

THE OLD FORT PALISADE

FALL 2023



Greetings from the Board President:

Well fall is finally here! After the weird weather this past year it feels good to have it a little cooler. It really helps to get you in the mood to wander out to fall reenactments.

We're moving ahead with the blockhouse rebuild. It's being emptied and construction will soon get started. Like all things, it seems to take forever to get started and you just hope that things don't get stalled along the way. *(see more details on page 3.)*

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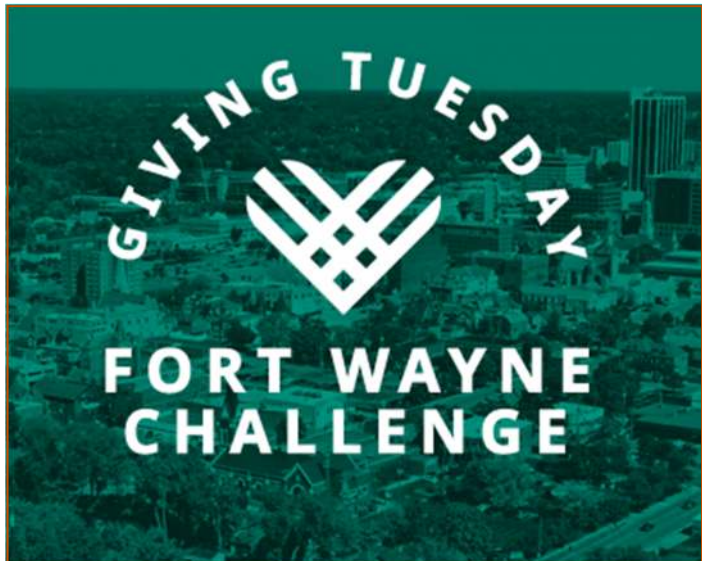
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I want to take a moment to say "hello" and "welcome aboard" to all our new volunteers. We've had a number of volunteer applications come in lately and we hope you can find your time with us enjoyable. Our Fright Night Lantern Tours will be here before you know it and we can use all our volunteers, both old and new, to help.

As autumn leads to winter, I want to encourage all of you to follow

"None of the explorations and settlements of the Great Lakes would

have happened when they did without this initial pursuit of the food of the world; cod. It opened the door to exploration, the fur trade,



Support the Old Fort

#GivingTuesdayFW Challenge!

The Community Foundation of Greater Fort Wayne challenges all nonprofits that hold endowment funds at the Community Foundation to raise money for their endowments during the month of November. The Community Foundation will match any gifts that are contributed to eligible funds by 20% and the top-raising organizations in each of our giving areas will receive a surprise unrestricted gift from the Community Foundation on #GivingTuesday.

Watch for more information on our Facebook page closer to November. The Giving Tuesday challenge is scheduled to run November 1—20th.

To make a donation to the Old Fort's Endowment Fund online, go to

<https://cfgfw.org/giving-tuesday/>

and click on the "DONATE" Button. On the "Donate to a Fund" page, search for Old Fort/Historic Fort Wayne.

Donations can also be mailed to the Community Foundation of Greater Fort Wayne: 555 E. Wayne Street, Fort Wayne, Indiana, 46802 and designated for the Old Fort.

Who's Who

Board Members: Norm Gable, President
Bob Jones, Vice President
Tom Grant, Treasurer
Nancy Stansberry, Secretary
Members: Josh Grubaugh, Andi Hahn,
Kip Lytle, Sean O'Brien, Gerret Swearingen

Events Planning/School Demos: Bob Jones

Facilities Committee: Sean O'Brien

Maintenance: Sean O'Brien

Volunteer Coordinator: Bob Jones

PR/Marketing: Jennifer Balkenbusch

Social Media: Kathleen O'Connell

Send your comments/questions to info@oldfortwayne.org. Your message will be sent to the appropriate person.

Sign up to receive our quarterly e-newsletter

THE OLD FORT PALISADE

Send your request to:
publications@oldfortwayne.org

We are looking for articles
for future issues.

If you have an historically pertinent
subject you'd like to write about,
let us know at
publications@oldfortwayne.org

Deadline for submissions to the
Winter Palisade will be
December 1, 2023

Blockhouse Reconstruction



All of us that visit the Old Fort on a regular basis know that it needs some major repairs. As its 50th birthday (and the USA's 250th) quickly approaches, a project to rebuild crumbling sections has been undertaken. The first phase is the reconstruction of the southeast blockhouse (the one along Spy Run Avenue).



