



Tales from the Tavern

For Friends of the King and Queen Courthouse Tavern Museum
and Members of the King and Queen County Historical Society

2023 Volume 1

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Ending 2022 In Celebration

The first full year the Museum was open after the pandemic, 2022 was a success with multiple new exhibits and many visitors. The year ended with the annual Holiday Open House on Sunday, December 4, a celebration opening the Holiday Season. Directed by music teachers Ms. Robin Eno of Lawson-Marriott Elementary and Ms. Karen Hopley of King & Queen Elementary, students sang selections of holiday music. Children were invited to decorate gingerbread men ornaments, pet a miniature horse, dig for sharks teeth, and climb on a fire engine. Delicious food was available and vendors provided an opportunity for Christmas shopping. Visitors could also tour the many exhibits throughout the Museum grounds and the seasonal exhibits of quilts and the Christmas toy train. Of particular emphasis was the new exhibit featuring King & Queen County schools from 1869-1963, displaying photographs and artifacts, student and teacher remembrances, descriptions of the Rosenwald schools, and teacher duties. Children and adults enjoyed the visit from Santa. One child, overhearing a conversation with Santa, exclaimed excitedly to his mother, "Santa called Mrs. Santa at the North Pole to check the Naughty and Nice List!"

Visits in 2023

In 2023 the Museum's regular hours will be each Friday from 10 a.m. - 2 p.m. beginning April 7. Visits by appointment are being promoted as more special requests are being received and visits can be tailored to the interests of attendees. Requests may be made using the website or by phoning (804) 785-9558. New exhibits and special events are being planned. More details to come in future issues.

2023 Save The Dates

Friday, April 7: Courthouse Tavern
Museum Opens.
Sunday, April 23: King & Queen Co.
Historical Society Meeting
Sunday, July 23: King & Queen Co.
Historical Society Meeting
Sunday, October 22:
King & Queen Co. Historical
Society Meeting



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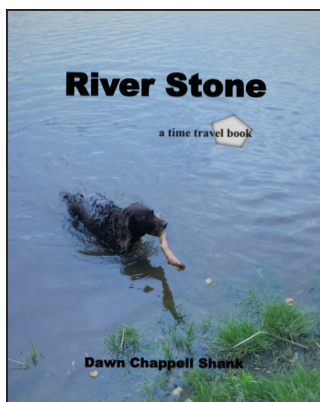
Dawn Chappell Shank

January 2023 Historical Society Meeting

The First Quarter Historical Society Meeting was held at the New Court House Building on Sunday, January 23, 2023. Dawn Chappell Shank presented “Imagining History: Publishing Your Own Story.” She is an artist and educator who has not only

written children’s books, but has illustrated books for other writers. She serves as a docent and volunteer at the Courthouse Tavern Museum. A self-styled “River Girl”, she lives on the Mattaponi River and has been an activist for the preservation of that river.

Using her own experience with self-published books, she gave an animated talk on telling a story and then publishing it. Her latest book, *River Stone*, is a time travel fictional account of a young girl who visits her grandparents on Garnett’s Mill Creek, a tributary of the Mattaponi River. The story line is inspired by previous



River Stone book cover

Historical Society programs and illuminated with information Dawn found in the archaeological exhibits and archives of the Tavern Museum. The story goes that the young girl finds an unusual five-sided stone in the woods that helps her travel through time where she meets a Mattaponi Indian girl from the 1600’s, meets a slave girl who lives on Newington Plantation in

1735, eavesdrops on some bullies who attend Green Mount School for Girls in 1879, and encounters a boy at the 1950 Taylor & Caldwell cannery in Walkerton. One attendee noted that the program was fantastic and the method Dawn shared for recording family history in book form inspired her to do something with the wealth of family information that she had.

Publish Your Own Story

by Dawn Shank

Things have changed in the world of book publishing. “Print on Demand” has made the cost of self-publishing your own book affordable. There are many companies online that will help you get your story in print, but I have found using Kindle Direct Publishing offers you the most control and lowest cost. If you’ve been wanting to write your memoirs and make copies for your grandchildren or publish a novel you always dreamed to see in print, here are ten steps that I offered in my presentation to the

King & Queen County Historical Society at their January 23, 2023 meeting.

1. Write it - I use Microsoft Word, which has some editing features built in.

2. Edit - Read your book out loud and get someone else to review it for misspelling, punctuation and meaning. Revise it and read it again. Get the manuscript as close to perfect as you can before you do the layout. Pay special attention to quotation marks and extra spaces.

