



From the President

by Matt Joyner

Greetings, Friends of Mecklenburg History!

Well, the occasional warm, sunny days interspersed among the cold, gray ones tell us that spring is indeed on the way and has us looking forward with anticipation. And there is much to anticipate in the upcoming days as we approach the 250th anniversary of the Mecklenburg Declaration of Independence.

First, please note that our dinner meeting previously scheduled for Monday, March 17 has been CANCELLED, in favor of another special event.....

On Thursday, April 24, we will be hosting an "Overmountain Breakfast" for Mecklenburg Historical Society members and supporters on the campus of Queens University. At this breakfast gathering, former CPCC President Tony Zeiss will interview our special guest, an Overmountain Man, one of the backwoods

frontiersmen who took up the challenge of British Army Major Patrick Ferguson and dealt him and his Tory militia forces a severe defeat at the Battle of Kings Mountain. Thanks to our breakfast guest and his compatriots, the Revolutionary War in the south took a major turn in the Patriots' favor and began the British Army's ill-fated retreat to Yorktown. Check out the details inside, get this one on your calendar now and bring a friend. Buckskin and muskets, optional.

From our April 28 breakfast, it will be just a short hop to Meck Dec Day on May 20th, with lots of events planned by us and our fellow local historical organizations. Read all about it here in this issue of the Dandelion!

Huzzah!

Matt Joyner

MHA Announcement

MHA Breakfast Fundraiser Set for April 24

Please save the date and join us for the inaugural Mecklenburg Historical Society Breakfast on April 24, 2025, at 8:30 a.m.

The breakfast will feature Dr. Tony Zeiss in a live discussion with one of the “Overmountain Men”. This group represent Reenactors who focus on the pivotal Battle of Kings Mountain, a critical battle in the turning point in the Revolutionary War.



The event will be held at Queens College, in the Claudia Belk Room, located in the Levine Center for Health and Wellness.

To reserve a group table (seats 8) the cost is \$600. Individual tickets are \$50. Please contact Gray Langley via email at grayl@farriscooke.com for more information or to reserve your spot.

Preview of MHA Dinner Meetings

In order to put our efforts toward our Breakfast Fundraiser, we will not have a Dinner Meeting in March this year.

In May we will have the book launch of *One Day Revolution: The Patriots Who First Declared Independence*, the new book on the signers of the Meck Dec and those who helped.

Save the dates:

May 19
September 15
November 17

Watch here and on our website for details.

MHA Newsletter Dandelion Article Submission Deadlines

The deadline for submitting articles to the June 1 Summer issue of the MHA Newsletter Dandelion is Friday, May 23, 2025. Please send articles to Sarah Sue Hardinger at sarahsuenc@gmail.com. Please put the words MHA Article in the subject line.

News



Commemorative Poster for Meck Dec 250th!!!

Hear ye! Hear ye!! The poster commemorating the 250th anniversary of the Mecklenburg Declaration of Independence is now available! You can get your copies directly from our Store on the MHS website for \$10 plus shipping. Copies will also be available through our sponsors, the DAR, SAR and May 20th Society and at many 250th events.

The poster is 12/18” on white stock and features our hornets’ nest. For the first time in recent years, it also has the signatures of Abraham Alexander and John McKnitt Alexander as well as the names of all the signers.

Get your copies of this frameable remembrance and celebrate our illustrious leap into freedom.

Voices From The Past

Where Charlotte's history
comes alive for the day!

APRIL 19, 2025
1 - 4 PM



Greetings fellow historians. 2025 is going to be an amazing year as we ALL focus our immediate efforts on the 250th Anniversary of the Mecklenburg Declaration of Independence and then turning our attention the next BIG celebration, America's 250th Anniversary!

Since 2017 Voices From The Past has proudly told the stories of our Founding Father Thomas Polk, and Patriots like Gen. Graham. This year we hope to add several portrayers of the MeckDec signers who are residents of Settlers' Cemetery.

Will you consider participating in one of our events? Voices From The Past, in addition to its Annual April vent, will be in Settlers' Cemetery on May 17 & 18th and at the May 20th celebration Uptown. No experience required. Your reading this newsletter already qualifies you as a person who loves our Mecklenburg's history and is passionate about telling it!

