



Anchor and Pine Tree



Newsletter of the Order of the First Families of Maine April 2024

Officers 2023-2025

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Honorary Presidents General

The Rev. Robert Todd Giffin 2003-07
The Rev. Dr. Dixon Barr 2007-09
Karen Avery Miller 2009-11
Kimberly Ormsby Nagy 2011-13
Timothy Christopher Finton 2013-15
LTC Larry King Casey, Jr. 2015-17
Janet Lewis Downing 2017-19
Sumner G. Hunnewell, Jr. 2019-21
Nicki Peak Birch, CG 2021-23

President General's Message

Dear Fellow Members:

It has been my pleasure to serve as your President General for the Order of the First Families of Maine this past year. Good news from Punxsutawney Phil who did not see his shadow and predicted an early spring. As I write in late winter, the state of Maine along with other New England states are covered in a beautiful blanket of snow. Cold days, cold nights and great skiing make Maine an ideal winter playground. Come on down!!!

I welcome spring and our annual meeting in Washington DC on April 9th at the Army and Navy Club. Thank you, Dr. Kim Nagy for sending out the joint 'call to meeting'. It is a wonderful time of year to get together with old friends and meet new ones in our nation's capital.

I want to thank our Order's officers for the splendid work that they have been doing since our last meeting. Thank you to our Vice President General David Stringfellow for producing our OFFME directory, always an excellent job and eagerly awaited. Thank you to our Corresponding Secretary Marsha Masone recording the meeting minutes and for keeping everyone informed. Also, to our Registrar General Sumner Hunnewell for working on applications for prospective members, approving and welcoming them to our Order.

I look forward to meeting many of these new members at our meeting in April. I would like to give a special Thank You to William Fahey, editor of this Newsletter. Also, Thanks to the Treasurer General Sean Redmond for his fine work keeping our finances on track. Thank you, Dr. Kim Nagy, Vice President General of the First Families of New Hampshire for arranging our joint annual meeting with the Order of the First Families of New Hampshire, Society of First Families of Quebec and the Society of First Families of New York. It does seem that FFME is in Good Hands.

In Friendship,

Gail Ann Thomas

President General, OFFME

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THE ORDER OF THE FIRST FAMILIES OF MAINE, 1604-1652 ANNUAL MEETING: 11 APRIL 2023

MINUTES

The joint meeting of the Order of the First Families of Maine 1604-1652 (OFFME) and the Order of the First Families of New Hampshire 1622-1680 (OFFNH) was called to order by OFFME President General Nicki Birch on April 11, 2023, at 3:07 p.m. EDT.

Twenty-three members of the Societies and six guests attended the meeting and tea.

The invocation was given by OFFNH Chaplain General Marsha Masone.
The Pledge of Allegiance was led by OFFME Registrar General Sumner Hunnewell.
The American's Creed was led by OFFNH Treasurer General Shirley Arndt.

Kathy Carey, OFFNH Governor General, made the introductions and welcomed presiding officers from other organizations, including Kimberly Nagy, MD., Charlotte Van Horne Squarcy, Leslie Richards, Pat Gallagher, Gail Coan, and Jane Schleinzer, among others.

Marsha Masone, OFFNH Chaplain, conducted the memorial service for the deceased members of both Societies.

The OFFNH Meeting:

OFFNH Governor General, Kathryn Thompson Carey, called the Fourteenth Annual Meeting of OFFNH to order at 3:20 pm. She introduced Past Governor Generals present and Honorary Governor General Anne Henninger.

Reports of Officers were given. President General Carey introduced Barbara Carpenter as head of the Nominating Committee for the slate to be voted on at the April meeting in 2024. Two other members agreed to work with here.

There was no Old Business. Under New Business a motion to accept the Society's donation was made, seconded and the motion carried.

The OFFNH meeting was adjourned at 3:29 p.m.

The OFFME Meeting:

OFFME President General Nicki Peak Birch called the Seventeenth Annual Meeting to order at 3:30 pm. She welcomed everyone and noted that there was a quorum.

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The 2022 minutes had been published in the Anchor & Pine Tree Newsletter. There were no corrections or changes and they were approved as published.

Officer Reports OFFME:

President General Birch: She reported that her closest connection to Maine, other than her qualifying ancestor for OFFME, is her sister who lives in Boothbay. Martha Peak Helmen is a member and today's speaker about things that make Maine special.

President Birch recognized the volunteers who have been of particular help to the Society, Sumner Hunnewell for updating the website, Allen Gray for producing the newsletter, and William Fahey who took responsibility for producing the newsletter this year.

Second Vice President General Melissa Fischer and Secretary General Marsha Masone filed their reports.

Treasurer General Sandra Esty shared her Annual Report, Audit Review Letter, and the 2023-2024 proposed budget and explained the sources for the various figures. There was no discussion. The proposal to approve the budget was made by Sue Gray and seconded by Martha Peak Helmen. It was approved by voice vote of OFFME members.

Registrar General Summer Hunnewell reported ten applications had been accepted and two rejected during the past year. He has examined early applications to verify they met the requirement of "Chief Proprietor" and the physical boundaries of Maine. He found a few ancestors who will need more proof of eligibility before a prospective member may use them to join the society, or to add one of these ancestors as a supplemental.

Historian General Laura Schenk explained she is keeping a USB thumb drive of all records, in addition to any physical items.

There was no Unfinished Business.

New Business OFFME:

Treasurer General Sandi Esty made a motion to donate \$1,150.00 to the Maine Historical Society to support MHS's Library, Research and Collections initiatives. It was seconded by Laura Schenk and the vote passed.

Sumner Hunnewell, chair of the Nominating Committee submitted the nominations of persons to serve the next two years. After being announced, nominations from the floor were invited. None were heard and the following officers were elected by acclamation.