3. Layout – I use Microsoft Publisher. If you do not have many graphic elements, you can use Word. I generally have illustrations (all my books, so far, are for kids with a lot of graphic elements.) I find Publisher gives me more flexibility in doing layout. This is when you should choose the size of your book, font size, etc. Don’t forget about extra pages: a title page, forward or dedication, table of contents, maps, references, about the author and the ISBN number, which will be assigned free by Kindle Direct Publishing (<http://kdp.amazon.com>). Look at other books for examples.

4. Illustrations, graphics, and pictures – What do you want illustrated? Are there photos you want to include? Where would they fit best in the layout? You might consider using online stock graphics or photos. Make sure they are not copyrighted or whether you need permission to use them. I often take my own photos or draw illustrations, scan them and export them as a “tif” or “jpeg” file, then insert them into the Publisher file.

5. Cover – Kindle Direct Publishing (KDP) has templates you can use, and automatically puts a UPC code and ISBN number on the back of the book to assist retailers in selling your book. Include a title and author on the front. On the back cover, consider a summary of the book or information about the author. For Kindle Direct Publishing, this is a separate file from the manuscript.

6. Edit the book again. Read it aloud. Make sure graphics are not covering up text, then make any revisions. Export the book & cover into pdf files.

7. Upload the book and cover files to Kindle Direct Publishing (kdp.com). The software will show any places where the files exceed margins, etc. You will choose the size of the book, paper, etc. KDP will give you the author cost of printing each book and help you set a price for people who might place orders from Amazon, KDP’s parent company. Save the file as a draft or set a date for live publication.

8. I suggest first saving the book as a draft and ordering an author copy. You’ll be able to see what it looks like in print and this will enable you to go back and make any corrections or changes before the book goes live.

9. Order one or how many books you want. If you are an Amazon Prime member, there is no shipping cost. Books are printed on demand, so a book isn’t printed

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until it is ordered. Books can be ordered and shipped to individuals, who pay the shipping cost, in addition to the actual cost of the book, and your royalty fee (which you determined in step 7.) KDP deposits those fees into your Amazon account each month.

10. Market your book and celebrate. If you want to sell your book, KDP also provides marketing advice or paid marketing, if you choose it. You can use social media and other ways to tell people about your book and publicize it. KDP also gives you an author page. If you have always wanted to write a book, try it. Self-publishing using Kindle Direct Publishing (<http://kdp.amazon.com>) gives you control (those editing mistakes are yours to claim). But there's little to no risk, you only pay to print the number of books you want at a reasonable cost, and you don't have boxes of printed books in your attic. Who knows, you may be publishing the next best seller!

Brunswick Stew

by Biddie Shelor

At the 2023 Holiday Open House, the Walkerton Volunteer Fire Department sold their delicious Brunswick Stew. This stew is "comfort food" that is held dear by many and has been served to large gatherings for hundreds of years. Brunswick stew originated as a Southern staple that fed many people at one time with vegetables from the home garden and meat hunted

BRUNSWICK STEW.

A Gastronomic Triumph With a National Reputation.

This celebrated stew originated in Brunswick county, Va., from which it takes its name—a county most famous in antebellum days for its perfect cuisine and gastronomical predilec-

Richmond Times Dispatch 1906

(squirrels, rabbits, opossums) in the local woods. Brunswick stew has been a topic of many newspaper articles over the years and even a book, *Brunswick Stew, A Virginia Tradition* by Joseph R. Haynes. The articles include speculation on the origins of the recipe and the recipe formula itself.

The stew began as squirrel stew as they were very plentiful and were cooked low and slow in an iron pot outside until the meat fell off the bones. In the August 19, 1891 *Richmond Dispatch* the story goes that in the 1850s a party of hunters pitched their tents in Brunswick County. Each day one of the party was detailed to do the cooking and camp cleanup. One day the "cook" became

intoxicated and put vegetables in the same pot in which the meat was cooking. His fellow hunters returned to camp tired and hungry and were upset that the all the dishes they had contributed were thrown together in the same pot. The cook said, "Take it or leave it!" They were so hungry they ate it all - and enjoyed it, pronouncing it the best they had ever eaten and naming it Brunswick Stew.

