also remains in Great Falls, Montana.]

“First Encounters”
Registration Underway

Registration forms for First Encounters, the 43rd Annual Meeting of the Lewis and Clark Trail Heritage Foundation are out, and coming back in. Forms were distributed to MOP members at the February meeting, and are also available in the February issue of We Proceeded On, and may be downloaded from the Foundation website: www.lewisandclark.org

Information on the annual meeting is also available at the MOP website: www.mouthoftheplatte.org

Even though this important step has been taken there are still things to be done to prepare and offer an unforgettable experience to Foundation members. Volunteer forms and information can be obtained from Mary Langhorst at study group and dinner meetings, or call Della Bauer at 402-697-8544, or Mary Langhorst at 402-291-1585.

All who have donated to the Annual Meeting Fund deserve a big thank you. Our balance is gradually growing, but we are still in need of more money. It is never too late to donate to the cause. If you would like to donate, the address is: Mouth of the Platte Chapter, PO Box 3344, Omaha, NE 68103.
Dear Chapter Members,

Just think, we are in the month of March and before long July and August will be upon us—time for the 2011 annual meeting. The planning committee has been working hard trying to put it all together. I had no idea what was needed to put an annual meeting together, but I’m learning the hard way. I appreciate all the work that has gone into past meetings, and will appreciate future meetings more.

At the December dinner meeting, Dr. Neal Ratzlaff provided us with a very interesting power-point presentation about the natural features Lewis and Clark saw and commented about along the mid-Missouri River area. After that there was a silent auction. There was a profit of $422 from the sales for the Annual Meeting Fund. I want to thank all of you who donated sale items to the cause.

January’s dinner meeting was also exciting and interesting. As Darrel Draper walked in the dining room, we all thought Theodore Roosevelt had arrived just for us. His accent and delivery of the program were “right on” or at least very close to the way I envision TR—not Teddy. Only his first wife could call him “Teddy.” To celebrate the 10th anniversary of the Mouth of the Platte Chapter, cake was served to everyone.

At February’s dinner meeting, Dr. Orv Menard was our speaker. He talked about the French influence along the Lewis and Clark Trail (French fur traders) and the Voyageurs of the Lewis and Clark Expedition (as interpreters). According to Dr. Menard, they are the “forgotten heroes of the Expedition.” Cake to celebrate Pomp’s 206th birthday was also served.

On February 17th, four members of the chapter went to Kirn Middle School in Council Bluffs, Iowa to speak to two eighth graders about “Debate and Diplomacy of the Lewis and Clark Expedition” for a history project. Dr. Carl Camp and Mr. Mike Bowman answered various questions for them. It is hoped that the students’ presentation will allow them to go to Washington, DC in the spring for the final portion of the history contest, and bring a trophy back to their school in western Iowa.

Just a note to tell you the Chapter’s Financial Report will no longer be included in the newsletter, as the reports are available at each monthly dinner meeting.

Spring is coming—really. It won’t be long and the crocus, tulips, and daffodils will be peeking out of the ground. I want to wish each one of you a wonderful spring; and happy Passover and Easter seasons.

Until I write again, stay healthy and stay safe.

Sincerely, Della Bauer, President

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**President’s Note:**

It is with great sadness that MOP members, especially the Tuesday morning study group, learned of the sudden passing of Dick Zion, long-time volunteer guide and “Bread and Jam” organizer for the Western Historic Trails Center in Council Bluffs.

Born in Choteau, Montana, Dick came to Nebraska to attend Dana College. After graduating with degrees in sociology, psychology and anthropology, Dick first worked as a physical therapist with ENCOR.

A passion for music led Dick to other pursuits. In addition to operating his own stringed instrument repair business, he toured Europe playing bluegrass music. The “Country Roots: Today” program that he created, produced and hosted live for WOW radio was broadcast for 14 years. He also co-produced the “Acorn Feed Store Road Show,” a television program still shown in syndication. In addition to being a charter member of the Omaha Bluegrass Club, Dick was inducted into the Mid-America Country Music Hall of Fame in 1996.

Dick is survived by his wife, Marilyn, of Council Bluffs. A brother and other relatives still live in the Choteau area, where Dick would visit yearly.

A memorial service was held 28 February at the Cutler-O’Neill Chapel in Council Bluffs. Several members attended to represent MOP.
Health Care Concerns: 1804 and 2011
Are They Any Different?