Here are a few ways you or your organization may join us.

- Storyteller/1st person portrayer
- Revolutionary reenactors
- Museum/tour guides
- Descendants of MeckDec signers, Patriots or
- Family *residents* of Settlers' Cemetery

There is no extra time commitment other than volunteering for one of the dates mentioned. Costumes are provided. Historical background and presentation scripts will ensure that you have all the information you need to interact with our visitors.

Please contact me as soon as possible with any questions you have, if you or your organization may be interested in joining VFTP events or if VFTP portrayers might be welcome to participate in YOUR event. Lynn Mintzer is affiliated with Historic Elmwood Pinewood Inc. (HEPI), MHA, and docent at Hugh Torance House and Store.

Phone/text 980-439-1927 lynn.mintzerVFTP@gmail.com www.voicesfromthepastcharlotte.com

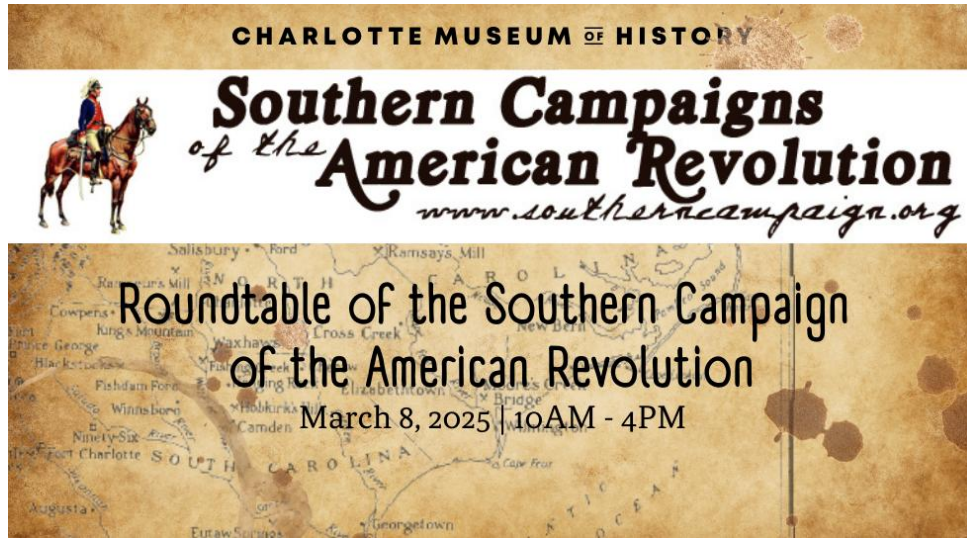
Meck Dec 250th Celebrations

3/13	<p>Rise and Fight Again: A Photographic Journey through the American Revolution 6:30pm-8pm</p> <p>Join Ross Holt for a tour through the Revolutionary War in pictures. Holt developed an interest in the history of the era early in life, and in the mid-1980s began photographing Revolutionary War reenactments at historic sites such as Guilford Courthouse and House-in-the-Horseshoe. Initially focusing on action shots, he became fascinated by the variety of units and uniforms represented by the reenactors, and the battlefield tactics of the day. His talk will be an episodic history of the war in our area told in terms -- and pictures -- of the brigades and regiments, legions and companies, that fought here.</p>	<p>Asheboro Public Library 201 Worth Street, Asheboro, NC 27203</p>
5/10	<p>Meck 250 Festival Elizabeth Park at Captain Jack Statue</p>	<p>Trail of History & Charlotte Liberty Walk Mecklenburg 250 https://www.charlottetrailofhistory.org</p>
5/15	<p>Remembering the Mecklenburg Declaration of Independence Expanding the definition of freedom and liberty. Includes the case for/against the Meck Dec; the Meck Dec as a legacy-defining moment; freedom from 1775-now, including Civil Rights era.</p>	<p>Charlotte Museum of History https://charlottemuseum.org/programs-events/events/meck-dec-250-exhibit-opening/</p>
5/17	<p>Voices From the Past Settlers Cemetery. 10-2</p>	<p>VFTP www.voicesfromthepastcharlotte.com</p>
5/17	<p>County Meck Dec Celebrations Starting at 11:30 AM Meck Dec Reading at Noon Fun Meal Story of the of the Meck Dec</p>	<p>Hopewell Presbyterian Church 10500 Beatties Ford Road https://www.meckdec.org</p>

