



You're invited to:

A day of Lewis and Clark speakers and activities on May 20

Join your Lewis and Clark friends—*and make new ones!*—while learning and having fun at a May 20 festival and Lewis and Clark activities in Cape Girardeau, Mo.

The free Saturday event includes a morning of Lewis and Clark speakers and an afternoon tour of the replica of a historic house owned by the Cape Girardeau founder, Louis Lorimier, who greeted Meriwether Lewis during the early days of the expedition not long after the explorers left the Ohio River and entered the Mississippi River.

The Southern Prairie Region of the Lewis and Clark Trail Heritage Foundation will host the event in conjunction with Cape Girardeau's annual Red House Heritage Festival Day.

The Lewis and Clark Speakers:

The speaking portion of the morning begins at 9:30 a.m. at the Courtyard by Marriott, 400 Broadway Street, Cape Girardeau. Dan Sturdevant, president of the Southern Prairie Region, will give opening remarks about the expedition's time in 1803 when it reached Cape Girardeau:

Lou Ritten, the immediate past president of the Lewis and Clark Trail Heritage Foundation, will talk about the control of the Mississippi River in times before, during, and after the Lewis and Clark Expedition.

Dr. Don McGuirk, an expert on antiquarian maps, will discuss and show maps, historical images, and contemporary descriptions of the Missouri River dating from its European discovery in the 1600s to the 1821 Missouri statehood.

Professor Adam Criblez, Ph.D., who teaches history and anthropology at Southeast Missouri State University, will talk about "Nov. 23 and Nov. 24, 1803: John Lorimier and Lewis and Clark, and Mississippi Men of Desperate Fortunes."

Following lunch (box lunch, see the end of this article for how to order yours) there will be an early afternoon tour of the [Red House Interpretive Center](#) that commemorates the life of Louis Lorimier, as well as the visit of the Lewis and Clark Expedition. The center is a certified Lewis and Clark Trail Site and a Missouri Legacy Project. [Click here](#) to learn about the expedition's connection to Louis Lorimier and Cape Girardeau.

[Click here](#) to learn about the expedition's connection to Louis Lorimier and Cape Girardeau. And for information about the [Red House Interpretive Center](#).

The Festival at Cape Girardeau:

Planning for the Red House Heritage Festival Day is still underway by the community of Cape Girardeau

But, if last year's event is any indication of what can be expected, this year's festival, beginning in the afternoon, will feature live music, exhibits, pioneer demonstrations, and historic displays from spoon carving, rag rug twining, gypsy flower carving, basket weaving, flint knapping, Native American artifacts, quill writing, beehive oven cooking, leather tooling, black powder weapons, and blacksmithing—and, yes, possibly mule jumping!

Box lunch requests for the day of the event must be submitted to Don by May 10.



The Red House in Cape Girardeau, Mo. According to the Red House Interpretive Center, "Lorimier's Trading Post was the largest and most well-known trading post between St. Louis and Memphis." Today, it is an interpretive center themed around Lewis' visit there on Nov 23, 1803. Photo by Robert Heacock and posted in [lewis-clark.org](#).

Save these dates

⇒ Social event on June 17

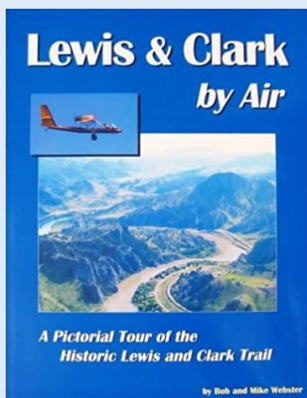
A social event for members of the Missouri-Kansas Riverbend Chapter and the Southern Prairie Region will be held at 3 p.m., Saturday, June 17, at Trezo Mare Restaurant, 4105 N. Mulberry Dr., Kansas City, Mo.

This social will be a great time to catch up with your Lewis and Clark friends and make new ones. Please bring along guests to acquaint them with the comradery among folks interested in the Lewis and Clark Expedition.

⇒ See the Lewis and Clark Trail by air on July 22

Bob Webster, co-author of *Lewis and Clark by Air*, will give a talk Saturday, July 22. The time and place have yet to be determined. You'll be notified about them in an email.

Bob will show his excellent PowerPoint presentations of images taken from the air during his Missouri River tour of the Lewis and Clark sites along the Lewis and Clark National Historic Trail.



