



The Courier

March 2017

Sacramento Chapter— Sons of the American Revolution

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Matthew Stiles Bowdish, M.D. is a board-certified allergist & clinical immunologist living in Rocklin. He was born in Pasadena to a family that came to Los Angeles in the 1870s. His love of family history came from spending time with his great-grandmother. She was both a family historian and the first female deputy sheriff in the United States.



Dr. Matthew Bowdish

He received his medical degree at Northeastern Ohio Universities College of Medicine in 2003. He finished his residency in Internal Medicine at Dartmouth-Hitchcock Medical Center and completed a fellowship in Allergy & Clinical Immunology at Yale University School of Medicine. He holds leadership positions in regional allergy societies and has published scientific journal articles in the field.

Dr. Bowdish is a member of 65 hereditary societies including the National Society Sons of the American Revolution, the General Society of Mayflower Descendants, the Society of the Cincinnati in the State of Connecticut and the Order Founders and Patriots among others. He has proven 21 patriot ancestors for the NSSAR.

Dr. Bowdish is married to Kara Lisabeth Netro Bowdish and the couple have two daughters, Olivia and Lily, ages six and three respectively. Apart from genealogy, he is an avid vegetable gardener and fan of the USC football program and the Los Angeles Dodgers.

The subject of Dr. Bowdish's talk will focus on 17th century medicine via a discussion of George Washington's medical history. Washington suffered from a variety of ailments that shaped the course of his life, the Continental Army and the young United States.

Editor's Note: The statements and opinions expressed herein are solely those of the author(s) and do not necessarily state or reflect those of the Editor, the Sacramento

Cattlemens Meal Selections

Ribeye Steak	\$30.
Sirloin Steak	\$25.
Grilled Salmon	\$25.
Lemon Chicken	\$25.
Pesto Spinach/Cheese Ravioli	\$25.
(vegetarian)	

Friday, March 17, 2017 7:00 PM
Cattlemens Restaurant
12409 Folsom Blvd., Rancho Cordova

If the telephone committee has not taken your reservation and menu selection(s) by **Wednesday evening, March 15**, please call Michael Brady at (916) 647-3716 directly and leave a message by noon on Thursday or mlbrady@sbcglobal.net. We strongly encourage reservations be made in advance. All reservations are guaranteed. Don't be a "no show." Wives, guests and visiting compatriots are always encouraged and welcome. We are a 501(c)(3) non-profit charitable organization, EIN # 68-0004288

Current Officers

Alan Brooking
President

Don Littlefield
Executive Vice-President
Treasurer and Webmaster

Carl Ahlberg
Vice President of Meetings

Jim Faulkinbury
Genealogist & Secretary

Jeff Goodwin
Chaplain

Don Spradling
Photographer
Guardian of the Flags

Neil Elvick
Newsletter editor

Committee Chairmen

Roy Adkins
ROTC/JROTC Program

Neil Zinn
Eagle Scout Program

Tom Chilton
Americanism Poster Contest

Carl Ahlberg
Program Committee

Mike Hull & Del Hansen
Law Enforcement Program

Michael Brady
Calling Committee
Cashier

President's Corner

Hope you too are enjoying a respite from the very wet winter we're experiencing, and that you and yours are high and dry.

February saw Sacramento Chapter induct three new members. Please join with me in welcoming Joseph Michael Arledge of Elk Grove, Phillip Harold Noble and Kevin John Ward each of Sacramento.

Congratulations are also in order to the following who are celebrating SAR service anniversaries this month: James Leroy Anderson - 5 years; Glen Emmett Fine, Jonathan David Payne and Karl Ivan Payne - 10 years; Clair James Martin Allen, Alfred Anthony Barbagelata Jr., Bob Franklin

Jones, Ernest Caple Owen Jr., Donald Bruce Littlefield, Donald Bruce Littlefield II and Stanley Orin Van Vleck - 15 years; Kevin Charles Highbaugh - 30 years. It is an honor to recognize these Compatriots and their commitment to our organization.

By the time you read this Susan & I will have returned from our first Spring Leadership Conference/Trustee Meeting at NSSAR headquarters in Louisville, KY. I'm looking forward to meeting our national leaders, attending meetings and informative seminars and to visiting the Headquarters and Genealogy Library.