To your own discretion therefore must be left to the degree of danger you may risk, and the point at which you should decline, only saying we wish you to err on the side of your safety, and to bring back your party safe even if it be with less information.

—President Thomas Jefferson to Meriwether Lewis, June 20, 1803

Health and safety came first in the concern of the president in 1803; does it still? Do the modern tools and remedies really make people healthier and safer?

The March meeting of the Mouth of the Platte Chapter will feature another of our members asking “what if” questions. This time Peggy Christ will be presenting and leading a discussion on the methods Lewis used to address the illnesses and injuries encountered along the Trail.

Jefferson recognized that Lewis had local knowledge of herbal remedies from his mother. He also provided Lewis with the latest in medical arts by arranging tutoring from one of the most recognized doctors of the day, Dr. Benjamin Rush. In addition to prescribing “Rush’s Pills” for all conceivable illnesses, the good doctor also provided Lewis with ten commandments of health for the Corps:

1. Flannel worn next to the skin, especially in wet weather.
2. Always to take a little raw spirits after being very wet or much fatigued; and as little as possible at any other time.
3. When you feel the least indisposition, fasting and rest; and diluting drinks for a few hours, take a sweat, and if costive [constipated] take a purge of two pills every four hours until they operate freely.
4. Unusual costiveness is often the sign of an approaching disease. When you feel it, take one or two of the opening pills.
5. Where salt cannot be had with your meat, steep it a day or two in common lye.
6. In difficult and laborious enterprises or marches, eating sparingly will enable you to bear them with less fatigue and more safety to your health.
7. Washing feet with spirits when chilled, and every morning with cold water.
8. Molasses or sugar with water with vit. [victuals] and for drink with meals.
9. Shoes without heels.
10. Lying down when fatigued.

We will consider how well Lewis did in following these rules, and whether we could do so today.

Upcoming Events

Tales of a Little Known Corpsman

Moses Reed hated the life along the trail and he thought Lewis and Clark were crazy. When the Corps got a ways up the Missouri River, he left camp late one night to try to get back to civilization. But the captains sent George Drouillard back to track him down. He found Reed and brought him back to camp, where he was convicted of desertion, punished and dishonorably discharged. Reed was sent back to St. Louis in disgrace in 1805, and was never heard from again.

Or was he? We will explore this enigma from the Corps with Mike Berger, from South Dakota, at the April meeting of Mouth of the Platte.

“I Am A Man”

Joe Starita, associate professor of journalism at UN-Lincoln, will discuss his latest book, I AM A MAN, at the May meeting of MOP.

A native Nebraskan, who spent 13 years as an investigative reporter and bureau chief with the Miami Herald, Starita returned to the state in 1992 to begin a three-year book project. The result was “The Dull Knifes of Pine Ridge—a Lakota Odyssey” about five generations of an Indian family. This work, like his previous press writings, was recognized with Pulitzer Prize nominations.

Starita’s third book focuses on the life and death of Standing Bear, the Ponca chief who unwittingly ended up in 1879 in the crosshairs of a landmark legal case. After his tribe was forcibly relocated to Indian Territory, Standing Bear set off on a 600-mile walk to return the body of his only son to their traditional burial ground. On one level, it is a story of life and death, despair and fortitude, freedom and patriotism. A story of Christian kindness and bureaucratic evil. And it is a story of hope–of a people still among us today, painstakingly preserving a cultural identity that had sustained them for centuries before their encounter with Lewis and Clark in the fall of 1804.

MOP Schedule:

June 4: National Trails Day partnering with Boy Scouts for an event TBD.
June 11/12 Lewis and Clark Festival, Onawa, Iowa. (No dinner meeting)
July 23 (?) White Catfish Camp picnic
August 3 43rd Annual Meeting of LCTHF hosted by MOP
August 16 Dinner meetings resume (Programs TBD)
**The Wildlife of Lewis and Clark**

Mouth of the Platte member Dr. Neal Ratzlaff provided a preview of his annual meeting program for the December holiday buffet dinner meeting.

