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Merry Christmas from Upchurch and Allied Families!



EDITOR'S DESK

Yuletide Greetings to our subscribers and families across the globe.

We are happy to welcome Wisconsin State Genealogical Society to our readership!

Our UAFA President, Dr. Tom Upchurch has put together an all encompassing link for anyone interested in Upchurch and Allied Families. It was written to fill you in about *everything you'd like to know* pertaining to UAFA!

[Upchurch and Allied Families, Inc.](#) <— Click on the link

Big thank you to Writer Charles Upchurch for his very warm and fun Yuletide story which you are about to read. It's a gem!

Next month we will publish our BIG newsletter, FOOTPRINTS, a creation of our founder, Dr. Phil Upchurch with many articles and input from our UAFA leaders and Coordinators.

Cindy Hale — Editor

Eggnog: A Family Tradition

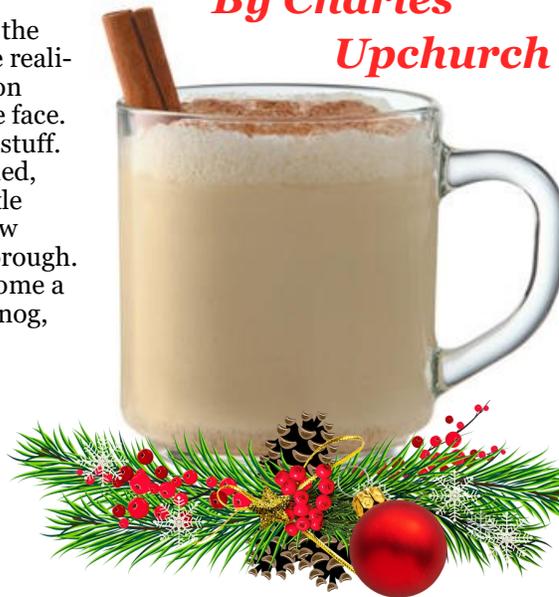
The converts, they say, are always the worst. A couple of years ago, my wife had never even tried eggnog. Then everything changed. Soon, there were tell-tale signs of a love affair. Once a week became once a night. And it was only November.

When I opened the refrigerator, the reality of the situation stared me in the face. It was the good stuff. The old-fashioned, heavy glass bottle from Maple View Farm in Hillsborough. Kristin had become a full-fledged eggnog, um, enthusiast.

She is not alone in her unabashed affection, nor in her insistence that eggnog season

begins the day after Halloween and concludes with the Super Bowl. How else do you explain the recent phenomenon of Evan Williams bourbon-spiked eggnog, a seasonal offering that inspires breathless runs on Wake County package stores?

By Charles Upchurch



Maybe it's because the stuff is ridiculously tasty, and that among the zealots, if the month ends in ber, 'tis the season.

On the other side of all this exuberance are the traditionalists. For them, eggnog is reserved for those days denoted by capital letters that fall in the shank of the Yuletide. Christmas Eve. Christmas Day. Maybe the day after, if there is a little left over.

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Your comments and suggestions are always welcome. Please consider sharing family stories, photos, family recipes and memories.

Email: UpchurchRoots@gmail.com

Eggnog: A Family Tradition by Charles Upchurch from page 1

Because for this tribe, eggnog is a ritual sacrament, a traditional bond between family and friends, an unhurried, kitchen-made family recipe reserved for celebration.

It's nature's perfect food, with a kicker. Cream, sugar, eggs and, nearly always, booze. Sure, eggnog au naturel can be satisfying if you like sipping cake batter. But with bells on, eggnog is the quintessence of Christmas cheer. Rum is its oldest companion, dating back to the 18th century, when cane spirits were more plentiful and cheaper than whiskey. Today, bourbon and brandy are staples, and even moonshine is openly invited to the party.

If you've visited this space before, you know where I come down. Keep your grogs, your mulled ciders and hot wine toddies. Give me an eggnog properly laced with sour mash, throw on Sinatra's *Christmas Waltz* and call me George Bailey. Because at that moment, by jingle, it is most certainly a wonderful life.

It is this very sentiment that impels folks to share their eggnog stories.

Take Earl Johnson Jr. A prominent Raleigh businessman, past president of Carolina Country Club, and a descendant of a Raleigh mayor, a North Carolina governor, a U.S. Supreme Court justice appointed by George Washington, and the British Royal Governor of North Carolina, Johnson, 81, was recently recommended to this writer. Not for his family lineage, his

success as the founder of Southern Industrial Construction, or for his contributions to the community, which have earned him and his wife Margie a place in the Raleigh Hall of Fame.

It was for eggnog.

"I've been making eggnog for 70 years," Johnson said. "I started helping my mother when I was 9 or 10 and I've been doing it every year since." He shared the family recipe with me, and I was amazed by the simplicity: eggs, whipping cream, sugar, bourbon. The bourbon is not optional. That's the recipe.

Growing up in Raleigh, Johnson says, a Christmas Eve gathering of family and friends was customary in his parents' home. His father would make the eggnog, painstakingly "folding" the whipped cream and whipped egg whites into the blended egg



'Tis the season: The author, about 10, enjoys a cup of eggnog at a neighborhood holiday party circa 1970.

yolks, sugar and bourbon for the perfect consistency.

As a young couple in the late 1950s, Johnson and his wife started their own tradition, inviting four other newly married couples over for homemade eggnog. This Christmas Eve, when members of the same five families plus a few more, including dozens of children, grandchildren, in-laws, fiancés and friends, gather at the Johnson home as they have for more than five decades, eggnog will be served in a style unchanged, and a tradition unbroken, since 1941.

