

### Upcoming events:

- **November 26 (Sat):**  
Museum Open House
- **November 27 (Sun):**  
Call Carol 619-445-2544  
for appointment
- **December 24 & 25:**  
Closed
- **January 28 & 29:**  
Museum Open House

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**JOHN DEWITT  
MUSEUM**

2116 TAVERN ROAD  
ALPINE, CA 91901

Open 2:00 to 4:00 p.m.  
last weekend of each month

Tom & Judy Myers, Editors  
619-885-8063

## CELEBRATING THANKSGIVING AND CHRISTMAS

**W**hen the earliest settlers arrived in Alpine in the 1870's, many were single men or married couples without children. We don't know if they observed any holiday traditions but when the Foss family arrived in 1875, they had to adapt their family's Massachusetts traditions to an undeveloped and in many ways impoverished mountain settlement.

In February 1875, Edward & Caroline Foss purchased land from Adam Beaty and named their ranch Tule Springs, bringing with them their two sons. By 1886, the Fosses had six children – five boys and one girl. Ranching in Alpine during those years was very hard and it took a toll on Carrie's health. Her physical decline made it more difficult to care for her family, keep up the farm chores, and plan holiday festivities. Because family ties were important to her, Carrie found time to write letters to her family even though it sometimes took her several days to complete.

In Carrie's letter to her sister Annie, dated December 22, 1888, she offers an early account of the holidays for their Alpine family.

*My dear sister:  
It is another very heavy rain and it's most dark too, but I'll try and improve the few remaining moments. I've*



*been helping the children to make ready their Christmas presents. Nothing very expensive but some quite pretty. There is to be a tree Monday evening and the children wanted to do a little especially as I could not. So you ought to see the pen wipers and the pin cushions of different kinds... I swept the house yesterday for the first time I believe since Thanksgiving and today I am lame and sore all over. Thanksgiving we had mush as also on Percy's birthday [Nov. 15]. We meant to have turkey the 29th [Thanksgiving Day] but didn't and I was going to have him for Christmas but alas I sent for some pork and it is not good, so it must be it was not meant to have it just now. If Eliphalets Notts parents*

*and brother could live on corn bread, milk and bean porridge why can't we and yet my stomach is too faint to think almost...*

[There is a break in the letter here, but she continues on Christmas eve . . .]

*Edward came home Saturday night and we've had such very heavy rain, five inches some say. Everything is so wet even the dishes, knives, forks and kettles... I do not think it over yet. It's very black out. It is too dark for the tree. I guess nothing has been done about it.*

So, dear readers, as we go about our busy days hanging holiday lights, wrapping gifts, planning and preparing for our holiday meals and watching expectantly for the Thanksgiving turkey or listening for reindeer on the roof, let's also remember that life was not as easy for the early settlers in Alpine.





### **VOLUNTEER COORDINATOR**

We are looking for a Volunteer Coordinator to supervise our volunteers. We have about a dozen members who are willing to participate in our monthly Museum Open Houses, help with Programs & Events, work with us in developing Exhibits, help with the garden, and interview Alpine persons for our Oral History program. Please let us know if you are interested in helping coordinate our volunteers.

### **MUSEUM ARTIFACT CATALOGING**

We are also looking for a few volunteers to help us catalog the photographs and artifacts in our museum. Training will be provided. Dates and times are flexible. Please get in touch with us if you are willing to help with this task.

*Please contact Tom Myers at 619-885-8063 for additional information, and to volunteer for any of the above opportunities.*

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## **MEMBERSHIP UPDATE**

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*A Warm Welcome to Our New Member:* Dan & Kathy Place

*A Grateful Thank You to Our Renewing Member:* ALFA (Alpine Library Friends Association)

*Many thanks to the following for their generous financial donations:* Pearl Davis, Kevin & Alehandra Schumacher