2023-2025 OFFME Officers:

President General: Gail Ann Thomas

1st Vice President General: David Stringfellow

2nd Vice President General: Tawny Welch

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Secretary General: Marsha Masone
Treasurer General: Sean Redmond
Registrar General: Sumner Gary Hunnewell
Chaplain General: Daryl Masone
Historian General: Laura Schenk

The new Officers were installed by Dr. Kimberly Nagy, Honorary President General.

Gail Ann Thomas, newly installed OFFME President General announced that the next meeting and tea of OFFME will take place on Tuesday, April 9, 2024, at The Army and Navy Club, Washington, D.C.

Gail Coan made a motion to have the annual meeting in Connecticut in October at the New England Society meetings. After considerable discussion, the motion was withdrawn and the subject was tabled as premature.

Dr. Kimberly Nagy nominated Nicki Birch for Honorary President General, seconded by Sandi Esty. The motion passed unanimously by voice vote.

OFFNH Chaplain General Marsha Masone spoke the Blessing for the tea and the meeting was adjourned about 3:50 pm.

Guest Speaker:

Honorary President General, Nicki Birch introduced her sister Martha Peak Helmen, from Boothbay as today's speaker. Her topic was "*Tales from Maine*." Martha Helmen presented a number of interesting facts about Maine and its environment and people. For many of us there was fresh information we hadn't known, such as the importance of religion and the addition of a new slave state to spur Congress to make Maine a state in 1820, despite Massachusetts claims of the territory. The speaker then related the accomplishments of three individuals from Maine whom she particularly admires, all staunch Democrats: Frances Perkins, Rachel Carson, and George J. Mitchell, Jr.

Marsha H. Masone
Secretary General



Order of the First Families of Maine

Treasurer's Report

30 April 2022 to 31 March 2023

Check Book Balance as of 30 April 2021 \$27,578.00

Check Book Balance as of 30 April 2022 \$28,166.33

IRS 990-N form filed and accepted 12 Mar 2023 (FY 2022); Secretary of State of Maine Filing 2 Mar 2023

INCOME:		2021-2022	2022-2023
New Members	12	\$2,880.00	11 \$2,560.00
Registrar's Fee	1	40.00	2 80.00
Supplementals	8	200.00	1 25.00
Medals/Insignia		604.30	558.40
Certificates	2	40.00	0.00
Donations		0.00	185.00
Bank Interest		2.52	7.00
Total Income:		<u>\$3,766.82</u>	<u>\$4,955.40</u>

EXPENSES:

City Pride	\$607.70	\$476.20
ME Hist Society	1,150.00	1,150.00
ME Sec State Filing	35.00	35.00
Dir. Mail Printers	1,154.72	1,154.72
Postage & Sec. State	161.07	161.07
Website Services	20.00	12.49
Hunnewell Scan Serv.	50.00	50.00
Hunnewell PG Insignia	0.00	170.40
Application Refunds	0.00	400.00
Masone Name tags/postage	0.00	113.45
OFFNH Donation	0.00	90.00
ANC Luncheon		
Total Expense:	\$3,178.49	\$2447.54
Net:	\$588.33	\$2,507.86

BALANCE:

Beginning	\$25,578.00	\$28,166.33
Ending	\$28,166.33	\$30,674.19
Net:	\$2,588.33	\$2,507.86



Order of the First Families of Maine

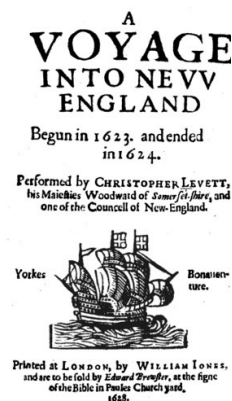
PROPOSED BUDGET FOR APRIL 2023-APRIL 2024

Income & Expense	Categories			
Estimated Income:				
	10	New Life Members	\$240.00 ea.	\$2,400.00
	2	Certificates		\$80.00
	2	Supplementals		\$50.00
		Insignias		\$500.00
		Bank Interest		\$7.00
		Army Navy Club-Lunch	\$50.00 ea	
		Meeting (2024)		
		Donations		\$90.00
		Total estimated income		\$3,127.00
Estimated Expenses:				
		Maine Hist Society		\$1,150.00
		Amy Navy Club-Luncheon (2024)		
		City Pride Insignias		\$400.00
		Secretary of ME filing		\$35.00
		HG Insignia		\$180.00
		Postage		\$150.00
		Yearbook 2024		\$1,200.00
		Webservices		\$13.00
		Total Disbursements		\$3,128.00
Est. Net Budget Income				<hr/> (\$1.00)

Anniversaries

Amongst the interesting anniversaries this year: It is the 400th anniversary of the establishing of settlements in southern Maine and the real beginnings of migration and settlement of the region. In 1623, That energetic soldier, explorer, and colonist Sir Ferdinando Gorges (1565-1647) had received patent to establish the province of Maine stretching from the Merrimack River to the Kennebec River. Gorges sent his associate Christopher Levett (1586-1630) to explore the area. Levett wrote a popular account of the voyage, which was published in 1624. Gorges and Levett had

raised considerable sums of money from the Church of England and private investors to establish a 24,000 acre plantation along the shores of Maine. Levett personally raised funds for another plantation to be called York. Levett's plantation became what is now Portland. For many years Gorges's colony took its name from the local river and mountain—Agamenticus—a monadnock that rises above the coastal plain, and which makes for one of the most picturesque hikes in the region. Take your own voyage to celebrate the anniversary!



Membership & Supplementals

We are pleased to welcome the following new members to membership in the OFF-ME:

275 (Regular) Gail Ann Thomas - Ancestor: John Alden, Kennebec, chief proprietor, 1627.