It is not too early to think about attending the 142nd CASSAR Spring Meeting April 7-8, 2017, hosted by the Orange County Chapter in Irvine. State meetings provide opportunities to exchange ideas about just what makes each chapter successful in the various aspects of SAR membership and projects. The interaction with fellow members and the accumulated knowledge gleaned from each of these meetings helps us to promote the ideals of our Forefathers in the most beneficial manner. Please consider attending. Here's the URL for more information: <http://www.californiasar.org/events/142-spring-meeting-membership/>

I look forward to seeing each of you at our St. Patrick's Day - March 17th Chapter Meeting.

Yours in Patriotic Service

Alan Brooking

Alan.brooking@sarsac.org



Minutes of February 17, 2017 Meeting

Sons of the American Revolution – Sacramento Chapter

Sacramento President Alan Brooking called the meeting to order at 7:05 PM. He then gave the Invocation and asked Mark Johnson to lead the Pledge of Allegiance, followed by David Beach who led the Pledge to the SAR.

President Anderson next introduced the National and State Officers and Sacramento Past Presidents who were present. They included NSSAR Vice President General for the Western District Jim Faulkinbury who was also CASSAR Past President 2015 and Sacramento Chapter Past President 2005-2006; Sacramento Chapter Past President 2000, 2001, 2002, 2004, and 2012, and Chairman of the Poster Contest, Tom Chilton; Sacramento Chapter Past President 2010-2011, Don Littlefield who is the current Sacramento Chapter Executive Vice President, Treasurer, and Webmaster as well as CASSAR Wreaths Across America Chairman; Chairman of the Middle School Brochure Program, Carl Ahlberg; Custodian of our historic flags VP of Programs and the Chair of the brochure program, VP of Programs and the Chair of the brochure program Michael Hull; Chairman of the chapter ROTC/JROTC Program, Roy Adkins; and chapter Photographer, Don Spradling.

The DAR members attending were, from the Sacramento Chapter DAR Marilyn Chilton and Medora Allen; from the Gold Trail Chapter, Karen Faulkinbury; from the Sierra Amador Chapter, Ann Taylor, regent, and Lee Lawson; and from the Tehachapi Chapter, Lisa Gould.

CASSAR LAUX members present were Marilyn Chilton, Karen Faulkinbury and Donna Spradling.

Other guests were Michael Arledge, Phillip Noble, and Kevin Ward, all new members to be inducted tonight.

Following introductions, Michael Hull was asked to come forward and discuss the two flags he brought tonight --- the Fort Moultrie and the Proctor's Battalion flags.

The next item of business was the swearing in of our three newest members, Michael Arledge, Phillip Noble, and Kevin Ward. Secretary Faulkinbury read their bios, President Brooking inducted them, and the membership came forward to welcome them with the usual handshake.

Past President Craig Anderson asked to make a couple of awards to members who were not able to come to the last meeting where he recognized those who served during his administration. They were:

David Paulsen – a Certificate of Appreciation for his work on our Calling Committee.

Tom Chilton – a Certificate of Appreciation and a Challenge Coin for his long-time support of the Sacramento Chapter, holding various offices and committees.

We then recessed for the dinner meal. Following dinner, President Brooking introduced our guest speaker, Rebecca Beach who gave a very interesting presentation on the role of William Ames, America's "founding theologian" who greatly influenced the Puritan understanding of God and the thought processes that led to our founding documents. She discussed how he used Peter Ramus' Ramian Method as a way to understand the basic principles of theology, and how Ames' "Marrow of Theology" and its principles of goodness and liberty influenced the writing and meaning in the Declaration of Independence and the Constitution of the United States. After her presentation, President Brooking presented Rebecca with a Certification of Appreciation.

President Brooking announced that the speaker for our next meeting will be Dr. Matthew Bowdish, a recent transfer into our chapter who will speak about 18th century medicine and George Washington's medical history. Then with the help of Sandy Anderson, he held the raffle. Those donating gifts were, Craig and Sandy Anderson, Carl and Inga Ahlberg, Marilyn and Tom Chilton, Jim and Karen Faulkinbury, Mike and DJ Brady, and Don and Donna Spradling. Following the raffle, he thanked Don Littlefield for cashiering the table tonight, Don Spradling for taking the pictures, Neil Elvick for editing the newsletter, and Donna Spradling for distributing and taking care of the Pledge cards. He then asked for a motion to adjourn which was followed by David Paulsen leading us in the SAR Recessional. President Brooking then gave the Benediction after which we sang *God Bless America*. The meeting was adjourned at 9:07 PM.