Natural Element Homes (NEH) of Tennessee will cut and shape the needed logs, including dovetailed joinery for the ends. They will then be numbered, drilled for vertical stabilization rods, and coated with a period finish. NEH will then ship the logs to Fort Wayne along with certified architectural drawings, blueprints, and erection diagrams.



Hart Log Homes has been selected as the builder. They will demolish the walls of the blockhouse down to the floorboards of the second floor. Then, using the documents provided by NEH, they will rebuild the blockhouse. This should take 3 or 4 days.

The cost for all this work will exceed \$100,000, and is funded by grants, special donations, and this past spring's Day of Giving pledges. Work is anticipated to start in the next 30 to 60 days. Additional reconstruction projects are planned in the future, and will be scheduled as funding is secured. If you are interested in

donating to help with the needed upkeep and reconstruction of the Old Fort so we can continue our mission to bring history alive for many years to come, please visit <https://oldfortwayne.org/get-involved/donate/> or contact a Fort Board member. Follow us on Facebook for updates and pictures of this project as it commences.

Bridge Renovations and Dedication

On Sunday, September 17th the newly renamed and renovated Fort Wayne Veterans Memorial Bridge, located on Spy Run Avenue just south of the Fort grounds, was dedicated. The Old Fort provided a Color Guard to help open the ceremony.

The three lane bridge now has larger pedestrian walkways, with a safety railing separating them from the road, which will make for easier connection between downtown and the Old Fort. The bridge features lighted archways, medallions representing all branches of the military, and a pedestrian plaza at the southwest corner of the bridge.

After many months of construction and restricted access to the Fort, it is exciting to see the finished project that honors our veterans, and increases accessibility to the Old Fort.



Cod: The Fish that Made America

David Schmid

The typical fishermen like the Basque, English, Irish, Dutch, and Spanish, get very little credit for opening up the exploration of the West. Cod fed the world. Once dried, this food necessity could be transported easily on board ships in the days before refrigeration. None of the explorations and settlements of the Great Lakes would have happened when they did without this initial pursuit of the food of the world; cod. It opened the door to exploration, the fur trade, and eventual settlements.

About the year 530, St. Benedict of Nursia (founder of the Benedictine Order) set up a fasting and strict dietary program for his followers. Fasting on Fridays and during Lent became the accepted practice within the Catholic Church. Red meat and poultry were banned and the notion of fish on Fridays was born. With over 150 days of meatless fasting a year, the rule by the Vatican opened up the fishing industry and the search was on to feed Europe.



Two types of fishing methods were used but the basic was the use of handlines. Before being commercially fished out of the north Atlantic in the 1970s, cod could grow up to 3 feet long and weigh as much as 200 pounds. Cod swim with their mouths wide open to ingest anything in their path. A cod jigger is a piece of lead that was attached to handline with enough line to reach 20 fathoms (120 feet). A fisherman didn't need bait since the jigger often was fashioned to look like a herring. If not using the jigger, a large baited hook was used using any fish

pieces available as bait. Once caught, there would be no fight. The fisherman just needed good arms to haul the catch up to the boat. Henry Hudson talks of seeing so much cod that all he had to do was throw a bucket over the side of his ship, The Half Moon, and scoop them up.

Sitting all day was the norm when the fish were biting. As one friend who was a commercial fisherman off the coast of Scotland said, "You are cold and wet all the time, tough work." Most common was the use of a smaller row boat, later developed into the Grand Banks dory. Two men with handlines would catch as much as the boat would hold, row back to the mothership or go to shore where the fisheries were set up. The fish were beheaded and split, spine removed, and the liver removed for future processing as cod liver oil. The fish would be salted on board ship to be preserved and dried on drying racks on shore as soon as possible.

The climate of the maritime provinces of Canada proved exceptional for drying. Cod migrate to shallower, warmer ground near coastlines, which makes it even easier to catch in those waters. Cod is particularly easy to dry because they have almost no fat, maybe .3%. Additionally, cod is over 18% protein, which is extremely high for a fish. Once dried, that number rises due to the lack of water, and the



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meat becomes dense at 80% protein. Want to ward off illnesses? Eat more protein, which helps build your immune system and lean muscle mass.

So with these facts - the need for a dried fish that was easy to transport and preserve and gave high levels of necessary proteins - the cod was perfect. This supply of preserved meat gave the explorers' ships fuel to take longer voyages to all aspects of the globe. North Atlantic cod helped to open voyages to the South Pacific, China, Japan, South America, Australia, and many other ports, which brought valuable commodities back to Europe, including the fur trade of north America.