276 (Regular) Clyde Jay Getman - Ancestor: Isaac Allerton, Kennebec, chief proprietor, 1627

277 (Regular) Jean Clark Krondel Hacker - Ancestor: Susanna Hutchinson, Wells, resident, 1643

279 (Regular) Karen Lynne Pogoloff - Ancestor: Michael Taintor, Kittery, resident, 1640

280 (Regular) Joshua Alan Tuck - Ancestor: William Chadbourne, Kittery, resident, 22 Jul 1634

281 (Regular) Richard Kenneth Dunham - Ancestor: John Alden, Kennebec, chief proprietor, 1627

282 (Regular) Anne Smalling Buchholz - Ancestor: Issac Allerton, Kennebec, chief proprietor, 1627

283 (Regular) Jeannette Buchholz Farnsworth - Ancestor: Issac Allerton, Kennebec, chief proprietor, 1627

284 (Regular) Rachel Catharine Buchholz - Ancestor: Issac Allerton, Kennebec, chief proprietor, 1627

285 (Regular) Adam R. Boyce - Ancestor: Richard Ormesby, York, resident, 28 Jun 1641

286 (Regular) Steven Eugene Anderson - Ancestor: John Heard [Hord], Kittery, resident, 1640

287 (Regular) Alison L. Haskins - Ancestor: John Alden, Kennebec, chief proprietor, 1627

288 (Regular) Marilyn Jean Brown - Ancestor: John Alden, Kennebec, chief proprietor, 1627

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We also note the following successful supplemental applications:

67 (Charter) Marsha Lee Hauschild Mason - The following five ancestors:

67-01 Myles Standish, Kennebec, chief proprietor, 1627

67-02 Rev Stephen Batchiller, Kittery, resident, 14 Feb 1648

67-03 John Alden, Kennebec, chief proprietor, 1627

67-04 Henry Sampson, Kennebec, resided, May 1630

67-05 Thomas Prence, Kennebec, chief proprietor, 1627

Remembrance

We ask that you remember those of our Order who have passed away this year:

The Rev. **Travis Talmage Du Priest, Jr.**, #98 (Charter member) - Ancestor: William Bradford

David Lawrence Grinnell, #147 (Regular member) - Ancestors: Edmond Littlefield, John Alden, Isaac Allerton, John Howland, William Wardwell, Thomas Page, Richard Ormesby, Thomas Prence, and William Brewster

Laura Donna Dunbar Hoffmann, #32 (Charter member) - Ancestors: John Alcock and Richard Banks

John Hallberg Jones, #3 (Charter member) - Ancestors William Wardwell, Edmond Littlefield, Thomas Bradbury, Alexander Shapleigh, and James Trewogy

Frances Maxwell Kendall Moon, #115 (Regular member) - Ancestor William Wentworth

Lois M. Tucker, #190 (Regular member) - Ancestor: Arthur Macworth

Ona Marlene Rathbun Wilkinson, #8 (Founding member) - Ancestor: Brian Pendleton

*

"I would not have you be ignorant, brethren, concerning them which are asleep, that ye sorrow not, as others which have not hope."

—St. Paul, *First Epistle to the Thessalonians*, IV.13

The Food of the First Families of Maine

by William Edmund Fahey

Much of our time researching ancestors is spent pouring over legal documents, town vital records, accounts of military affairs, ships' logs, or gems of Victorian antiquarianism and history like Baxter's works on the early history of Maine. Yet our forefathers were flesh and blood like us and we would do well to consider the ordinary parts of their lives that filled the days such remarkable people. Food is something which can bridge the centuries. Our predecessors had their likes and dislikes, but never has there been an age where men and women did not relish good food. What did the doughty pioneers and settlers of Maine eat and drink? What recipes and culinary expectations might they have brought with them. What comestible riches did they find on the Atlantic seaboard? (N.B. What follows presents to member of the Order a culinary meditation. Original spellings, capitalization, and punctuation have been maintained in my citations of early sources.)

Our earliest account of food comes from the printed journal of **James Rosier (1573-1609)**. Rosier grew up in Norfolk, England. After attending Pembroke College, Cambridge, he converted to Catholicism and become involved in various projects to establish a colony for his coreligionists in British America. He worked with Thomas Arundell (after whom the town in Maine is named), Henry Wriothsesly—the Earl of Southhampton—and Bartholomew Gosnold (1571-1607)—a friend of Raleigh and Richard Hakluyt. With Gosnold, Rosier first saw the shores of Maine in 1602 as part of an effort to establish a fishing colony near what is now Cape Elizabeth. Such a colony would eventually be established on Richmond Island under John Winter (c. 1595-1645). Rosier is best known, however, for his adventures with George Weymouth (c. 1585-1612), who explored the coast of Maine in the Spring and Summer of 1605. Rosier published his journal later that year as

A True Relation of Captain Weymouth, his Voyage. The journal gives us some of our earliest culinary glimpses of 17th century Maine. On Friday, May 17th, after nearly seven weeks at sea, Weymouth, Rosier, and a small party landed on Monhegan Island. Rosier's account does not speak directly of a meal being made, but he clearly had in mind that there might be good things to eat while ashore, and we may assume that he and his friends partook of the natural bounty offered for a spontaneous meal. He notes finding gooseberries, strawberries, and wild peas (probably *Lathyrus japonicus*), and "fowle of divers kind." Appropriate to the coast of Maine, the first thing Rosier explicitly comments on eating is seafood: "While we were at shore, our men aboard with a few hooks got about thirty great Cods and Hadocks, which gaue vs a taste of the

great plenty of fish which we found afterward wheresoeuer we went vpon the coast." Thomas Morton, a contemporary explorer and settler, noted that the fish were so good off the coast of Maine that "it is a commodity better than the golden mines of the Spanish Indies." A few days later, Weymouth moved up the coast into the area around Boothbay. There, "in small time with two or three hooks was fished sufficiently for our whole Company three dayes, with great Cod, Haddocke, and Thornebacke" ("Thornebacke" would have been a species of skate of which there are five varieties in the Gulf of Maine). Later that evening the men drew up "with a small net of twenty fathoms very nigh the shore : ... about thirty very good and great Lobsters, many Rockfish, some Plaise and other small fishes, and fishes called 'Lumpes,' verie pleasant to

the taste : and we generally observed, that all the fish, of what kinde soeuer we tooke, were well fed, fat, and sweet in taste."