	Outdoor events, contests, music Music and Fireworks at dusk (TBD) –	
5/19	MHS Spring Dinner Location TBD Launch of new biography of Meck Dec Signers and Supporters, <i>One Day Revolution: The Patriots Who First Declared Independence</i> Authors: Sarah Sue Hardinger and Rev. Laura Alexander Elliot 6:30 dinner, 7:15 program	Mecklenburg Historical Society https://www.meckdec.org
5/19	Mock Court High School debate of validity of Meck Dec Judged by local Federal Judges and the Chief Justice of the NC Supreme Court 6:00 at County Court House	May 20th Society https://www.facebook.com/May20thSociety/
5/20	Meck Dec Day Trade and Tryon Meck Dec Reading Local Dignitaries Music Gun Salute Short Parade to Settler’s Cemetery to decorate the grave of Thomas Polk, founder of Charlotte.	May 20th Society https://www.facebook.com/May20thSociety/
5/20	Meck Dec Day Dinner Olde Meck Brewery Tickets are limited and go on sale on April 1 Speaker – Author: Andrew Waters	May 20th Society https://www.facebook.com/May20thSociety/

Updates to these events will be published in a Special Edition of the Dandelion in late April.

Other Events



Date: Saturday, March 8, 2025

Time: 10:00 am - 4:00 pm

Ages: All ages

Cost: FREE

JOIN US or DIE.....from missing out!

Southern Campaigns Revolutionary War Round Table (SCRWRT) announces its next Round Table to be held on March 8, 2025 from 10 a.m. - 4 p.m. at the Charlotte Museum of History, 3500 Shamrock Drive, Charlotte, NC 28215. There will be 10 to 12 presentations about diverse facets of the Rev War in the South. Enjoy a day of new scholarship, robust fellowship and historical fun. Admission to the museum and the 1774 Rock House is NOT included!

"The enemy are surrounding you on all sides and reinforcing in every quarter. In this your very critical situation you have nothing left but to exert your selves equal to the occasion. From the oppressions of the enemy and the cruelties of the tories you see what you have to hope without it." Gen. Greene to NC Gov. Abner Nash, April 3, 1781.

Lunch is provided, dutch-treat offering of \$15 cash.

Email your confirmation, please, to both john@allinvmt.com and davidreuer3@aol.com

Cooking Demonstration

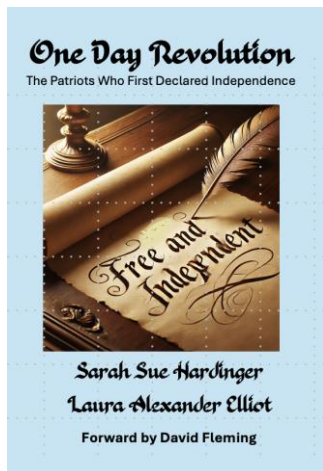
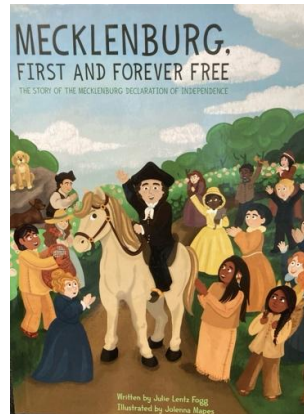
March 8. At President Polk's Birthplace in Pineville, a demonstration of cooking various grains for pottage, porridge, mush, and other such foods.

Upcoming books

Mecklenburg First and Forever Free

By Julie Fogg

Delightful retelling of the story of the Mecklenburg Declaration of independence for younger patriots. Comes in hard cover and soft cover. Available at some local bookstores and through the MHS Store on our website. Meckdec.org.