Bob and Mike Webster began their aerial photography expedition in 2002 in their homebuilt airplane. Their goal was to document the Lewis and Clark Expedition's route to the Pacific. Their book has more than 500 photographs and 350 excerpts from the journals written by Meriwether Lewis, William Clark, and other members of the expedition.

Bob and Mike Webster began their aerial photography expedition in 2002 in their homebuilt airplane. Their goal was to document the Lewis and Clark Expedition's route to the Pacific. Their book has more than 500 photographs and 350 excerpts from the journals written by Meriwether Lewis, William Clark, and other members of the expedition.

In case you missed it...

In early March, Edward Red Eagle, Jr., a member of the Osage Nation, and James Duncan, former director of the Missouri State Museum, gave a joint Zoom talk about the Osage Native Americans during the time of the Lewis and Clark Expedition.

Their interesting talk was hosted by the Southern Prairie Region and Southwest Region of the Lewis and Clark Trail Heritage Foundation.

The talk was recorded and is available for viewing on the Lewis and Clark Trail Heritage Foundation's YouTube channel. Click this link to view their talk or paste it into your computer browser:

<https://www.youtube.com/watch?v=jI0YfcIuj5M>

Calendar of Lewis and Clark events

On the first day of the month, you receive in your email inbox the calendar of Lewis and Clark events that will be held nationwide in the coming three months.

Take time and check out the calendar entries. Many events are held within the Southern Prairie Region or within easy driving distance.



Thank you, Ross

During the February joint annual meeting of the Missouri-Kansas Riverbend Chapter and Southern Prairie Region, Ross Marshall was presented with a plaque for his dedication and service to telling the story of the Lewis and Clark Expedition.

Ross has worked diligently for many years to extend his historical knowledge of the expedition to the public and members of the Lewis and Clark Trail Heritage Foundation.

Annual meeting rich in opportunities for you to learn more about Lewis and Clark

Register now for the 55th annual meeting of the Lewis and Clark Trail Heritage Foundation from Tuesday, June 27, to Friday, June 30 in Missoula, Montana. Early bird registration is \$395 a person through April 23. After then, it's \$425.

Your registration fee includes the welcome reception, speaker sessions, and walking tours on Wednesday and Thursday, dinner and Moulton lecture on Wednesday, bus tours on Friday, and a farewell dinner and event at Travelers' Rest State Park on Friday (two breakfasts and two lunches are also included.) There are pre-conference tours that cost extra.

Here's a brief look at *just a few events* that will take place during the meeting days:

- A talk about Lucy Meriwether Lewis Marks, the mother of Meriwether Lewis.
- Members of the Séliš-Q̓lispé Culture Committee will talk about the natural and cultural landscape of the Bitterroot Valley when the expedition arrived in 1805.
- A discussion about the natural history of the American Bison, as well as its essential role in the indigenous culture of the American Plains.
- Dan Louie Flores, an American writer and historian who specializes in cultural and environmental studies of the American West, will give the Gary Moulton Lecture.
- Authors Dr. David and Marti Peck will provide an in-depth analysis of the various theories that still swirl around the death of Meriwether Lewis.
- A talk about the research that led to the discovery of a Lewis and Clark campsite at Travelers' Rest.
- Bus tours of Lewis and Clark's travels in the area.
- A talk about the Corps of Discovery's journeys after the party split up at Travelers' Rest on July 3, 1806.

To register and to book a hotel room, [click here](#) or type "Travelers' Rest Connection" into your computer browser. Travelers' Rest Connection is hosting the annual meeting and has all of the registration and event information on its website, including booking a hotel room.

Tips for traveling the Lewis and Clark Trail this Summer

The summer travel season is almost upon us. Now is the time to figure out where you're going and what to see.

Some good advice: Explore parts or all of the [Lewis and Clark National Historic Trail](#) during your summer travels. The trail goes for 4,900 miles through 16 states from Pittsburgh, Pa., to the mouth of the Columbia River in the Pacific Northwest.

The trail is perfect for tourist outings for single travelers, companions and families. You'll discover beautiful scenery; hiking trails to wander along; campsites if you prefer sleeping in the outdoors; educational, recreational and entertainment opportunities; and significant historical sites, statues, and museums about the 1803-06 expedition.