Exploring the marginal shore, Rosier regularly found raspberries, strawberries, currants and "Wild-Vines," was well as an abundance of mussels—with pearls!

Somewhere along the coast, Weymouth and Rosier had several encounters with the indigenous people—"Salvages" over the coming weeks. These natives were probably Eastern Abenaki, who were clothed in beaver and deer skins, and perhaps introduced the English to those meats. The sailors certainly shared a meal with the Indians, but it was of British fare: pork, peas, and bread—testifying to the first Maine pork and beans dinner. Perhaps *this* was the first, true Thanksgiving. The natives, Rosier notes, were captivated by this food. Further up the coast, the English added "Aqua vitae" to the meals shared with the Abenaki—which the Indians



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tasted but did not like. In all likelihood this was not whisky, but something like the Swedish linie, a distilled herbal cordial. Also shared was what Rosier called simply “our beverage” (was it merely water, or was it beer?), as well as “Sugar candy,” which the Indians enjoyed considerably. The Indians developed a fondness for British peas, and asked to take some with British bread to their wives. This the English allowed and they even lent the natives pewter plates to serve the food on. In return, the English obtained generous amounts of tobacco (“strong, black, and sweet”), as well as the skins of beaver and otter. Rosier was also treated to grilled fish, which he could not quite identify: “They shewed me likewise a great piece of fish, whereof I tasted, and it was fat like Porpoise; and another kinde of great scaly fish, broiled on the coales, much like white Salmon, which the Frenchmen calle Aloza.” Although they were not sure, Weymouth and his men believed they saw evidence of hares and wild boars in the interior.

After several weeks cruising and exploring what is now “Downeast,” Weymouth decided to return home. Rosier was profoundly moved by the beauty, richness, and potential of Maine, including its delicacies. It was a land that allowed for both individual enterprise, but especially important communal projects. As he put it on the eve of his departure from Maine: “For we supposing not a little present priuate profit, but a publike good, and true zeal of promulgating Gods holy Church, by planting Christianity, to be the sole intent of the Honourable setters forth of this discovery ; thought it generally most expedient, by our speedy returne, to giue the longer space of time to make prouision for so weighty an entirprise.” Rosier did not return, but others did, inspired by what they read. Can we return to the culinary world of early Maine with greater precision? Can we summon back the food of our ancestors? Let us turn to some common recipes (if from uncommon sources) of the 17th century.

Those OFFME members descended from founders and officers of Lygonia,

Richmond Island, or the earliest settlements—apart from those Puritan stations—may have had strong associations with the cavaliers of Olde England—those men and women who supported the Stuart kings over parliament, who largely adhered to High Church Anglicanism (or even the old Faith), and who saw the Maine territory not as an escape from British society, but a new and exciting extension of it. Those families would have appreciated the recipes collected by **Sir Kenelme Digby (1603-1665)**. Digby was one of the most extraordinary and controversial gentlemen of his Age. When Kenelme was a boy, his father Sir Everard Digby was implicated in the Gun Powder Plot, arrested, and hanged, drawn, and quartered. From this brutal boyhood event, one might find Kenelme’s Catholicism understandable, but despite King James’s execution of his father, Sir

respiration of plants, and seems to have (perhaps unwittingly) found an effective method of treating wounds with ground metals—probably silver, which acts as an anti-bacterial. Not surprisingly, he was passionate about recipes for medical and culinary purposes.

Digby’s recipes were gathered together after Sir Kenelme’s death and published by his son John in 1669 under the fantastic title *The Closet of the Eminently Learned Sir Kenelme Digby, Kt. Opened: Whereby is Discovered Several ways for making of Metheglin, Sider, Cherry-Wine, &c. Together with Excellent Directions for Cookery: As also for Preserving, Conseruing, Candyng, &c.* The recipes range from ordinary puddings, stews, and marmalades (think boiled and smoked meat, oat meals, and... marmalades and jams of all types, including rose and quince) to the positively exotic (for example, “Pickled



Kenelme Digby never wavered in the support of James’s son Charles—even to the point of attempting to raise funds from Papal Court. Kenelme had a career as a privateer, a diplomat, a courtier, and a scientist. He married one of the most beautiful women of his age, Lady Venetia Stanley; and he made controversial advances in botany and what is now called “homeopathy.” He was, for example, the first to conjecture photosynthesis and the

Capons My Lady Portland’s Way” or “Tea with Eggs,” a Chinese recipe conveyed by Jesuits to Europe). Digby drew on aristocratic, ecclesiastical, and everyday cooks to find his dishes, sauces, and beverages. The drinks section is the largest and focuses on three: Meads, meaths (mixtures on honey and wine or beer with various natural additive for flavoring) and me-

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theglin (honey and herb-based liquors). With respect to drinks, every time you finish a bottle of wine, thank old Sir Kenelme—he experimented with colours of glass and bottle shapes and obtained from Parliament a patent for some of the first wine bottles used in Europe.

