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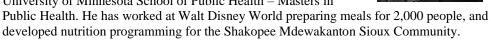
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April 27 6:00 pm Indigenous Meal

by Jason Champagne, MPH of Native Chef LLC Highland Community Center, 407 West Avenue

April's meeting will be a departure from our usual program. Jason Champagne, MPH, of Native Chef LLC will prepare an indigenous meal consisting of Bluecorn Cakes, Anasazi Beans, Buffalo Arm Roast, Green Chile Sauce, and Red Lake Wild Rice with Butternut Squash.

Mr. Champagne is from Baldwin, Kansas and is a member of the Red Lake Band of Chippewa. He has degrees from the University of Minnesota School of Public Health - Public Health Nutrition; Le Cordon Bleu at Brown College; University of North Dakota - Community Nutrition and Native American studies, University of Minnesota School of Public Health - Masters in Public Health - He has worked at Walt Dispay World propering most



His education and experience brought him to his passion of helping other Native Americans understand the basics of culinary arts, incorporate basic strategies to improve the overall nutrient content of foods, and incorporate traditional foods into contemporary food styles.

You will be pleasantly surprised how delicious these ingredients, which are unfamiliar to many of us, become when they are prepared by an expert. Tickets must be paid for in advance. Send money to Anna Midyette, PO Box 197, Bendena 66008. Include a note with your name, how many guests and phone number. **PAYMENT DUE APRIL 5.**



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POEMS FROM THE PAST

These poems were published in <u>Gray's Doniphan</u> <u>County</u> by P. L. (Patrick Leopoldo) Gray. Bendena, Kan.: The Roycroft Press, 1905.

We here present a collection of verse written by Doniphan County writers, selected from the files of the county papers. Many of the writers here represented are natives of the county. Others have had their birth in the different states, and a few were born in foreign lands, but all have resided here, and the selections presented were inspired and written in Doniphan County.

KANSAS.

By CHARLES R. HEWINS

We're just as glad as we can be,
That Kansas is not Tennessee,
Or any other sovereign State,
No matter whether small or great,
Because we love her even more
Than man has loved his State before;
And if from her we choose to roam,
We'll ever think of her as home;
We blow our country's bugle horn,
And bless the day our State was born.

The boundless prairies, all our own,
Our homes among the greatest flowers A barren waste before the war,
But it's a barren waste no more.
New countries have privations great;
'Twas we who built our homes and state;
Our schools and churches we'll promote,
And give to each his own free vote;
And guard our homes, nor let strong drink
Bring us at last to ruin's brink.

It is the state for you and me, With earth and air and sky so free; With sparkling dew upon the corn, And bracing balmy air at morn; With bright green grass and golden wheat, 'Tis here the flowers of richest hue Waste their sweet fragrance on the dew, And brightest birds in early spring Pipe forth our motto, "Corn is King."

We welcome all to this, our home - You can not find a richer loam; And if with us you cast your lot, We'll hand to you the beat we've got. If all will do what's right and true (And that is what we all shall do,) Then when we die - for die we must - We'll know to whom we leave this trust; And stately trees and golden maize Will bough their heads to all in praise.

DID YOU EVER!

By PAT. GRAY.

Did you ever take a ramble through the wood, With the little girl you wanted by your side? Did you ever feel so happy or so good? Are her kisses any sweeter as your bride?

Did you ever to the orchard go to spark, While her papa was a sleeping like a log? Did you ever go a-groping in the dark, Feeling 'round to get a brick to hit the dog?

Did you ever keep your lady out too late, When she'd promised to be in by ten o'clock? Did you ever grease the hinges of the gate, Just to please the quiet people in the block?

Did her father ever catch her on your knee, With her loving little arms around your neck? Did he look as if he thought it shouldn't be? Did he tell you it was time for you to trek?

Did you ever fondly kiss her curley hair? Did you clip a lock to have when she'd be gone? After marriage was the article so rare? Did you find it in the butter later on?

Did you ever find her in a little pout? Did you pat her head and kiss away her tear? Since you're married, when you have a falling out, Do you think to kiss her good and call her "dear?"

When your sweetheart had a package to be brought,

Did you ever dare to grumble at the weight? Since you're papa, do you do the things you'd ought? Do you think to carry baby much of late?

18 FOOD CROPS DEVELOPED IN THE AMERICAS

Source: Encyclopaedia Britannica
Although no continent on Earth is now untouched by the diverse and delicious seed and food crops developed in the Americas, the brilliance of the native peoples who domesticated these nourishing plants over millennia has largely been overlooked by history. The following is a list celebrating some of the domesticated crops we owe to the original peoples of the so-called New World.

AMARANTH

A staple crop to Aztecs and other Mesoamerican peoples, amaranth was domesticated in Mesoamerica at least as early as 4000 BCE.