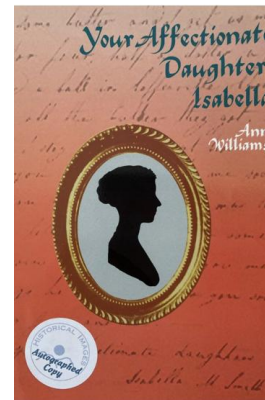


One Day Revolution: The Patriots Who First Declared Independence (title change)

by Sarah Sue Hardinger and Rev. Laura Alexander Elliot is a collection of biographies of the 27 signers and a few others who played significant roles in the Mecklenburg Declaration of Independence. New sources of information and the cooperation of several descendants give a fresh look on a subject that has not been documented in 70 years. It is due to be published in May 2025.

Good Soil: The Pre-Revolutionary Era Churches in Mecklenburg County, NC by Sarah Sue Hardinger and Rev. Laura Alexander Elliot is a collection of histories of the seven Presbyterian churches and one Lutheran church that played a large part in fueling the revolutionary spirit in Mecklenburg County. It is due to be published in 2025.

Your Affectionate Daughter, Isabella by Ann Williams, the 2001 book of the turbulent life of Isabella, daughter of James Torrance of Cedar Grove, has been out of print for a few years. The digital files, which had been lost, have been recreated and the second edition will go to print in March.



Features

Signers of the MeckDec

In the spring of this year, the MHA will release a new biography of all of the signers of the Mecklenburg Declaration and others related to it. There have been several books on this subject over the years, but it has been almost 70 years since the last and we now probably know more about these people than the authors did in earlier versions. Ancestry and other genealogical sources have made data available online that was not available then. As we research some of the lesser-known signers, we will feature them here.

The Harris Brothers of Scotland ~ Signers of the MeckDec

The Harris Family had many repeating naming patterns, and so both James and Robert as Signers of the MeckDec are in question because of the difficulties of discerning amidst information relevant to each individual bearing the same names. However, the following information describing each of them and their family represents scholars' best educated guesses.

The Harris family traveled from Scotland to the American Colonies at different intervals, including brothers Charles, Thomas, James, Robert, and Samuel Jr. On the Atlantic Crossing of their father, Samuel Harris Sr., he died at sea before the ship reached New York. Samuel's sons who had been traveling with him buried him in Manhattan and then joined the rest of the brothers, including James and Robert, who had already settled near Carlisle, PA.

In or around 1750, many or all of the Harris relatives migrated south to Mecklenburg County, settling in what is now the Rocky River section of Cabarrus County.

James Harris was too advanced in years to serve in the Revolutionary War, but was called into service by Thomas Polk at the Mecklenburg Convention of 1775 due to his age, experience, and influence in the community. He also served as a judge on the local Court of Inquiry in Rocky Creek, commissioned by John McKnitt Alexander to cover that region due to its distance from Charlotte and as an elder at the Rocky River Presbyterian Church. His will, which was dated October of 1778, lists his wife and seven children. Although his wife's first name is unknown, his children were Robert, John, William, Samuel III, Jennette, Elizabeth, and Mary. James Harris died circa 1778 and is likely buried in the Rocky River Presbyterian Cemetery. Although he was buried in an unmarked grave, the DAR has erected a plaque there in his honor.

Robert Harris has even less known confirmed information about him than James after they were in Mecklenburg, but it is believed that he served in the Poplar Tent area of what is now Cabarrus County and was associated with the Poplar Tent Presbyterian Church where it is likely he is buried. There is a marker memorializing him placed in the cemetery there by the DAR.

*With this issue, we are launching a new feature, **Window to the Past**, created by our frequent contributor, Susie Worchester. If you have a new perspective on a historical tidbit, something we all think we know is true but may be wrong, please submit it to sarahsuenc@gmail.com.*

WINDOW TO THE PAST

I started this historical foodway journey in 2017 at Latta Plantation. There I started learning the part of history that isn't in the history books, the everyday life part that really makes history so fascinating to me. I never questioned or considered looking into the phrases we were encouraged to say any deeper, but as my journey has continued to grow and expand and our country is set to celebrate its 250th birthday, maybe it is time to start looking through that window, to give proper credit to those sayings and sort out what is factual, foolery or fun.