With respect to food, we have much to thank Sir Kenelme. Digby was the first writer to suggest the combination of bacon and eggs, for example. While there is no surviving copy of Digby's book from early Maine, some of the recipes represent common British modes of preparing meals and represent the tastes of early settlers in Maine. I include three for your sampling using the original titles, spelling, and measures:

Ordinary Potage

Take the fleshy and sinewy part of a leg of Beef, crag-ends of the necks of Veal and Mutton. Put them in a ten quarts pot and fill up with water. Begin to boil about six o'clock in the Morning, to have your potage ready by Noon. When it is well skimmed, put in two or three large Onions in quarters, and half a loaf (in one lump) of French bread, or so much of the bottom crust of Venison pasty; all which will be clean dissolved in the broth. In due time season it with Salt, a little Pepper, and a few Cloves. Likewise at a fit distance, before it ended boiling, put in store of good herbs, as in Summer: Borrage, Bugloss, Purslain, Sorel, Lettice, Endive, and what else you like; In Winter: Beetes, Endive, Parsley-roots, Cabbage, Carrots, and whole Onions, Leeks, and what you can get or like, with a little Sweet-marjoram and exceeding little Thyme. Order it so that the broth be very strong and good. To which end you may after four hours (or three) boil a Hen or Capon in it; light French bread-sliced, must be taken about noon, and toasted a little before the fire, or crusts of crisp

new French bread; lay it in a dish, and pour some of the broth upon it, and let it stew a while upon a Chafing-dish. Then pour more Broth, and if you have a Fowl, lay it upon the bread in the broth, and fill it up with broth, and lay the herbs and roots all over and about it, and let it stew a little longer, and so serve it up covered, after you have squeezed some juyce of Orange or Limon, or put some Verjuice into it. Or you may beat two or three Eggs, with part of the broth, and some Verjuice, or juyce of Orange, and then mingle it with the rest of the broth.

This, I remind my fellow First Family members, is the “ordinary potage.” For those seeking a simple seafood appetizer, I recommend Digby's Oyster stew. Oyster was the common name for most shellfish, so this could also work for clams, but oysters are recommended.

To Stew Oysters

Take what quantity you will of the best Oysters to eat raw. Open them, putting all their water with the fish into a bason. Take out the Oysters one by one (that you may have them washed clean in their own water) and lay them on the dish you intend to stew them in. Then let their water run upon them through a fine linnen, that all their foulness may remain behind. The put a good great lump of Butter to them, which may be (when melted) half as much, as their water. Season them with Salt, Nutmeg, and a very few Cloves. Let this boil smartly, covered. When it is half boiled, put in some crusts of light French-bread, and boil on, till all be enough, and then serve them up. You may put in three or four grains of Amber greece, when you put in the Nutmeg, that in the boiling it may melt. You may also put in a little White-wine or Verjuice at the last, or some juyce of Orange.

What, you will ask, can we substitute for ambergris now that the hunting of *Physeter marcecephalus* is not permitted? Nothing can substitute for this aromatic fat, which King Charles reputedly enjoyed in scrabble eggs. I can only suggest that the “little White-wine” to be used could be a Greek wine so as to capture the resin aroma.

While we do not think of English culture as a wine culture, from Roman times until early modern times, Kent was known for its wines, and the English have always had exceptionally good taste in wine and made sure they took it abroad. Our earliest records of alcohol consumption in the new world, of course, include imported wines. Harkening back to Rosier's delight in the berries he found, it is not at all a stretch to imagine the founding families making fruit wine, therefore, I include one of Digby's fruit wines:

Raspberry Wine

Take four gallons of Deal wine, put into an earthen Jugg; put to it four Gallons of Raspberries. Let them stand infusing for seven days; then press it out gently. Then infuse as many Raspberries seven days longer, and so three times if you please. Put to it as much fine Sugar as will make it pleasant. Put it into a Runlet close stopped. Let it stand until it is fine; then draw it into bottles and keep it until it is fine.

Deal was an important harbor for commerce with France and Holland, one of the Cinque ports on the coast of Kent. “Deal wine” may have been local wine or it may have been imported wine that came through deal. In any case, I would recommend using a French Chardonnay or Pinot Gris in producing your own. Raspberry wine is favored now with chocolate, but it is particular good with a simple English small cake, which, of course, Digby provides several recipes. These are close to our pound cake, but more aromatic.

The first families of Maine are by no means exclusively English, as Dutch, Scotch, and especially French cruised the

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waters and settled the land. And so, readers expecting merely cod cakes and potatoes will need to look further south than Maine. A popular cookbook among the English—but written by a Frenchman—was *Le Cuisinier François*—or *The French Cook* by **François Pierre La Varenne**, the cook of the Marquis d'Uxelles. Varenne's culinary life was distilled into a magnificent cookbook by 1651 and his recipes were published in English translation by 1653. Perhaps the descendants of Louis Hébert Sieur D'Epinauy or the settlers or visitors of Fort Pantagöet would have been familiar with Varenne's tastes and methods. Certainly, the abundant white tail deer in the Mid-coast area would lend themselves to Varenne's roebuck recipe: "Take off all the skin, stick it and spit it, serve with a Poivrade." So simple. If calf's head fried or sausage with partridge strikes you as too strange, try the lamb ragout with an onion and garlic side dish accompanied by a choice of vegetable dishes:

Lamb with ragout:

Rost it, then put it into an earthen pot with a little broth, vinegar, salt, pepper, clove and a bundle of herbs, a little flower, a little onion stamped, capers, mushrooms, lemon, orange peel, and all be well stoved together, serve.

Ramequin of Onion or Garlik:

Take your Onions, and stamp them in a mortar, with salt and much pepper. You may put to it some Anchovies well melted with a little butter, your onions being upon the bread fried in oil or butter. Pass the fire-shovell red hot over it, and serve. The Ramequin of Garlik is done the same way.