Using a base map of the Lewis and Clark Trail produced by the Nebraska Ornithological Union in the 1930s, he focused on the Rulo to Yankton section of the Missouri River. Throughout this reach, Lewis and Clark commented on the “bald-pated” hills, as they called the treeless, prairie-covered loess hills. Today, the only area of any extent still in this condition is near Onawa. Among the animals first reported in the journals in this section were elk, Canada goose, trumpeter swan (nesting near the confluence of the Platte), least tern, badger and (of course) prairie dogs. Animals readily observed by the Corps, but now extinct, include the passenger pigeon, Carolina parakeet, and prairie wolf.

Many of the first 32 plant species collected and described in detail by Lewis were collected along this stretch. This included the newly described snow-on-the-mountain and hedge morning glory. Unfortunately, all but two of these specimens were lost; either on the journey with Warfington, or after reaching Philadelphia. Two clues confirm that the specimens had existed; Lewis’ journal descriptions and the existing specimen numbers starting around 40, not 1. There is a specimen of snow-on-the-mountain prepared by Lewis, but this was collected by Clark along the Yellowstone on the return.

The channelizing and revetments make it apparent how much the Missouri River has changed since the Corps traveled here. At first glance it may seem that the denizens found here are less altered, but in many ways the plants and wildlife have undergone as dramatic a shift in species and numbers.

**Rough Rider to the Rescue**

January MOP dinner attendees were treated to a shift in presenter and timeframe when founding member Darrel Draper appeared in his new persona, Theodore (don’t call him Teddy) Roosevelt.

The presentation is staged as a campaign speech during TR’s 1912 run for the presidency as candidate for the Progressive (Bull Moose) Party. Darrel’s selection of anecdotes and facts demonstrated how a strong family and a strong will transformed a sickly child into one of the country’s most dynamic leaders.

TR recruited members of the audience to stand in when he introduced his family: Darlene as daughter Alice, and Carl as his son, Ted.

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**The French Connection**

Orville Menard, professor emeritus from the University of Nebraska-Omaha political science department and charter member of MOP, presented “The French Contribution to the Success of Lewis and Clark” for the February meeting.

Dr. Menard contends that the effort to reach the Pacific would have been halted in the lower-Missouri region without the assistance provided by the French and French-Indian members of the party. The enlisted men recruited as Lewis and Clark prepared for the journey were soldiers, without the necessary skills to handle the boats. The voyageurs were hired near St. Charles, not as an afterthought, but because the Captains had realized they needed the expert boating skills of the French.

Language barriers would have been insurmountable without the skills of the French-Indian interpreters and sign-talkers, such as Drouillard, Cruzatte and LaBiche. The “daisy chain” of languages through which translations proceeded were sometimes onerous, but at least communication occurred. The incident at the Bad River, when the Corps nearly fired on the Sioux, demonstrated how tenuous relations could be when no translators were available.

Menard believes that the French contribution to the success of the Expedition has not been given the credit due, and that these unheralded men are among the unsung heroes of the effort.

Pompy’s birthday was celebrated at the February meeting with cake for everyone. Each year it seems Della has a funny anecdote about getting a cake for a 200+ year old. This year, he is two years older, Della provided the wrong year to the baker.

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**Newsletter Changes**

A new service is being set up on the national Foundation web page to allow chapters to post their newsletters. This will allow anyone, anywhere to keep up with MOP activities, as well providing you access to other chapters’ events. Until the LCTHF main web page is available, this service is being hosted by the California chapter at:

web.mac.com/calcthf/LCTHF_Chapter_Newsletters/Main.html

As a consequence, the MOP board agreed at their 14 February meeting to discontinue publication of the financial report in the quarterly newsletter. This information is primarily for members of MOP. Printed copies of the treasurer’s report will be available at monthly meetings. There is also an audit committee that keeps an eye on the accounts.

“The 2010 MOP Auditing Committee has examined the records of the Chapter Treasurer, Don Shippy, covering the financial year from October 1, 2009 to September 30, 2010 and find them to be correct.”

(Signed) Ava Hastert, Chairman
Evelyn Orr
Chester R. Worm
Recruiting for the Corps
Submitted by Della Bauer

Two 8th grade students at Kirn Middle School in Council Bluffs, Abaigh Plummer and Lexi Konfrst, are working on a National History Day project. Their theme is *Debate and Diplomacy in History*. They intend to show how Lewis and Clark, with the help of Sacagawea, were diplomats in bringing Thomas Jefferson’s message to the Native Americans who inhabited the Louisiana Purchase area. Their search for information led them to the Mouth of the Platte Chapter.