During the 16th and 17th centuries, temporary fisheries were found along the maritime provinces of what is now Canada. These men were migrant fishermen, not staying to settle, but to make their catch and head back home. They looked for relatively flat ground to set up their processing station and drying racks. They built temporary housing and worked around the clock when the fish were biting. In one journal account, the French fishermen arrived in April and fished until September. They did not dry their catch, only salted this type of cod, which was called 'green cod'. The mother ship hauled salt mined in western France, Spain, and the Germanic states to preserve the fish.

The log kept by Jean Marin LeRoy, a pilot from Honfleur who was first mate on the St. Andre, describes the ship's voyage to Newfoundland and its fishing expedition on the Grand Banks from Wednesday, January 23 – Saturday, October 26, 1754. He states he had a crew of 10 men, 2 apprentices, a ship's boy, a pilot, and captain. The apprentices and the boy would be salting the cod in the hold of the ship. These ships ranged from 60 – 120 tons with a large hold to store the salted cod. The ship would float along the current to follow the schools of fish.

As the 18th century rolled along, permanent fisheries were established along the Nova Scotia and Newfoundland coasts. This land was subject to much dispute and led to the wars that some of us reenact. When the colonials of New England got involved, cod and the whaling industry took off. Meat and oil were valuable commodities, the stuff fortunes were made from. When studying the politics and warfare of North American history, also study how it all came to be with the fishermen sailing into an unknown world to throw a hook over the side and haul up a big fish, a fish that fed the world.



The author, with his display of cod fishing implements, at a reenactment at the Old Fort



*Wondering what you can do with the dried cod?
Check out page 10.*

David Schmid says, "For 43 years I have lived my passion, history and teaching history. I love that glorious moment when you're talking to a crowd and see someone's eyes light up and they get it - they understand what took place in the past. That 'teaching moment' fills my soul."

This article is abridged from one published in the April/May 2013 Issue of On The Trail (vol 20, #2).

SUMMER AT THE OLD FORT



Colonial America
Tradepost



Memorial Day
Parade



Siege of Fort Wayne



Post
Miami



Be a Tourist in Your
Own Hometown



Napoleonic
Days



Association of Living History, Farm,
and Agricultural Museums

Volunteer Advance

Bob Jones

Since 2004, volunteers have operated Historic Fort Wayne on behalf of the Fort Wayne Parks and Recreation Department. A Board of Directors meets the third Tuesday of each month to conduct the business of the Fort. Monthly Volunteer Advance meetings exist to prepare volunteers to be good ambassadors for Historic Fort Wayne, Inc. Volunteers become knowledgeable in the history of the Fort Wayne area, prepare to assist with activities during events, and acquaint themselves with daily life in the late 1700s and early 1800s. Volunteers become comfortable playing the parts of soldiers, civilians, artisans, and tour guides. Learn about our many volunteer opportunities and volunteer today.

Volunteer Advance meetings include a time of new volunteer orientation, a time of Q&A, and a time of activities based on a theme.

- ♦ September's theme was textiles. Activities included making cordage, processing wool, and knowing knots.
- ♦ October's theme is traditional music, games, and distractions.
- ♦ November's theme includes safety policies and procedures, revisiting the manual of arms, rolling cartridges, and the fundamentals of the canon crew. This is not artillery crew certification but an introduction. **NO BLACK POWDER WILL BE PRESENT.**
- ♦ December's theme is Christmas shopping. That is, there is no meeting in December. Instead, come for Christmas at the Fort on December 2 and help us welcome Fort Wayne to the event. You will enjoy living history and the educational mission of Historic Fort Wayne. Please volunteer today. Call the Fort phone during normal business hours Monday through Friday.

Upcoming events—Volunteers are needed!

Saturday, October 21 Fright Night Lantern Tours
Saturday, December 2 Christmas at the Old Fort

<https://oldfortwayne.org/get-involved/volunteer/>
Fort Phone: (260) 437-2836



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|--------|---|
| Oct 14 | Music, Games, and Distractions 1816: Card Games, Nine Man Morris, VIP Tour, Q&A |
| Nov 11 | The Manual of Arms: Field Safety, Rolling Cartridges, Loading and Firing a Musket, VIP Tour, Q&A |
| Dec 9 | No meeting for December |
| | All topics subject to change without notice. |

Day of Caring

Kip Lytle

Day of Caring (DoC) is an annual event sponsored by United Way of Allen County. Teams from local businesses volunteer at various non-profit organizations. This year, ten hardy souls from Lincoln Financial Group (LFG), led by Tony Walker, stepped up and asked what help was needed at the Old Fort. The list of tasks was long but they were undaunted.



