



News Release

For Immediate Release
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Sutter's Fort SHP

Sutter's Fort to Present "Hands on History: *Hard Working Women on the Frontier*" on 3/18

SACRAMENTO, Calif. – Continuing a popular series of interactive and fun "Hands on History" activities each month, Sutter's Fort State Historic Park (SHP) will present a special "Hands on History: Hard Working Women on the Frontier" event on Saturday, March 18, 2017 from 10 a.m. to 5 p.m.

Fort visitors will be delighted to see the recently completed restoration of the historic walls, gates and blacksmith shop plus have the opportunity to step back in time to the 1840s to experience what life was like for pioneer women in California's early history. Visitors will also have the opportunity to hear from special guest Cheryl Stapp, historian and author of *The Stagecoach in Northern California*. During presentations at 11:15 a.m. and 1:15 p.m., Cheryl will preview her new book about *Mary Sinclair*, one of the first and most mysterious women in the Sacramento Valley and Sutter's closest neighbor. Cheryl will also be available to sign copies of her books, available for purchase in the Fort Trade Store.

Fort visitors will realize that emigrant women did not live lives of leisure and were vital economic partners in families. In fact, many pioneer women set up their own businesses selling eggs, milk, or baked goods to neighbors and travelers. Fort guests will enjoy Dutch oven cooking demonstrations that include the sampling of bread from a recipe that dates back to the 1840s, smoked jerky, and more. Guests will also be able to see projects underway in the blacksmith and carpenter shops and, of course, popular demonstrations of black powder weaponry in action will take place including the crowd-favorite firing of Sutter's cannon at 11 a.m., 1 p.m. and 3 p.m.

Admission to Sutter's Fort SHP costs \$7 per adult (18 and older), \$5 per youth (ages 6 to 17) and is free for children 5 and under. For more information, call 916-445-4422 or visit www.suttersfort.org

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