Sparagus (i.e., asparagus) with a white sauce

Choose the biggest, scrape the foot of them, and wash them, and seeth them in water. Salt them well and let them not seeth too much. After they are sod, drain them, and make a sauce with very fresh butter, a little vinegar, salt, nutmeg, and the yolk of an egg to thicken the sauce. Have a care that it do not curd (or turn) and serve garnished with what you will.

Carrots:

Cleanse and seeth them; when they are sod, pare them, and cut them into thin round slices. Fry them with fresh butter, an onion minced, some salt, pepper and vinegar, then serve.

Cowcombers (i.e., cucumbers):

Cut them very thin, then put them with onion, salt, pepper, and vinegar. After they are well pickled, drain them, and for to serve them, put some oile to them, and serve them in salat.

Let us never forget the French side of early Maine, which seemed greatly admired by our 17th century England ancestors.

Distinctive New England fare appeared on our shores via an English cookbook, perhaps the best known and most popular of the 17th Century—that of **Robert May (1588-1664)**: *The Accomplished Cook: or, The Art and Mystery of Cookery, Wherein the whole ART is revealed in a more easie and perfect Method, than hathbeen publisht in any language. Expert and ready Ways for the Dressing of all Sorts of FLESH, FOWL, and FISH, with variety of SAUCES proper for each of them; and how to raise all manner of Pastes; the best Directions for all sorts of Kickshaws, also the Terms of CARVING and SEWING. An exact account of all Dishes for all Seasons of the Year, with other A-la-mode Curiosities, fitted for all Degrees and Qualities.* Quite a title. May's work not only provided a variety of recipes, but considerable information on cutting, choosing the right tools, and even menus set for the seasons and the liturgical year, including days of

fasting. By 1712, at the latest, *The Accomplished Cook* had enjoyed adaptation and development on our shores as is witnessed by a Boston printing. Here the Maine family will find old friends and new:

To boil Lobsters to eat cold the common way.

Take them alive or dead, lay them in cold water to make the claws tuff, and keep them from breaking off; then have a kettle over the fire with fair water, put in it as much bay-salt, as will make it a good strong brine, when it boils scum it, and put in the Lobsters, let them boil leisurely the space of half an hour or more according to the bigness of them, being well boil'd take them up, wash them, and then wipe them with beer and butter; and keep them for your use.

To fry Lobsters.

Being boil'd take the meat out of the shells, and slice it long ways, flour it, and fry it in clarified butter, fine, white, and crisp; or in place of flouring it in batter, with eggs, flour, salt, and cream, roul them in it and fry them, being fried make a sauce with the juyce of oranges, claret wine, and grated nutmeg, beaten up thick with some good sweet butter, then warm the dish and rub it with a clove of garlick, dish the lobsters, garnish it with slices of oranges or lemons, and pour on the sauce.

What better for dessert that fritters (or for any meal, really):

To make the best Fritters.

Take good mutton-broth being cold, and no fat, mix it with flour and eggs, some salt, beaten nutmeg and ginger, beat them well together, then have apples or pippins, pare and core them, and cut them into dice-work, or square bits, and when you will fry them, put them in the batter, and fry them in clear clarified

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suet, or clarified butter, fry them white and fine, and sugar them.

For those whose favorite meal is breakfast, fear not. May provides:

To make Pancakes

Take three pints of cream, a quart of flour, eight eggs, three nutmegs, a spoonful of salt, and two pound of clarified butter; the nutmegs being beaten, strain them with the cream, flour and salt, fry them into pancakes, and serve them with fine sugar.

Cinamon Toasts

Cut fine thin toasts, then toast them on a gridiron, and lay them in ranks in a dish, put to them fine beaten cinamon mixed with sugar and some claret, warm them over the fire, and serve them hot.

To fry Eggs

Take fifteen eggs and beat them in a dish, then have interlarded bacon cut into square bits like dice, and fry them with chopped onions, and put to them cream, nutmeg, cloves, cinamon, pepper, and sweet herbs chopped small, (or no herbs nor spice) being fried, serve them on a clean dish, with sugar and juyce of orange.

May also provides 18 different ways to make omelets indicating that the height of this breakfast dish is not to be found in France, but in a Yankee kitchen. Although the “Eighth Way” remains my favorite (a bacon omelet), I am intrigued by this one:

The Sixteenth Way, according to the Turkish Mode.

Take the flesh of a hinder part of a hare, or any other venison and mince it small with a little fat bacon, some pistaches or pine-apple kernels, almonds, Spanish or hazle nuts peeled, Spanish chesnuts or French

chesnuts roasted and peeled, or some crusts of bread cut in slices, and roasted like unto chesnuts; season this minced stuff with salt, spices, and some sweet herbs; if the flesh be raw, add thereunto butter and marrow, or good sweet suet minced small and melted in a skillet, pour it into the seasoned meat that is minced, and fry it, then melt some butter in a skillet or pan, and make an omlet thereof; when it is half fried, put to the minced meat, and take the omlet out of the frying-pan with a skimmer, break it not, and put it in a dish that the minced meat may appear uppermost, put some gravy on the minced meat, and some grated nutmeg, stick some sippets of fried manchet on it, and slices of lemon. Roast meat is the best for this purpose.