### **RECOGNITION OF OUR CURRENT LIFETIME MEMBERS**

Carlette Anderson • Deborah Anderson • George Anderson • Mark L. Anderson • Willa Athey  
 Franklin R. Ball • David Carey • Lisa & Dave Celeste • Ted Christensen • James H. Cleland  
 James David • Rita David • Peggy & Jim Easterling • Beverly Falor • Katie & Brian Ford  
 Vincent Fritts • Paul Gonya • Janet M. Harris • Lindy Harshberger • Ann Hill • Hilde Hinchcliff  
 Leslie Holben • Ken & Denise Hujing • Ben Johnson • Bill & Diane Keltner • Jill & Shawn Killion  
 John Krempp • Barbara Lea LaForce • J. Clayburn LaForce • Joanne & Martin Marugg  
 Cheryl Minshew • Carol Morrison • Tom & Judy Myers • Bob & Carmen Ring  
 Kurt Scherbaum • Kevin & Alejandra Schumacher • Albert Simonson • Donna Sisson  
 Virginia Sisson • Rodney & Guille Tuttle • Paul & Carol Walker • Joan Waterworth

### **RECOGNITION OF OUR LIFETIME BUSINESS MEMBERS**

Brabazon Alpine Paving and Trucking • Ewiiapaayp Band of Kumeyaay Indians  
 Viejas Band of Kumeyaay Indians • RGT Charitable Trust • Rock Canyon Animal Rescue Foundation  
 Turvey Granite Pit • Chris Wiley—Primary Residential Mortgage

**CURRENT MEMBERSHIPS:** Life Members ~ 49, Current Members ~ 111, Members up for Renewal ~ 4

## NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH

On August 3, 1990, President George H. W. Bush declared the month of November as National American Indian Heritage Month, now called **Native American Heritage Month**.

Native American Heritage Month is a time to reflect on the Native peoples, past and present and to honor the influence they have had on the advancement of our Nation.

Ten thousand years before the European explorers landed in California, the Kumeyaay Indian Nation lived in what is now San Diego and Imperial Counties in the USA and Baja Norte in Mexico. The Kumeyaay territory extended from the Colorado River to the Pacific and from Warner Springs to Enseñada. The



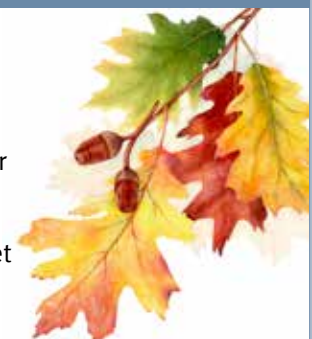
Kumeyaay were agrarian in many ways, planting fields of grain and trees. They also cultivated squash, corn, and beans. They gathered fresh fruits, berries, pine nuts and acorns and possessed knowledge of medicinal herbs and plants. For protein, the Kumeyaay hunted deer and other small animals and fished in local waters. They were well known for creating pottery from clay and weaving baskets using natural plant fibers.

Every autumn the Kumeyaay people gathered **acorns**, preferably from Black Oak trees, which they processed into flour. This was a labor intensive and time-consuming process, but provided a dietary staple that was a good source of fat, carbohydrates, protein and vitamins. To make the flour, the acorn meat is removed from its shell to dry before grinding. Then, using a cobble-sized stone called a **mano**, the nuts are ground on a larger rock called **mortero** until a fine acorn flour is achieved. The

acorn flour or meal is then placed in a woven basket and warm water is applied to leach out bitterness until all the tannic acids are removed.

After leaching, the wet flour can be used immediately or dried for later use. The final step is to prepare a mush called "**shawii**" in native language. The wet or dry acorn flour is mixed with water to make a slurry then boiled in a pot to make the nutty flavored **shawii**. When pots were not available, baskets woven with dried deer grass then soaked in water to make them watertight were used. Cooking in baskets required heated stones to be stirred in the mush as the cooking element.

As with all cultures, traditional methods have been replaced with modern ways, but some people still prepare **shawii** honoring their ancestors and carrying on an ageless tradition.



## FOOD FOR THOUGHT

The November 1962 issues of the *Alpine Echo Newspaper* contained a regular column called **Food For Thought**, containing clever phrases and snippets to be pondered or digested in order to reveal the meaning or intent of the statement. Here are some selected excerpts from 60 years ago to spring on your guests at holiday meals this year.