One of the first things I remember from my time at Latta was the phrase “sleep tight, don’t let the bed bugs bite.” I think every historical site with a bedroom or bed, says this phrase to the visitors. To me, it seems a bit macabre. Who wants to let the bed bugs bite them? Not me for sure. Is there a story to go along with this phrase, a reason or just something someone said to get children to settle down? Down the rabbit hole I go.

I will say that after giving this some thought later in my time at Latta, quit saying it. There are two parts to this phrase, the first one being “sleep tight” and then “don’t let the bed bugs bite.” Starting with “sleep tight” and what it may actually mean. Some have said that this means “to tighten the ropes” on a rope bed, those bed frames supported in the center with rope on which the mattress will lay. Over time and use, the ropes will stretch, requiring the use of a bed key or wench to tighten the ropes so you aren’t sleeping on the floor. This made sense to me, sort of.

Others say it refers to the bedbugs themselves, in that you should wear tight clothing to bed so they don’t bite. This one I am definitely not on board with. Have you seen how loose their shifts and shirts are? There were a few other explanations but these stuck with me.

This was going to require more digging and time. I want to be as accurate as I can, keep it true and yet informative to life in the 18th century. And the efforts paid off. According to multiple sources, the phrase “sleep tight” first appeared in an 1866 journal written by Susan Bradford Eppes, though it was probably spoken for much longer, this is the first written evidence of the phrase. So, what does it mean? It mostly likely means or was meant to convey someone’s wish for you to have a sound or restful sleep.

As for the second part, here again, its true meaning may simply refer to having a good night’s sleep, because by doing so, you might not feel them biting you. This phrase has a bit of humor to it and is certainly fun to say and a great way to bring up the bed, the ropes and its maintenance. It can be a great opening for questions about life in the 18th century but to do our forefather’s justice, I will give the most likely true meaning of the bedtime phrase that is available to us today. Who knows what more we will learn tomorrow.

FAMILY, FIRE AND FOOD

by Susie Worcester

One of the many foods I remember from my childhood, though I don't think I ever ate, was porridge. My "porridge" was oatmeal or Malt-o-meal, both a hot cereal that Mom made in the morning. The oatmeal was Quaker Oats both regular and quick oats. No instant in those days. Add a bit of sugar, brown sugar or maple syrup along with milk and oh, what a breakfast!

One question I have always had is "what is porridge?" I decided that now, as I continue to study 18th century foodways, it was a good time to sort it out.

I chose the following breakfast type receipts, though in the 18th century, any of these dishes could be any meal during the day. The receipts I chose are grits, gruel, mush, hasty pudding, polenta, porridge and pottage. Each of these dishes are made with the same basic principle but with different ingredients, prepared differently and often served for different reasons.

Starting with grits. Some believe grits dates back 9,000 to 10,000 years ago from Central Mexico when corn was grown, dried and ground, then cooked in hot water. Others credit the Native American tribe, Muscogee, with being the first in America to prepare this dish.

The name is said to come from the Old English word "grit" sometimes spelled "grytt." Generally, it is made with either yellow or white dent corn which is more starchy than flint corn, ground fine but not as fine as corn flour, added to boiling water or milk and served with butter or various toppings such as dried fruit. It has become a popular Southern dish and remains so to this day. Grits were often served to the lower class as it was an inexpensive food and easy to prepare. I haven't found many receipts for grits in the 18th century cookbooks that I own. It was probably one of those dishes that were just handed down verbally.

There is another type of grits made with hominy, which is corn that has been treated with an alkali solution to remove the hull. It is then dried and ground as with regular grits. This makes the corn easier to digest.

On to gruel. Gruel comes from the Old French word "gruau" meaning ground grain. Generally, it was made with oats or barley that was cooked down to a thin soup. It later became associated with the poor and workhouse workers as a cheap food. It was also fed to the ill or sick. Here, it was often made with ground corn, especially in areas where oats or barley didn't grow well.