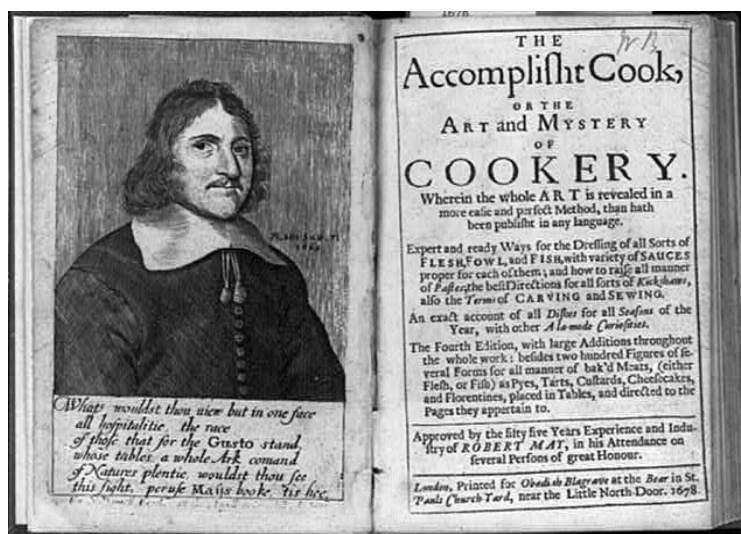
I believe that an important (and delightful) part of our honoring of those “hardy and enterprising” ancestors who created a civilized living on the distant shores of Maine, is to enact in our own lives some of their spiritedness and creativity. To incarnate their virtues, why not recreate the very meals that sustained the first families, I say!

I hope that you may be inspired to read up on early foods of Maine, or perhaps purchase a congenial modern edition of traditional Maine recipes.

Further Reading

All the works described above can be found in online and printed version. The best edition of Rosier’s account was edited by David Morey as *The Voyage of the Archangel: James Rosier’s Account of the Weymouth Voyage of 1605* (Tilbury House, 2005). Sir Kenelme Digby’s cooking can be explored in *Closet of the Eminently Learned Sir Kenelme Digbie, Opened (1669)* published in the English Kitchen series (Prospect Books, 2010). The early English edition of LaVarenne has been brought back with *The French Cook: Englished by I.D.G., 1653*, edited by Philip and Mary Hyman in the Historic Cookery and Housekeeping Series (Equinox Press, 2001). Numerous editions of May’s *The Accomplished Cook* are available. For those who appreciate the antiquity, but really just want to eat a good Yankee meal, I highly recommend Ruth Wiggins and Gertrude Hooper, *Maine Coastal Cooking*, published many years ago, but still to be found in nooks and crannies along the coast of Maine, and among discerning booksellers elsewhere.

Illustrators: N.C. Wyeth, “Sir George Weymouth;” Sir Anthony Van Dyck, “Sir Kenelme Digby and family; and an unknown artist from the original front piece of the fourth edition of The Accomplisht Cook.



Poetry

THE TOMBSTONE
OF
ROBERT P. TRISTRAM COFFIN
By
Robert P. Tristram Coffin

This my country, bitter as the sea
Pungent with the fir and bayberry.
An island meadow, stonewalled, high, and lost,
With August cranberries touched red by frost.
A juniper upon a windy ledge,
Splendor of granite on the world's bright edge.
A lighthouse like a diamond, cut and sharp,
And all the trees like strings upon a harp.

I, made of clay inflamed with sun,
Something solid still have done.
I have kept the ancient Law,
I have written what I saw...

*

Robert Peter Tristram Coffin (1889-1958) was one of Maine's most prolific and loyal poets. A graduate of Bowdoin, Princeton, and Oxford University, Coffin was friends with Robert Frost, and the long-time editor of *Yankee Magazine*. He authored dozens of books of history, criticism, poetry, and

fiction. In 1936 he won the Pulitzer Prize for his collection of poems *Strange Holiness*. Coffin's writing displays that rare perfected blend of affection, restrained artistry, and deep scholarship.

The poem included here was engraved on Coffin's tombstone in Cranberry Horn Cemetery along the road to Cundys Harbor near Harpswell, Maine.

Becoming familiar with (and even memorizing) such poems helps us to fulfill that first purpose of our Order: "To honor those hardy and enterprising early ancestors ..."

Opportunities

As ever, our friends at **The New England Historic Genealogical Society** (Boston, Massachusetts) will be offering an array of tours, heritage-themed trips (abroad and in America) as well as genealogical courses which may be of interest to our members wishing to build up or refine their genealogical skills. Most courses are completed online and offer all reading materials, exercises, and both live and recorded lectures. Recorded lectures remain accessible to registered students:

-June 13th to 15th: A three-day online course is being offered entitled **Using Technology in Family Research**. The course introduces participants to methodologies for research and documenting from your own home! Real-time demonstrations as well as one-on-one consultation complement the lectures. Cost: \$375.

Also, throughout the summer and early fall are online courses training participants in the art of finding and verifying ancestors involved in the foundations of Jamestown, the Mayflower, and the American Revolution.

The NEHGS offers programs through its online medium, American Ancestors to members and non-members. For information see the American Ancestors website (americanancestors.org).

*

Friends of Colonial Pemaquid—One of Maine's oldest settlements was Pemaquid. Established as a fishing station in 1610 and enjoying constant development during the 17th Century, Pemaquid became a economic and military center by King Philip's War (1675-1678). Serious

lovers of archaeology and historic sites will want to consider becoming a member of the Friends of Colonial Pemaquid. Information can be found on the website www.friendsofcolonialpemaquid.org.

*

Members of the OFFME may wish to acquaint themselves with the mission and activities of **The Maine Historical Society**. The third oldest historical association in America (est. 1822), the MHS is dedicated to the full history of Maine, but holds a treasure trove of early documents. The MHS maintains a research library and museum in Portland, Maine, and offers to all members a beautiful print journal. More information about membership and other benefits and offerings can be found on the Society website at www.mainehistory.org.

Nota Bene: Our Website and "Join or Die!"

Please note that **the OFFME website has been updated** and can now be found among the New England Hereditary Societies' large confederation of lineage groups.