On February 17th, Carl Camp, Mike Bowman (in uniform), Mary Langhorst, and I visited with the girls about the Expedition. Carl and Mike answered their questions, and showed replica medals and a 15-star flag to the girls. Mary took pictures, and I gave each one of the girls a book called “Lewis and Clark for Kids” that I bought at the NPS in Omaha.

Abaigh and Lexi are hoping to present their project to various educational groups and win a trip to Washington, DC for the final judging.

Lewis and Clark Fitness Challenge

The Fitness Challenge is half way through its year, and the MOP teams are still intent on the competition. After all, every participant will end up a winner by enjoying better health and well being.

Due to increased travel demands, Bob Pawloski no longer felt he could contribute to the team effort. Therefore, Glennis Ricker has stepped in to help Team 1 count up the points toward better health.

Still interested in participating in a little healthy competition? Contact Mary Langhorst for more information.

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<thead>
<tr>
<th>Team</th>
<th>Points</th>
<th>Members</th>
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<tbody>
<tr>
<td>1</td>
<td>539</td>
<td>Jan and Justin Stolen, Florence Clouse</td>
</tr>
<tr>
<td>2</td>
<td>2185</td>
<td>Neal Ratzlaff, Dick and Shirley Beck, Evelyn Orr</td>
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<tr>
<td>3</td>
<td>1927</td>
<td>Fr Tom Coenen, KC Hummel, Shirley Enos, Mary Langhorst</td>
</tr>
<tr>
<td>4</td>
<td>1035</td>
<td>Kira Gale, Chet and Sara Worm, Della Bauer</td>
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EARN 1 point for each of the following:

**NUTRITION:**
- Drinking your quota of water per day
- Skipping fatty foods for a day
- Eating five servings of fruits and vegetables per day,
- Eating a nutritious breakfast.

**FITNESS**
- Walking, running, jogging 1 mile
- Hiking 1 mile or 20 minutes
- Bicycling:
  - Road Bike 3 miles
  - Mountain Bike on Roads 2.5 miles
  - Mountain Bike on trails/snow/ice 2 miles
- Canoeing/kayaking (paddling) 20 minutes
- Horseback riding:
  - Trail riding 1 hour
  - Active riding 20 minutes
- Gym workout 20 minutes
- Snow Skiing 1 hour
- Stationary Bike 20 minutes

EARN 3 points by picking up litter during any activity.

Hopefully the girls will bring a trophy back to their school at Council Bluffs, Iowa. I’m hoping this experience will pique their enthusiasm for history, especially Lewis and Clark history. Lexi and Abaigh could be our future members of the Lewis and Clark Trail Heritage Foundation!!!
Mouth of the Platte Chapter Annual Dues

All memberships are renewable by 31 March 2011.

Name(s): ____________________________________________
Address: _____________________________________________

City:______________________ ST: ___ ZIP: _____________
Phone: (     )–__________
Email: _____________________________________________

Do you wish to receive quarterly newsletters and monthly reminders by email?  Yes  ❑  No  ❑

Annual MOP dues for 2011-2012:
Single membership $20  $____
Family membership $25  $____

Charitable contributions to support:
Mouth of Platte Chapter Programs $____
Newspapers in Education $____
Boy Scouts of America activities $____

Total enclosed  $____

Make checks payable to:
Mouth of the Platte Chapter/LCTHF
PO Box 3344
Omaha, NE 68103-0344

May we publish your contact information in a member access only directory?  Yes  ❑  No  ❑

Mouth of the Platte Dinner Meetings

5:00 p.m. - Cash Bar
6:00 p.m. - Dinner
7:00 p.m. Program

March, April and May location:
Anthony’s  7220 F St. Omaha

Postcard reminders will be mailed prior to April and May meetings with menus and price ranges.

March Menu

Lemon Pepper Chicken Breast
with starch side dish, vegetable side dish, dinner salad with house Italian dressing, and bread $21

Baked lasagna
served with dinner salad with house Italian dressing, and bread $21

Chopped sirloin
with starch side dish, vegetable side dish, dinner salad with house Italian dressing, and bread $16

California Cobb Salad
with house Italian dressing and choice of muffin or garlic bread $16

Make dinner reservations by 9 p.m. on the Sunday preceding the meeting by contacting Mary Langhorst at 402-291-1585, or by emailing mouthoftheplatte@cox.net

25 guest minimum required so make reservations promptly