Respectfully submitted

Jim Faulkinbury, Secretary



Jim Faulkinbury, Secretary

Program for the February 17, 2017 Meeting

Photos by Don Spradling



Rebecca Beach



Rebecca Beach and President Alan Brooking

Rebecca gave a talk about the theological principles that influenced the thinking of our founding fathers as they produced the documents upon which our nation's government was founded. Below are the two flags presented by Michael Hull at the beginning of the program.

These flags are part of our chapter's collection.

The two flags below were shown and their use during the Revolutionary War was explained by Michael Hull as part of the evening's program.



Fort Moultrie Flag

Fort Moultrie was a series of fortifications on Sullivan's Island, South Carolina, built to protect the city of Charleston. The flag was also called the Liberty flag and was designed, by commission in 1774, by Colonel William Moultrie, to prepare for war with Great Britain. It was flown by his troops in the successful defense of Sullivan's Island against the British fleet in June 1776.



"Don't Tread on Me"

The flag for Proctor's Battalion in Westmorland County, Pennsylvania. It was the first American Troops & battle flag West of the Allegheny Mountains. The snake's thirteen rattles signify the American colonies. Note the Union Jack in the upper left hand corner, indicating still a possible willingness to reconcile early on in the war.

New Members

Photos by Don Spradling



Left to right: Kevin Ward, Phillip Noble, Michael Arledge, President Brookings and Jim Faulkinbury



Kevin Ward, Phillip Noble, Michael Arledge and President Alan Brookings

Joseph Michael Arledge



Joseph Michael Arledge

Michael was born in West Monroe, Louisiana and spent his childhood in Louisiana and California. He attended University of Louisiana at Monroe. Michael works for Department of Corrections and Rehabilitation, where he is an Office Technician in the Mental Health Department. His hobbies include Photography and Genealogy. His application to join the Sons of the American Revolution was approved on 5 January 2017. His patriot ancestor, Andrew Heck, was a Private in the Pennsylvania Militia, under Capt. John Morritz, and Col. George Breing, 2nd Battl, 4th Co.

Kevin John Ward



Kevin John Ward

Kevin was born in Sacramento, CA and spent his childhood traveling with adventurous parents, John and Patricia. He lived in Sydney, Australia for two years and Chahran Saudi Arabia for eight years. After returning to his home town of Sacramento, CA he attended Encina High School, graduating in 1988.

He is married to his high school sweetheart, Kati Ward. They have five children, two boys and three girls. His oldest son is a graduate from the United States Naval Academy and is currently an officer in the Marine Corps, attending flight school in Pensacola, Florida.

After graduating high school, Kevin enlisted into the United States Navy and became an Engineering Aid in the Seabees. In six years of military service Kevin was stationed in San Diego, California, Gulfport, Mississippi, Andrews AFB Maryland, Lackland, Texas, and Sigonella, Sicily, Italy. Kevin and Kati's three older children were all born on military bases during his service.

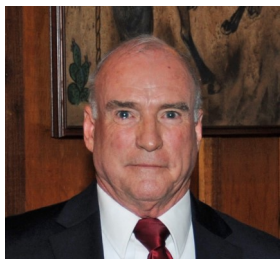
Kevin currently works for the California Highway Patrol, where he is an officer working in the North Sacramento Area CHP Office, and he has been with CHP for 20 years. His hobbies include coaching high school water polo and swimming, working with his church youth program, and spending time with family. Kevin's application to join the Sons of the American Revolution was approved on February 1st, 2017.

His patriot ancestor is Private John Stephens, who served under Daniel Morgan. John Stephens was in the Battle of Quebec where he was captured. He was subsequently released after approximately one year of incarceration. Stephens returned to his unit and took part in the Battle of Saratoga. His service specialty was "sharp shooter."

New Members Continued

Photo by Don Spradling

Phillip Harold Noble



Phillip Harold Noble

Phillip was born in Louisville, Kentucky and spent his childhood in Carlsbad, California. He received a Bachelor's Degree from San Diego State University in 1973. Later, he earned a Juris Doctorate Degree and was admitted to the California State Bar in 1993.

He is married to Kathleen Ann Noble.

In April 2008 he retired after working 34 years for State of California. During his career he worked as an analyst, manager and attorney. Currently, he serves as a docent at the California State Capitol and the Leland Stanford Mansion State Historic Park.