The 1855 article in the *Alexandria Gazette* further explained the origins. "In the merry and good old fashioned days, there prevailed in the good old County of Brunswick, Virginia a most neighborly and social practice. In the proper season of the year, when summer's vegetable gifts abound, and when summer's heat invites to cool springs and shady bowers, it was the custom of the different neighborhoods to repair almost every Saturday to some spring to spend half the day. For the entertainment inwardly of the company a sufficient number of squirrels were shot and in the absence of a supply of them, chickens were to do the duty and often they were used in combination. The articles were placed in a pot with a sufficient quantity of water and set to stewing on a slow fire. In due time were added tomatoes, corn, butter-beans, potatoes, with requisite condiments of salt and Cayenne pepper, all of which, when properly cooked furnished the participators a feast."

The recipe printed in the 1886 *National Republican*, a District of Columbia paper, provided these directions to the woman of the house:

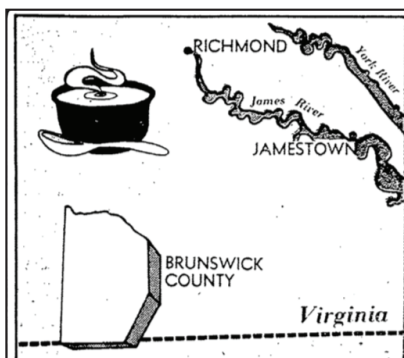
Take one squirrel, fresh and nice, a half pound of middling (bacon cut thin and with skin off) and water in sufficient quantity. Put on at 8 o'clock to cook for five hours, when the flesh will leave the bones of the squirrel, which should be taken out. Now add one quart of peeled tomatoes, one onion, one-half pound of fresh butter, one good size Irish potato, two ears of corn with the grains split down each row before cutting from the cob. Then a sufficient quantity of sweet light bread should be added with the tomatoes just one hour before dinner. Now season to the taste with both black and red pepper, and you have the genuine Brunswick stew. It is remarkable that no other flesh will impart the delicate wild flavor as the squirrel, hence there is nothing whatever to take its place.

Later articles were vocal in admonishing cooks not to use Worcestershire sauce or vegetables other than those noted above or the taste would be destroyed.

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Brunswick Stew was so popular in 1878 that it was advertised on the menu at Virginia hotels. To accompany the stew one hotel lunch bar advertised that a delicious glass of ice cold beer drawn thro' the Bohemian Pump could be bought for 5 cents.

There have been "stews" over Brunswick Stew. Brunswick, Georgia contests the idea that Brunswick, Virginia originated the stew. That city erected a twenty-five-gallon iron pot outside that bears a plaque declaring it to be the vessel in which this favorite southern food was first cooked in 1898. In 1978, the Commonwealth of Virginia Department of Agriculture and Consumer Services distributed a booklet stating that the first Brunswick stew was said to be served at Jamestown. The Brunswick County officials were incensed. The issue was settled in 1988 when the Virginia General Assembly passed a proclamation stating that the origin



Staff Illustration by Martin Rhodes

Proper Home of Brunswick Stew in Debate Again
Was It Jamestown or Brunswick County?

Officials Stew In Brunswick

By LeeNora Everett
Times-Dispatch State Staff

LAWRENCEVILLE — Brunswick County officials were in a bit of a stew yesterday, so to speak. They thought everyone in Virginia, if not the Southeast, knew where Brunswick stew got its name.

But apparently not. The state Department of Agriculture and Consumer Services distributed a booklet this week and the local historians contend it has a "goof."

The booklet says of Brunswick stew:

"The first Brunswick stew was said to be served at Jamestown. The dish itself is credited to the Indians. Corn and beans with the addition of squirrel, rabbit, turkey or anything else that was handy made up the recipe."

"THE REASON for naming it Brunswick stew is still a

Richmond Times Dispatch 1978

was in Brunswick County, Virginia - that Jimmy Matthews, an African American hunting-camp cook, concocted a squirrel stew for his enslaver, Creed Haskins, in 1828, the stew being named for its home county and became the foundation for the later recipe that included vegetables.

Today, Brunswick Stew is sold by many non-profit organizations to raise funds. The "Brunswick Stew Chefs" know their craft. Although I have tried to replicate the taste and consistency in my kitchen at home, I have had little success. At times I have resorted to Mrs. Fernow's, the commercially canned variety. Others must have had the same experience as, once the word is out that the Walkerton Volunteer Fire Department's Brunswick stew is going to be available, there is a clamor to get in line to purchase it.

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