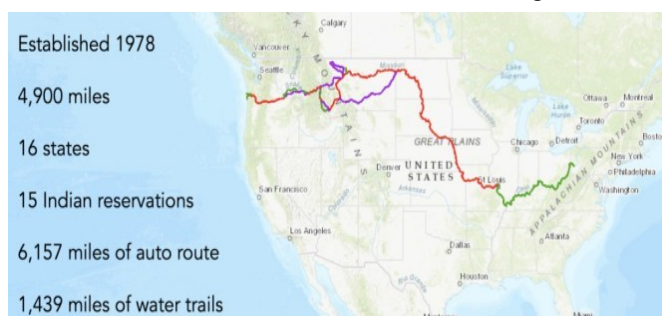
Meriwether Lewis and William Clark believed good planning would make for a successful journey. With their philosophy in mind, here are tips on how to prepare for your travels, as well as how to keep a travel journal that your family and your descendants will love to read.

Travel books about the Lewis and Clark Trail: Before you make final decisions on your travel plans, research parts of the trail that you may be interested in by reading books that tell not only about what the expedition did on this or that day but also what's available today in those areas.

There are numerous quality books on the market that offer details about where the trail goes through certain states and the available Lewis and Clark sites, museums, and statues. Most of these books provide information about hotels, recreational opportunities, and other amenities, including guiding companies if you're interested in getting on the water in a canoe or traveling parts of the trail by tourist boat. These are good references **if you already know your specific destination**.

For example, if you know your destination is along the Snake or Columbia rivers in the Pacific Northwest, take a look at a spiral-bound book, *Wind Hard from the West: The Lewis and Clark Expedition on the Snake and Columbia Rivers*, by Robert Heacock and Kris Townsend. The book by the two long-time members of the [Lewis and Clark Trail Heritage Foundation](#) includes the expedition's daily activities and location descriptions; and maps and historic and modern photos.

And let's say your travel destination is Lewis and Clark sites in Missouri. A good reference guide: *Exploring Lewis & Clark's Missouri* by Brett Dufur. This book gives information on how to find specific Lewis and Clark locations but also extensive advice on local hiking trails,



Map of the Lewis and Clark National Historic Trail from Pittsburgh, Pa., to the mouth of the Columbia River. Map by the National Park Service and Solimar International.

galleries, museums, parks, and other places. The book is a wealth of information that even includes addresses and phone numbers of places along the trail through Missouri.

However, **fewer books about the entire trail exist that can help in your decision-making to narrow down your destination.**

Because the trail is so long, it can be challenging to identify specific areas you want to visit.

The best most recent travel book is *Adventures Across America: On and Off the Trail of Lewis and Clark* by Jennifer White Fischer.

Published in 2019, the book gives an in-depth look—in both text and photographs—at what you'll find not only along the trail in the way of Lewis and Clark history but also historical places unrelated to Lewis and Clark that you would enjoy visiting. Jennifer even notes good cafes and restaurants, as well as nearby walking trails and other opportunities.

Check out Lewis and Clark travel websites: You would be wise to study online resources that offer details about the expedition and what you can expect to find today. There are two premier websites.

The Lewis and Clark Trail Heritage Foundation's website offers an [interactive travel section](#) that gives a state-by-state look at where to find Lewis and Clark sites and other places of interest. The section also includes information about the top 25 Lewis and Clark sites.

Meanwhile, the National Park Service has a [trail experience website](#) that provides excellent information about places to go along the trail, things to do, and where to stay. The NPS also offers very useful apps that can be downloaded through the App Store or Google Play. Just type "National Park Service" into the search bar.

After your narrow down your upcoming journey, there are other important recommended steps:

Visit YouTube: Go to YouTube and see if videos exist about your destinations. The chances are excellent that some will. They will give you an idea about what places are like. Check out the [Lewis and Clark Trail Heritage Foundation's YouTube channel](#); it has recordings by experts who discuss issues related to the expedition. If you're a bicyclist, you'll definitely want to watch a [talk by Megan Boehmer who bicycled the trail in 2021](#).

Visit the world's best online resource: It's no exaggeration to say [lewis-clark.org](#) is the world's best online resource about the expedition and its period in time. Also known as Discover Lewis & Clark, it is the educational website of the Lewis and Clark Trail Heritage Foundation. The website can provide you with details about what the expedition did day by day, as well as easy-to-understand info about the geography, geology, American natives, plants wildlife, fish, reptiles, and even insects encountered by the explorers.

Continued on next page...





Board news

Board members for the Missouri-Kansas Riverbend Chapter and the Southern Prairie Region of the Lewis and Clark Trail Heritage Foundation were announced in February at the joint annual meeting of the two non-profit groups in Lenexa, Kansas.