- The voyage of Columbus and his men was responsible for the turkey's name! (*Europeans named the American bird the "Turkey Fowl" because they believed the new land touched by Columbus was Turkey or India.*)
- In a section of Mexico City, "Turkey Dinners" are driven to housewives doors. Flocks of the birds are herded through the streets, the housewife selects one, and the vendor catches the choice with a long, forked stick.
- It took 10 years of hard work for the Texas farmers to grow streamlined turkeys, with shorter legs, so that the birds would fit more easily into modern ovens.
- In the high altitudes of Bolivia, turkeys destined for the dinner tables are fed intoxicating liquor before killing. (*Theory: drunkenness relaxes the muscles – makes the otherwise tough and stringy birds of high altitudes tender and juicy.*)
- Hoity-toity tables of the 1880's were set with bone dishes – special semi-circular plates in which you placed the turkey bones after you had finished gnawing on them.
- Around 1600, Spanish noblemen used the recently introduced fork only to convey food to the level of their mouths—then the food was taken off the fork and put into their mouth with the fingers.

## WHAT'S IN THE MUSEUM?

**J**ohn Harbison was called the King of Beekeepers. He developed and patented his **Improved Honey Bee Hive** in 1859 and it quickly became the favorite of apiarists. He was the largest producer of honey in the world in the 1870's. In 1872, after he heard about the delicious honey produced in Alpine, he moved here, established a homestead in Viejas Valley, and installed his hives. Volunteers for the Alpine Historical Society constructed a replica of his improved honeybee hive and it is now on exhibit in the Beaty House.



**I**n 1890, Benjamin Arnold paid for the construction of a new **one-room schoolhouse** for Alpine. Originally constructed in a New England style with wood siding and a bell tower, it was located on what is now Administration Way. The schoolhouse served as Alpine's only school until 1953 when the new elementary school opened on Alpine Blvd. After the new school opened, a small plane crashed into the 1890 schoolhouse. Fortunately no children were present at the time. In the school exhibit at the Nichols house is a school desk that

survived the plane crash with some blistered paint as a reminder of the near disaster.



**B**ob & Carmen Bailey (Hoistad Lewis) came to Alpine in 1944 because their son, Claude, had asthma. They found that he was well here and purchased a small restaurant on Alpine Blvd. (now the Al Pancho's Mexican Restaurant). **Bailey's Café** soon became a favorite in Alpine. This sign, although blurred by the effects of weather and sunlight, summarizes their offerings. It reads: *Bailey's of Alpine. SUNNY-FRIED CHICKEN. LARGE 1# T-BONE STEAK. CHICKEN FRIED STEAK. SANDWICHES . CHILI CON CARNE. Soft Drinks Shakes ??? Beer.*



**T**opsy-Turvy dolls are American folk-craft dolls with a long hoop skirt that features two dolls, sewn together at the waist wearing a reversible dress. The dolls can be flipped upside down to reveal the second doll, perhaps a villain, a sibling, a friend or an alter ego. This provided children endless hours of play with just one object. Many of the dolls featured a Caucasian face and a Black face and were thought to be dolls of slaves, but others dispute this notion. Some variations include dolls with Snow White on one end and the evil witch on the other or Little Red Riding Hood on one end countered by the grandma and the wolf opposite.



### ALPINE HISTORICAL & CONSERVATION SOCIETY

#### BOARD OF DIRECTORS

**President:** Tom Myers  
**1<sup>st</sup> Vice President, Programs:** Corinne Lewis  
**2<sup>nd</sup> Vice President, Membership:** Carmen Ring  
**3<sup>rd</sup> Vice President, Property:** Bob Ring  
**Secretary:** Barbara McCurtis  
**Treasurer:** Lisa Celeste  
**Director, Archivist:** Carol Morrison

**Director, Social Media:** Jennifer Tschida  
**Director, Vintage Autos:** Norm Kling  
**Director:** Janet Harris  
**Newsletter Co-Editors:** Tom & Judy Myers  
**Webmaster:** Pene Manale  
**Caretakers:** Baltazar & Laura Marquez

#### MISSION STATEMENT

The mission of the *Alpine Historical & Conservation Society* is to encourage the community in an effort to retain structures and sites of historical significance, conserve natural resources and parkland, make available the visible evidence of the history of our community, and develop historical programs which emphasize the contributions of the various cultural, ethnic, religious and social groups that comprise the Alpine area.

This article by Mrs. Evelyn Worley is reprinted from "Guest Writer's from Alpine News, 1950-1953"

## EVELYN WORLEY'S NATIVE GARDEN

When we bought our ten acres in December, 1946, we had no way of knowing what beauty was to be ours the following spring.