Mush is another dish I had often heard about growing up. It is made from ground corn and hot water but this dish was often allowed to cook for half a day or longer. The long cooking time breaks down the ground meal and makes it rather pasty. In some areas, it was cooled, scooped out and fried over the fire in a skillet and served with molasses or gravy. In New England, it is called "hasty pudding", in New York, it has the name of "suppawm," and is referred to in Pennsylvania as "Dutchdom" mush.

The Americanism for mush is "porridge" and this term is believed to have first appeared in 1671. The type of corn used for mush also differs from grits as it is more frequently made with flint corn instead of the dent corn. This corn is ground more finely than grits but not as fine as flour.

Now for “hasty pudding.” There seems to be an English version of this dish and a colonial version with each having its own unique ingredients and taste. In England, the first receipt is believed to have appeared around 1599 and was made with flour boiled in milk with salt added. In the Colonies, cornmeal was substituted for the flour as cornmeal was easier to find and cheaper though it was also cooked in milk. Hasty puddings were often baked instead of boiled and were served with molasses, honey or maple syrup. It may also have been referred to as “Indian pudding” as the corn was often called “Indian corner meal.” Over the centuries, the receipt has been changed to included sugar, eggs and spices.

Next, we have polenta. Polenta is also made with ground corn and water, but it is said to have its origins in Italy. Made from a coarse ground cornmeal from a variety of corn known as “8 row flint or otto flee,” it is very much an Italian dish. Using this type of corn will give you a true polenta, but the corn can be grown in America. It has a deeper yellow color and flavor than dent or flint corn. The Italian version is sometimes made with Chestnut flour, chickpea flour, or ground rice, while our version is generally cornmeal. Add-ons for polenta could be mushrooms, salty fish, butter or roasted vegetables.

In Mary Randolph’s “The Virginia Housewife,” there is a wonderful polenta dish that is super easy to make but oh so good. Porridge is another ancient dish made with grains such as barley, oats, rice and corn. Vikings called it “grautr” and made it with barley or oats, adding butter or sugar. As time went on, the dish began to include spices, dried fruit and nuts. In Colonial America, it was generally made with ground corn and water or milk. It was frequently served for breakfast but also at other meals.

Moving on to pottage. Pottage may date back to the beginning of man and might have been one of the first cooked foods. Made with available grains, including oats, barley, rice, wheat grain and buckwheat, it is cooked with water and allowed to cook for extended periods of time. While generally thinner than mush, it is creamer. Sweetened with sugar or a bit of butter, it is a staple of feeding families during Colonial times and throughout history, often being fed to the poor. Wealthier families may have served it with meats, currants and saffron. Poorer families generally added what they had, commonly cabbage, leeks or onions, making it more like a stew.

As I researched these receipts, I concluded that throughout time, man has eaten what he has available to him, cooked it to his liking, added flavor as it was available, and used these dishes to feed himself and his family. Each passage of time seems to have some form of these dishes in their foodways history and even today, there are versions being served. If you would like to see the difference in these wonderful dishes, there will be a cooking demo making several of these dishes on March 8 at President Polk birthplace in Pineville.

Historical Cooking Guild of the Catawba Valley: Update

by Susie Worcester

The Cooking Guild ladies have started the new year off with enthusiasm, but the weather hasn’t been cooperating. We hope warmer weather will return soon. Some Guild members are traveling and working on other projects, but we are committed to continuing our cooking and research.

Our January meeting was about libations. So, what are libations? According to Merriam - Webster, it is a noun, and these are its meanings: an act of pouring a liquid as a sacrifice or a liquid (such as wine) used in a libation. Then there is an act or instance of drinking often ceremoniously or as a beverage - a drink containing alcohol. I think we went with the last meaning.

We tried both hot and cold drinks, researched the use of alcohol in recipes and made a few drinks from 18th century cookbooks or receipts. Some popular alcoholic beverages of the 18th century included fortified wine which includes Sherry, Madeira, Port, and Masala. The cost and availability of these wines may have limited them to the more well-to-do families as they were more expensive. Madeira was a popular wine, often served in the afternoon to guests and eventually had a cake named after it, "Madeira cake," which surprisingly doesn't have Madeira in it. Today we would call it a pound cake.