The elected Riverbend Chapter board members were Dan Sturdevant, chair; Yvonne Kean, treasurer; and Fred Anderson, Terry Hobbs, Tom Larson, Gary Kimsey, Ross Marshall, Kay Schaefer, Diane Pickman, Susie Taylor, and Pat Traffas.

For the Southern Prairie, the appointed board members were Dan Sturdevant, chair; Kay Schaefer, vice chair (western Missouri); Yvonne Kean, treasurer; Linda Vogt; Ed Eiler, Mimi Jackson (eastern Missouri); Gary Kimsey (communications); and Ken Ragan (Texas). Board representation for Oklahoma, Arkansas and Illinois position were left open due to no candidates. If you are interested in representing one of those areas, please contact Dan Sturdevant, dan@sturdevantlawoffice.com.

As of mid-April, the Southern Prairie had 195 members from throughout the region and elsewhere in the United States; the number represents about 20 percent of the membership of the Lewis and Clark Trail Heritage Foundation.

Most of the Southern Prairie members reside in the Greater Kansas City Area and are Riverbend Chapter members.

- To make it more convenient for Riverbend and Southern Prairie members, the two groups jointly operate a website: <https://lewisandclarkkc.org/home/>.
- Riverbend Facebook page: <https://www.facebook.com/LewisandClarkKansasCity>.
- Southern Prairie Facebook page: <https://www.facebook.com/SouthernPrairieRegionLewisandClark>.
- To contact either group, send an email to southernprairie@lewisandclark.org or Dan Sturdevant, dan@sturdevantlawoffice.com.



Send in your articles and photographs

You're invited to submit articles and artwork for our newsletter. Here are some ideas:

- Write about a trip you took or a site you visited along the Lewis and Clark National Historic Trail.
- If you have stand-alone artwork (photographs or drawings), please send them in.
- Tell others about insights you have about the explorers and their journal and their times.

Send your information to or garykimsey55@gmail.com. Gary's phone: (970) 689-2512.

"Travel tips" from page 3...

So, for example, if you're headed to Great Falls, Montana, you can go to the website and find everything there is to know about the expedition's time there, including how the explorers celebrated July 4, 1805, with music and dance and, oh, woe, ran out of whiskey, which meant no more distributions of a gill of whisky to each expedition member after a hard day of traveling. A "gill," by the way, was the common term back then for four ounces of liquid.

Get help from a local expert: The Lewis and Clark Trail Heritage Foundation offers a free Ambassador Program that can put you in touch with local experts who will help you learn about Lewis and Clark history and assist with finding local sites. An Ambassador will also have information about museums, places to eat, and other local opportunities.

The Ambassador Program is a good benefit for travelers interested in personal assistance in discovering local Lewis and Clark information. The program operates through local volunteers who are members of the Lewis and Clark Trail Heritage Foundation. To learn more about the program, contact Sarah Cawley, the Lewis and Clark Trail Heritage Foundation's executive director: director@lewisandclark.org.

Do as Lewis and Clark did: Keep a travel journal: Most of us take photographs on vacations. Go a step beyond and keep a journal. The landscapes and places you travel through, and the people you meet, offer magnificent opportunities to write in a journal—or to draw if you feel like it.

Regardless of how you record your experiences in a journal, it'll help put you in the mindset of the Lewis and Clark explorers. The two leaders and four other expedition members kept detailed journals, totaling about a million words. Journals cover the 1,118 days from the expedition's departure from Pittsburgh, Pa., in the fall of 1803 to its return to St. Louis in late September 1806.

The explorers recorded their daily activities; extensive observations of plants, animals, weather, and terrain; and details about the lifestyles, customs, clothing, religions, and other valuable information.

In March, Wayne Wilson, who spent much of his adult years in museum and archives work, taught an online workshop about travel journaling for members of the Lewis and Clark Trail Heritage Foundation. Wayne is a strong advocate of encouraging people—particularly kids—to keep a travel journal by writing out or drawing their

He notes that you'll have more memories and the memories will be richer and clearer. Your creative spirit will be nurtured and your observations and insights will be sharpened. Most important, your journal will be a legacy for future generations. "A travel journal is a legacy worth leaving," he says.

[Click here](#) to see Wayne's website and [here](#) to purchase, for \$4.95, his helpful guide on how to write a travel journal during your adventures along the Lewis and Clark trail. Wayne also has a [Facebook page](#) that offers good advice and ideas for how to keep a travel journal.