On an April day we drove away from the smog of Los Angeles and the fog of the coast into the Alpine sunshine and when we reached our own hill abloom with wild lilac and looked down on the long stretch of arroyo filled with blue, it seemed as if heaven were above us, below us, and about us.

In reconnoitering we found a dell in the shadow of our Balanced Rock, filled with bright blue larkspur. On a slope near the spring was medowrue, its foliage, resembling maiden-hair fern, shoulder high. Blue-eyed grass looked up at us, wild sweet peas were hanging in the scrub oak, zygadine lilies had poked their way through the hard road bed, and lovely lilac-pink Mariposa tulips were everywhere. Yucca by the hundreds and bushes of white ceanothus were scattered about the hills. We had never felt so wealthy! This was only the beginning of Nature's bounty.

The more common natives seem to feel that they have squatter's rights—golden yarrow, woolly blue curls, the gorgeous Penstemon, bush monkey flower, the delicate yellow rock rose, buckwheat, greasewood, and the many sages,

the most beautiful of which is **Cleveland's sage**, a San Diego native. Its flower is a vivid bachelor-button blue.

The phacelia, blazing star, pink gentian, yellow mariposa, Indian pink, and the magnificent scarlet larkspur, which grows to a height of six to eight feet, could find few challengers in a beauty contest.

A visit to Rancho Santa Ana Botanic Garden convinced us that we must add to our native flowering shrubs. Plans for our hillside planting reach into the future. Our Fremontia is now furnishing seed for further planting. The matilija and tree poppies, bush lupine, carpenteria and St. Catherine's lace are well established. The wild lilac is our particular enthusiasm and I can imagine nothing lovelier in the Springtime than plantings of this native shrub along both sides of Highway 80 from the Alpine sign on the west to the Honey Hill ranch on the east.

Passers-by may be skeptical concerning printed signs but they could never ignore the beauty of such a planting. Alpine might become as famous for its wild lilac as the Smokies are famous for their wild rhododendron. It is something to consider.

Forty-four species of ceanothus, or wild lilac, are found in California,

ranging in color through various shades of blue to a violet hue. San Diego county's own Lakeside lilac, one of the most beautiful, is a deep indigo blue, quite different from those growing in the wild around Alpine.

After a native shrub is established it will, with few exceptions, take care of itself. The wild flowers seed themselves and on our land, at least, furnish almost continuous color without effort.

All situations are not adaptable to native planting, but according to horticulturists, there are more native California plants grown in English gardens than are grown in the gardens of California. In the past century, Dr. Thomas Coulter, a Scotch-Irish botanist, took back to Great Britain some fifteen hundred species of California natives, and as early as 1877 our flowering shrubs were thriving in English gardens.

One good reason for planting natives is to save water. We bring drought resistant plants from Australia and South Africa. Why not use our own natives?

Another reason is for the fun of it, and still another is the lazy man's reason—color and beauty with Mother Nature as gardener. More commendable than all these is the desire to share in the perpetuation of California's natural beauty.



Alpine Historical & Conservation Society  
P. O. Box 382  
Alpine, CA 91903-0382

*Address Service Requested*

**ALPINE  
HISTORICAL &  
CONSERVATION  
SOCIETY**

P. O. Box 382  
Alpine, CA 91903-0382

**619-485-0625**

E-mail: [info@alpinehistory.org](mailto:info@alpinehistory.org)

**We're on the Web!**  
[www.alpinehistory.org](http://www.alpinehistory.org)

**MEMBERSHIP APPLICATION**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Street Address/P.O. Box: \_\_\_\_\_

City/ST/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Send Newsletters via:  E-mail  U.S. Mail

**Membership Category** (Please check one):

- Student \$5     Individual \$25     Nonprofit \$30     Business \$50  
 Senior (1) \$15     Family \$35     Nonprofit Life \$600     Business Life \$1,000  
 Senior (2) \$20     Life \$500

**Amount Enclosed:**

Membership \$ \_\_\_\_\_

Donation \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

**Volunteer Opportunities:**

- Museum Open Houses     History Day  
 Programs & Events     Oral Histories  
 Exhibit Development     Archival Data Entry  
 Garden Maintenance     Other \_\_\_\_\_

Please complete this form and include your check made payable to the Alpine Historical Society, a registered 501(c)(3) nonprofit organization.