



# News Release

**For Immediate Release**  
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## **Sutter's Fort to Present "Hands on History: *Hard Working Women on the Frontier*" on 3/19**

**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 19, 2016 from 10 a.m. to 5 p.m.

Fort visitors will be delighted to see the recently completed restoration of the historic walls and gates 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 *Disaster & Triumph: Sacramento Women, Gold Rush Through the Civil War* and *Sacramento Chronicles: A Golden Past*. Cheryl will give presentations at 11:15 a.m. and 1:15 p.m. and answer questions about frontier women in California and their role in family and community. She 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 an 1840s bread recipe and 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.

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](http://www.suttersfort.org)

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