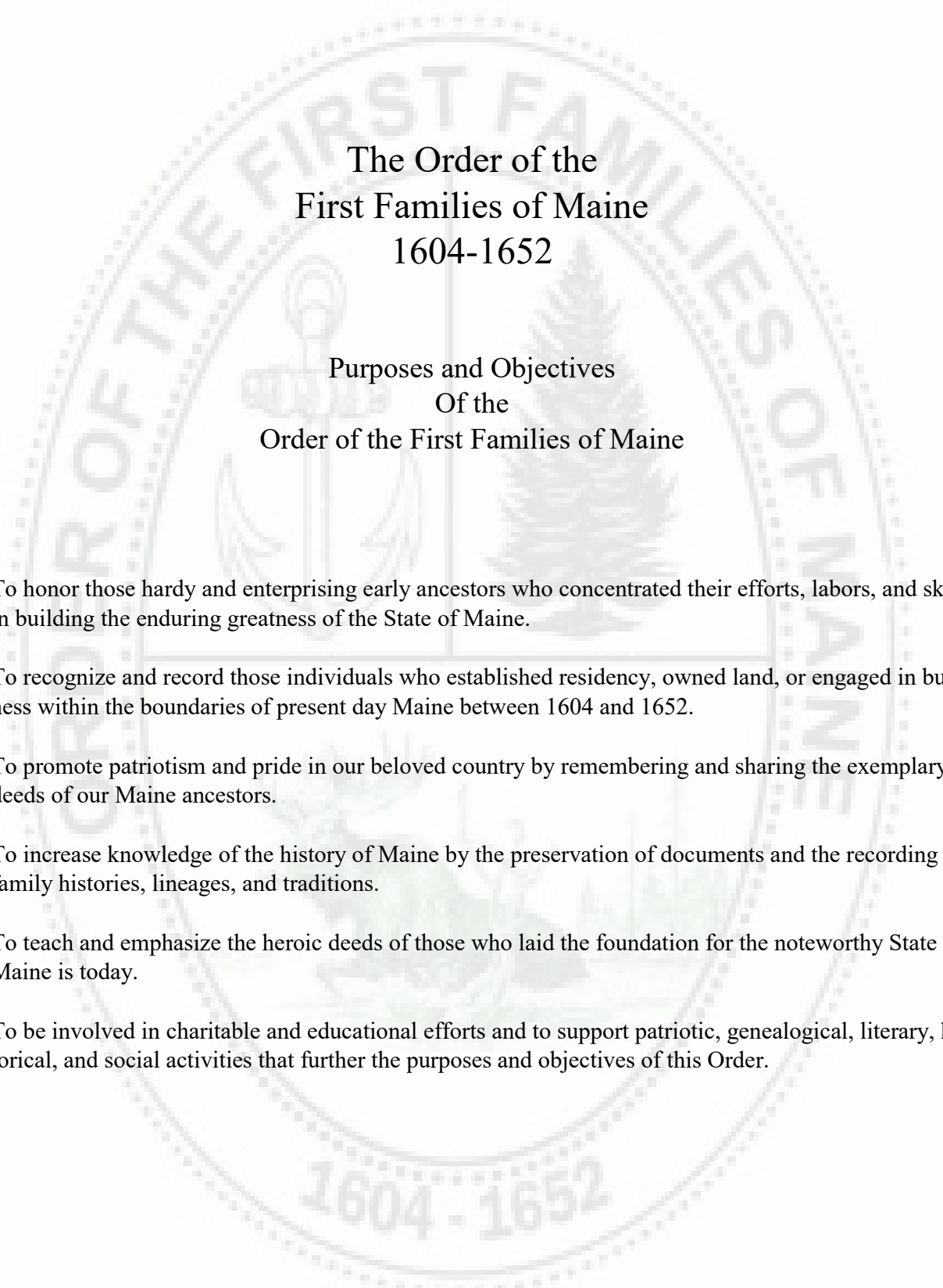
For more information all members are encourage to have a look at the new OFFME page, as well as other societies that may be of interest to those of old New England blood. Begin your exploration at www.newenglandsocieties.com.

*

Most men and women who qualify for membership in the Order of the First Families of Maine, are likely to have had relatives who served honorably in the American Revolution—with either Patriot or Loyalist principles.

This year we approach the **250th Anniversary of American's Independence**. I would encourage all members who have not joined a relevant lineage order to consider this as an apt time to join a society such as the Sons or Daughters of

the American Revolution, the Order of Founders and Patriots, the Hereditary Order of the Descendants of Loyalists and Patriots, the Sons of the Revolution, the Descendants of the Signers of the Declaration of Independence, the Descendants of George Washington's Army at Valley Forge, the Boston Tea Party Descendants, the Society of Cincinnati, and the many other noble organizations that celebrate our ancestors.



The Order of the First Families of Maine 1604-1652

Purposes and Objectives Of the Order of the First Families of Maine

- ◆ To honor those hardy and enterprising early ancestors who concentrated their efforts, labors, and skills in building the enduring greatness of the State of Maine.
- ◆ To recognize and record those individuals who established residency, owned land, or engaged in business within the boundaries of present day Maine between 1604 and 1652.
- ◆ To promote patriotism and pride in our beloved country by remembering and sharing the exemplary deeds of our Maine ancestors.
- ◆ To increase knowledge of the history of Maine by the preservation of documents and the recording of family histories, lineages, and traditions.
- ◆ To teach and emphasize the heroic deeds of those who laid the foundation for the noteworthy State that Maine is today.
- ◆ To be involved in charitable and educational efforts and to support patriotic, genealogical, literary, historical, and social activities that further the purposes and objectives of this Order.

Anchor & Pine Tree

April
Anno Domini 2024



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