By the end of the day, the second-floor balconies had been swept, cobwebs were cleaned from window and door frames, all the windows had been washed, the fireboxes on the first & second floor of all the buildings had been filled, the closets had been cleaned out, the garden had been weeded, weeds inside the Fort had been mowed, and the porches had been swept and painted. LFG had partnered with the Old Fort before the COVID epidemic for Day of Caring, and it was wonderful to have them back. We look forward to working with them in the future.



2023 UPCOMING EVENTS

Public hours as listed below. If you're interested in participating as a reenactor or vendor, please contact events@oldfortwayne.org for registration forms, or visit our website.

All events are free admission, unless specifically stated. Donations welcome.

OCTOBER 21: FRIGHT NIGHT LANTERN TOURS

Saturday: 6 pm – 10 pm
Admission is \$5.00. Nine and under free
when accompanied by an adult.

DECEMBER 2: CHRISTMAS AT THE FORT A TIMELINE EVENT

Saturday: 10 am – 4 pm

See Page 12 for our upcoming 2024 schedule!

Working with Salted Cod

By Andi Hahn

Working with salted fish can be intimidating. Is it cooked? Dried out too far to use? Will it taste good? How can I hide the taste? What do I put it in? Oh yeah, been there. Asked that.

My great-great grandparents didn't have a lot of money and salted fish was really cheap. Grandma Bailey would rinse it, soak it and cook it in gravy seasoned with salt and pepper, and serve over toast. It wasn't anybody's favorite, but it served its purpose.

Fast forward to the 1930-40's. My great-Grandmother had a friend from Norway who showed her how to process it a little differently. My Great-Grandparents were given some salt cod by this friend, who brought some back from a trip and decided to share with the family. Grandma Thompson more than likely thanked her and admitted that she really was not too fond of it. Grandma would never be rude but she would not lie and waste food either. Her friend asked how she made it, and then had them over for dinner, where she served her version of the dish. Great-Grandma said she was hard pressed to eat it but she had to admit it was different than her own mother's. Her friend wrote the directions and walked her through the process she used. Great-Grandma later made it for her family, just like her friend had described to her. That recipe got them through a few lean times.

The difference between Great-Great-Grandma Bailey's and Great-Grandma Thompson's has to be this; the second soaking in milk and not over cooking it. This is the basis for the way I make it now. When I looked at the directions of several cookbooks from the last couple centuries only a few have discussions on the way to freshen the fish. It must have been thought to be common knowledge, is my guess.

To freshen: Take the fish out of the package. Knock off as much salt as possible and place in a bowl of water deep enough to cover the fish. Cover and place in the refrigerator. Let it soak for about two

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You can find us on Facebook
for up-to-date event news and happenings!

www.facebook.com/HistoricFortWayne



And check out
Old Fort Radio 1640AM
for historic vignettes,
invitations to events at the Old Fort,
and announcements of coming events.



hours. Pull the fish out and drain the water off. Take a piece of the fish, hold it under cool, running water and with your thumbnail, scrape the salt off. Do this until all the caked salt comes off all the pieces. Then place the fish back in the bowl and cover completely with milk. Put the cover back on and place in the refrigerator 4 hrs. or overnight. I prefer overnight.

To cook, slice a small onion. Sauté in a medium saucepan with a 1/4 cup butter over medium heat. I use unsalted sweet cream butter since it is already salty fish. Add a pinch of caraway seed, lightly crushed, a pinch of thyme, a pinch of white pepper, and half of a bay leaf (optional). Sauté until the onion is starting to clear. Remove the bay leaf and add a 1/3 cup flour for your roux, and cook for five minutes. Roux should be slightly pasty. If the roux is too dry add a tablespoon of butter. If you prefer not to use a roux, you can use a corn starch slurry. Measure out a 1/4 cup of corn starch and stir it in a cup of cold milk, set near the stove to use later.

Next, remove the fish from the milk and place it on a cutting sheet. DO NOT throw away the milk. Wisk a third of the milk from the bowl into the pan and the same amount of fresh milk (and the cornstarch slurry, if using instead of roux) until blended. Reduce heat and allow to cook until bubbly, stirring frequently. Meanwhile, cut the fish into bite size pieces and set aside. If the sauce is too thick, taste it and thin with either the salty milk from the bowl or the fresh milk, a little at a time. Don't make it too thin, it has to stick to the fish. Then add the fish and poach in the lightly boiling sauce until the fish starts to flake when stirred gently. Dish up with boiled or smashed potatoes, noodles or spaetzle.