AVOCADO

Avocados were possibly domesticated independently in Mexico and Central America between 4000 and 2800 BCE. They were of particular cultural significance to the Maya.

BEANS

Common beans (Phaseolus vulgaris), scarlet runner beans (P. coccineus), and lima beans (P. lunatus) were all domesticated in the Americas prior to European colonization.

CACAO

The exact origin of cacao (the source of chocolate) is debated, but it may have been domesticated in South America and then introduced to the Maya some 1,500 years ago.

CASSAVA

Also known as manioc or yuca, cassava was likely domesticated 8,000–10,000 years ago in southern Brazil by ancient Amazonian peoples.

CHIA

Chia was widely cultivated in pre-Columbian Mesoamerica and was an important food to Aztecs.

CORN (MAIZE)

One of the most ancient crops of the Americas, corn was domesticated by Olmec and Mayan peoples in Mexico some 10,000 years ago.

PAPAYA

Although the domestication history of the papaya is unresolved, the fruits were cultivated and further developed by the Maya at least 4,000 years ago.

PEANUT

Peanuts are thought to have been first domesticated in ancient Bolivia.

PEPPERS

Chili peppers were developed in Mesoamerica (probably in Mexico) at least 7,000 years ago.

PINEAPPLE

The pineapple plant is native to southern Brazil and Paraguay, though the timing of its domestication is uncertain.

POTATO

Potatoes are thought to have been independently domesticated several times and were largely cultivated by the Inca as early as 1,800 years ago.

QUINOA

Quinoa was independently domesticated multiple times throughout the Andean highlands some 3,000–5,000 years ago and has been a staple crop to Inca, Aymara, and Quechua peoples, among others.

SQUASH

Multiple species of squash, including pumpkins, zucchinis, and hard-shelled gourds, were domesticated independently throughout the Americas and are some of the earliest American crops.

SUNFLOWER

Sunflowers were domesticated in eastern North America some 4,000 years ago.

SWEET POTATO

The sweet potato likely originated in tropical Central America, though the history of its domestication is uncertain.

TOMATILLO

The tomatillo is thought to have been first domesticated by the Aztecs in central Mexico about 800 BCE.

TOMATO

Tomatoes are thought to have originated in the Andean region, but their domestication history is unresolved.

TREASURER'S REPORT

MARCH 26, 2023

MAR 10 BALANCE \$37,742.83
INCOME:
Dues 50.00
Income total: \$50.00

EXPENDITURES:

Expenditures total: \$0 MAR 26 BALANCE \$37,792.83

CD #6519 (for Save Our Liberty Project

\$7,636.19

MEETING MINUTES

I had to hurry to get this newsletter out so we can advertise the April meeting. I didn't give Secretary Vicki Jones time to submit the minutes of the March meeting. We will get them in next time.

~Anna Midyette

Babies born on March 31 are the easiest to prank on April Fools' Day.



They were literally born yesterday!

2023 MEETINGS

All meetings at 6:00 unless otherwise noted.

Presenters/topics/locations subject to change.

- **April 27** *Indigenous Meal* with Native Chef, LLC. A limited number of tickets will be available. Highland Community Center, 407 West Avenue.
- May 25 Lincoln School History by Joan Oyerly. Elwood Community Center, 803 Massachusetts St, Elwood. Refreshments Kent and Marcia Symns.
- **June 24** St John's Baptist Oratory Feast Day Mass and Picnic with Cellar Tour (dependent on weather).
- July 27 Annual potluck at White Cloud. NEW this year Antique Vehicle Show. Anyone is welcome to bring any antique vehicle with a connection to Doniphan County. Bring a dish to share. Tableware and drinks will be provided.

- August 24 Historic Gilmore Kent Limestone Farmhouse Tour by Julie Dorrell. 841 220th Rd, Highland. Refreshments Corky Smith.
- **September 28** *Early Stage Roads* by Todd Miller. Sparks State Bank, Sparks. Refreshments by Todd and Faye Miller.
- October 26 Local Legends and Monsters by Michael Kelley and Lance Foster. Iowa and Sac & Fox Mission at Highland. 1737 Elgin Rd, Highland. Refreshments needed.

November 23 To be announced.

- **December 1** Annual soup dinner at the Tenant Baker House in Troy.
- **Christmas party** at Star 36 Diner in Wathena. Date to be decided

Please continue to support your Doniphan County Historical Society. *Your membership is greatly appreciated.* Please consider receiving this newsletter by email to keep our mailing costs low.

DONIPHAN COUNTY HISTORICAL SOCIETY MEMBERSHIP FORM

Detach and mail with payment to: Anna Midyette, PO Box 197, Bendena, KS 66008 All Memberships are \$10.00. This is a: □ Renewal Membership □ New Membership

Name	_
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