His hobbies include skiing, playing senior baseball and collecting historical documents and signatures.

Phillip's application to join the Sons of the American Revolution was approved on January 13, 2017. His patriot ancestor was Proctor Ballard, who served as an artillery sergeant in General George Rogers Clark's Illinois Regiment.

School Guard Activities



Commander Russ Kaiser and Carl Ahlberg

The photos here were taken during Sacramento County History Day in which the chapter's Color Guard participated. In the coming weeks the School Guard will be presenting programs for 5th and 6th graders at many local schools. This is a highly successful program and very popular with both students and faculty. See the bottom of page 9 to see how to get fitted for your own period uniform.



Photos from February 2017 Meeting

Photos by Don Spradling



Roy and Martha Adkins
Roy is the ROTC/JROTC Chairman

These are some of the regular chapter members who get together for the informal social hour prior to the program and dinner. A time to catch up on each other's lives and activities and a time to support the chapter's local projects by purchasing raffle tickets.



Marilyn and Tom Chilton



Clair and Medora Allen



Carl Ahlberg



Mark and Irma Johnson



**Don Littlefield, President Alan Brooking
and Don Clark**

Photos from February Meeting

Photos by Don Spradling



Donna Spradling with her daughter, Lisa Gould, on the left



David Paulsen, holding the Certificate of Appreciation for his work with the Calling Committee.



Kathleen and Phillip Noble

This Day in 1776

March 17, the day of our March meeting, is the 241st anniversary of the British withdrawing their army from Boston. Heavy artillery weapons had arrived from Fort Ticonderoga and the Continental Army's new commander, George Washington, had placed them strategically on the hills surrounding the city, effectively boxing in the British army and forcing them to leave. The following day the Continentals occupied the city. The British would regroup in Nova Scotia and later in the summer of the same year would meet Washington's army in New York City.



Cannon from Fort Ticonderoga in upper New York, a difficult mid winter journey.



Washington and his army entering Boston the day after the British leave.

Instructions for Patriot Biographies

Patriot biographies are still being accepted by the NSSAR. Contact Craig Anderson or Neil Elvick if you need assistance.

New Museum Opening



The Museum of the American Revolution in Philadelphia

The Museum of the American Revolution (formerly The American Revolution Center) is a non-partisan, non-profit organization that is building a museum to tell the complete story of the American Revolution. The Museum of the American Revolution's Grand Opening is on April, 19 2017, The museum totals 118,000 square feet and will hold a large collection of art, manuscripts, and printed works from the revolutionary period. Also on display will be a collection of about 3000 objects from the revolutionary period including General Washington's Headquarters Tent at the center of the collection, British, French and American weapons used in battle and personal diaries written in camp. Approximately 3,000 objects in total will be on display.

A number of hands-on opportunities will give visitors the opportunity to join the Sons of Liberty under a life-sized Liberty Tree, board the deck of a privateer ship, experience the sensation of being on the front line of battle and more.

A large-scale tableaux and state-of-the-art theater will facilitate an interactive experience that takes visitors on a chronological journey starting in the 1760s when conflict began through to the creation of the Declaration of Independence in 1776 and concluding with the victory of the war.

The exhibition space will also dive into the challenges of creating a new nation and the Revolutions' enduring impact on those around the globe.

Links

SAR Sacramento Chapter photos from our dinner meetings can be accessed and downloaded at

<https://sar.smugmug.com/>

& enter **Patriot**

The "Great Courses" organization has a 24 lecture course on the American Revolution available on DVD. The course is on 4 DVD's each containing 6 lectures. Our Chapter has one set of these which can be made available to members to borrow. Contact either Neil Elvick or Carl Ahlberg.

Information for assembling a uniform or militia outfit is now online at:

<http://www.sar-sacramento.org/uniforms.shtml>.

Photos of a variety of period uniforms and clothing are available at:

<https://sar.smugmug.com/Color-Guard-Uniforms/>

and enter password: **Patriot**

Coming Events

April 21, 2017 —Regular Meeting
7:00 PM at the Cattlemens Restaurant
Speaker to be announced

April 7-8, 2017
142nd CASSAR Spring Meeting
Irvine, California

March 17, 2017—Regular Meeting
7:00 PM at the Cattlemens Restaurant
Speaker to be announced

**A PUBLICATION BY THE
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