One of the hot beverages we made was George Washington's eggnog. It isn't for the faint of heart. I found it in Old Farmer's Almanac and here it is as George wrote it, according to them.

One quart cream, one quart milk, one dozen tablespoons sugar, one pint brandy, ½ pint rye whiskey, ½ pint Jamaica rum, ¼ pint sherry.

Mix liquor first, the separate yolks and whites of 12 eggs, add sugar to beaten yolks, mix well.

Add milk and cream, slowly beating. Beat whites of eggs until stiff and fold slowly into mixture.

Let set in a cool place for several days. Taste frequently.

We didn't use all of the alcohol, but the eggnog was drinkable. We sampled a few other types of wines and fortified wines.

Donna shared some information she found including an article about "Jack and Jill," the nursery rhyme. Jack and Jill were names for two measuring containers. The Jack holds 2 oz and the Jill holds 4 oz. The story goes that Charles I wanted to increase taxes on these measurements, but Parliament blocked it. The king then had the amounts they held reduced but kept the taxes the same.

At our Christmas cookie swap in December, Karen made a potato cookie, and we wanted to give it a try. (I can't find the recipe, will add to another article). We cooked and mashed the potatoes, cooked down the raspberry to a sauce consistency, then mixed them together and baked them.



Raspberry sauce, cookies headed for the oven, mashed potatoes

It took a few additions and tries but we finally got there. Definitely a different texture and taste. The guild members are looking forward to future meetings and continuing our search on historical foodways. We are currently meeting on the 2nd and 4th Wednesday of each month at Carolyn's house. We have really enjoyed our newest members, Donna Stinnet and Susan Sutton. They bring a lot of research and information to the table.

Till next time,
Susie Worcester
Historical Cooking Guild of the Catawba River

RECIPE - PEPPER CAKES

Take a gill of sake and a quarter of an ounce of whole white pepper, put it in and boil it together for a quarter of an hour, then strain out the pepper, and put in as much double - refined sugar as will make it as a paste, then drop it, in what shape you please, on a tin plate and let it dry itself.

From "The Complete Confectioners" by Hannah Glasse, 1760, page 118.

RECIPE - BEEF LA VINAIGRE

Get a slice of beef three inches thick, most lean, from the buttock, stew it with a little water, and a gill of white wine ; season it with pepper, salt, cloves, a faggot of sweet herbs, and a bay leaf ; let it boil til it is very tender ; then wet it a cooling ; and when cold serve it up, with slices of lemon and a little vinegar.

From "A New and Easy method of Cookery" by Elizabeth Cleland, 1755, page 50.



“Preserving Mecklenburg’s Heritage”

VISIT US ONLINE

<http://www.meckdec.org/>

Or mail form and check to:

MHA Dues Membership Renewals
You can now pay for your Membership or Renewal on our website!

Now is the time to renew your MHA membership for 2024. Our fiscal year runs from Jan 1 to Dec 31.

Current Members: Please complete all sections of the form below so that we can ensure your contact information is accurate and complete. Write your check in the amount based on membership level and make it payable to “Mecklenburg Historical Association.” Mail check and completed form to the address below. If you are not certain about the status of your membership, send an email to membership@meckdec.org for verification.

New Members: Payment to any of the levels of membership listed below (except Life) entitles membership to the MHA for one calendar year (Jan.1st – Dec.31st).

Mecklenburg Historical Association
P. O. Box 35032
Charlotte, NC 28235

[You can now pay for your Membership or Renewal on our website!](http://meckdec.org/store/)
meckdec.org/store/

MHA Membership Form:

Levels of Membership	Single	Couple	Contact Information	
Senior (60+)	\$20.00	\$30.00	Name:	_____
General	\$40.00	\$60.00	Address:	_____
Patron	\$60.00	\$100.00	City, State, Zip:	_____
Life (single payment)	\$300.00	\$500.00	Phone:	_____
Student	free	n/a	Email:	_____

You will receive notice that your MHA Newsletter is available on the website when it is published. If you have absolutely no access to email or our website, please indicate that here. One of the Board members will make a copy on their printer, staple it and mail it to you. _____