This is a traditional dish in many places, and a small but very important part of American culture. Cod was one of our earliest imports and later exports, right along with barreled and salted beef and pork. These were dietary mainstays in many places, especially in times of war and interruptions in food supply. It traveled well, both by ship and wagon, and could sit in a cool basement for quite a while, if left undisturbed.

Wherever immigrants roamed, you will find someone who knows a little about it. We have ours every year on Christmas, to remember and celebrate those who taught us these recipes that have become our tradition.



Andi Hahn has been reenacting and researching the French Colonial period for over 30 years. She trained in baking pastry in Vanves, France and is commonly found at the bake oven. She also works in the Old Fort's garden. She currently works in manufacturing tech in Northeast Indiana.





Volunteer Profile:

Meet Harrison "Harry" Snyder

Harry is a life-long Fort Wayne resident who started volunteering at the Fort in 2013 when he was 13 years old. He says, "I drug my family to almost every event my entire childhood. Eventually, Tom Grant pulled me aside and asked if I would like to volunteer with the Fort. I was lucky enough to get a glimpse into the modern building, go upstairs, and try on one of the coats. I remember Sean commenting that they were brand new at the time. Then, I came down to the very next event. I have been hooked ever since.

"Mostly, I reenact the War of 1812 – especially when I am at the Fort. When in 1812 kit, I usually represent a private in either the 1st or 3rd US Infantry (depending on the exact year). I also have a militia kit that is of the time period. Beyond 1812, I also reenact the American Revolutionary War and WWII. In the Revolution, I can fight on both sides – as either one of His Majesty's Marines or as a continental militiaman."

Harry is a student at Ball State University working on a Bachelors in History. His hope is to either continue to work as a living historian, or begin a career teaching history. "Most of my special interests and hobbies I have picked up directly because of the Fort. I enjoy traveling (usually for reenactments, and if not, then to visit historic sites). I also sew (things from 200 years ago) and enjoy reading (usually about early American history)."

This summer, Harry worked at the Old Fort as our Summer Intern. While there were some challenges, he said, "I thoroughly enjoyed my internship with the Fort. I really do cherish the opportunity to spend my day talking about the history that so few know and so many need to learn. Throughout the summer, I found myself engaging with the public in some really meaningful ways. Sense of place is very powerful, and the Fort is somewhere that the public can understand their place in history. It's my responsibility to get people to that realization. When people left the Fort after one of my tours, they were nearly guaranteed to have a more nuanced understanding of early American history – and Indiana's place in it."

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Kathleen O'Connell
Editor

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2024 SCHEDULE



Jan. 27: Nouvelle Annee 1744
Feb. 17: 1812 Training Garrison
Mar. 2: Revolutionary War Garrison
Mar. 23: Civil War Garrison
May 10: Education Day
May 11-12: Muster on the St. Mary's
June 8-9: Siege of Fort Wayne 1812
Aug. 3-4: Napoleonic Days
Aug. 24-25: Post Miami
Sept. 8: Be a Tourist in Your
Own Hometown
Oct. 19: Fright Night Lantern Tours
Dec. 7: Christmas at the Old Fort

oldfortwayne.org

Fright Night Lantern Tours **Saturday, Oct. 21**

6 pm – 10 pm

Tour the Old Fort at night! You will be guided by a historic interpreter who will present the Old Fort as it was in the early 1800s. Hear tales of encounters with the ill-fated Lieutenant Philip Ostrander, the Old Fort's resident ghost. Purchase a sweet treat from the bake sale and enjoy stories by the fire while you wait. Keep an eye out for the Headless Horseman!

Admission is \$5.00. Ages nine and under are free when accompanied by an adult.

Ticket sales begin at 5:30 p.m. and are available on a first come, first served basis. No tickets sold after 9:00 pm. All proceeds benefit the Old Fort.

Christmas at the Fort **Saturday, Dec. 2**

10 am – 4 pm

Christmas at the Fort this year is a time line event held on December 2, 2023 from 10am to 5 pm. The theme is Christmas through time. In addition to our usual information for guests, we are hoping to explain Christmas customs during our specific eras. The Fort is registering interpreters/re-enactors as well as vendors for the event. Call the Fort phone (260 437-2836) or contact event coordinator Michael Engle for more information.