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Eggnog: A Family Tradition by Charles Upchurch

And then there is the story of PaDaddy and Big Mama, great-grandparents of Walter’s art director, Jesma Reynolds. I spoke at length with Jesma’s mother, Pam Evans, about her beloved grandparents and their Christmas Day celebrations on the family farm near Rocky Mount. After great detail about a house filled with music – Big Mama (all five feet of her) on piano, PaDaddy on trombone, and other relatives jumping in on Beer Barrel Polka or Rhapsody in Blue – plus Big Mama’s turkey, dressing, collards, butterbeans, cranberry sauce and coconut cake crowding the dinner table, and all the love and good feeling of those blessed occasions, I asked Pam about PaDaddy’s legendary eggnog.

“Oh, I can’t tell you about that.”

She explained that compromising the secret of PaDaddy’s eggnog would surely be met by an unsavory form of Nash County justice. After much pleading, she would only allow that a key ingredient came in a mason jar. “I can tell you it smelled a little bit like apples,” she said.

Evans also said that those Christmas Days were more marvelous than she could express. The music, the singing, the mingled aromas of Big Mama’s Eastern North Caroli-

na cooking and the eggnog PaDaddy was working to finish, the laughter, and then, the Christmas when she was finally old enough to hear someone ask plainly, as if inquiring about the weather, “Pam, would you like a cup of eggnog?”



Thanks to Trevor Little for pointing out you can’t get to the eggnog recipe in the online version of my article in Walter, so for anyone interested, here it is - courtesy of Earl Johnson, Jr., who has been making eggnog for 70 years. (taken from his mother’s original recipe card)

Egg Nog Recipe:

24 eggs

2 cups sugar

1 qt. whipping cream

1 fifth bourbon

Separate eggs. Add sugar slowly as yolks are beaten. Add bourbon very slowly while beating. Beat egg whites and whip cream separately – fold in cream, then whites.



Charles Upchurch is a writer and editor based in Raleigh [North Carolina]. When he is not working on behalf of his clients at the award-

winning marketing and PR agency French|West|Vaughan, he enjoys contributing to WALTER magazine, covering the amazing people, events and vibrant creative scene that make Raleigh the enriching, energizing, blossoming Southern metropolis that it is.

The original title of this article was Drink: eggnog. Printed with permission from the author.



*Grandfather of this author
Roy Wakefield Upchurch M.D.*



Charles Upchurch descends from UAFA Clan 3, Nathan Upchurch I (1759-1835) and other allied families i.e. Yates. Charles’ ancestry goes back to our immigrant ancestor Michael Upchurch I (1624-1681).

[Author] Charles Upchurch / Roy Wakefield Upchurch Jr. / Roy Wakefield Upchurch Sr., M.D. (1902-1964) / Walter Henry Upchurch (1875-1948) / William Burtis Upchurch (1848-1926) / Gilbert Burtis Upchurch (1820-1895) / Burtis Upchurch (1781-1845) / Nathan Upchurch I (1759-1835)



UAFA NEWS

CORRESPONDANCE:

Please link up to a UAFA Newsletter reader if you can! :)

I am interested in more info on the **Upchurch family**. I am the great niece of Ike **Upchurch** who's parents were Almita **Peters** and Walter **Upchurch**. I am on Ancestry but it seems Dr. Phil Upchurch, May He Rest In Peace, is on there as well but his specific line is "unlinked". I live in Georgia but my mother was an **Upchurch** from William **Upchurch** and Lillie Mae **Davis**, grandparents. My mother was born in Duffield, VA but raised in Tennessee.

I would like to link up trees to mine "Trees of Life" via rad-d6555. My name is Robin Addison. If y'all can help me in some way I would appreciate it.

Robin Addison

Days Gone By

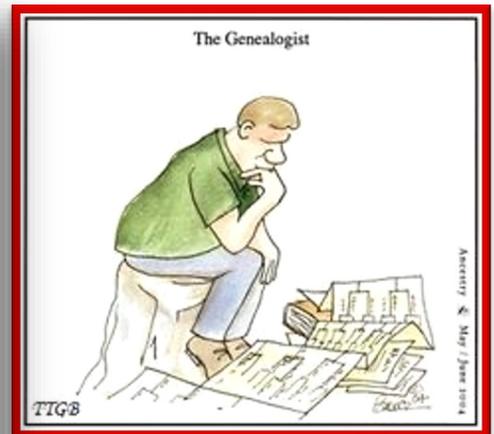
" The special book upon the shelf,
Was made with many hands.
Our ancestors who posed back then,
All came from different lands.

Their pictures were all tucked away,
And rarely did we see,
The importance of these treasures-
The start of you and me.

The history of our families,
Now here in black and white.
Preserved with special care and time,
Each page is done just right.

When time permits, we take it down,
And think of days long past.
Our hopes, our dreams, our heritage,
All safe and made to last."

Author: Unknown



I love the idea of copying our loved ones pictures and inserting them into the faces of old watch bracelets.



Over 35 videos featuring founder **Dr. Phil Upchurch** telling family stories along with UAFA President, Dr. Tom Upchurch, free. Click the YouTube icon.



The UAFA Development Committee announces the annual kick-off of the 2021 Participant /Donor/ Membership Campaign starting mid-November, 2020 until the end of the year. The kick-off will be an invitation to make 2020 year-end contributions. But don't put it off, do it today! Thank You!!

VOLUNTEERS NEEDED: OR JOIN UAFA TODAY!

There are several kinds of coordinator or leadership roles available at UAFA! Whether it be transcribing biofiles, working on the Upchurch Tree on Ancestry or something different. UAFA realizes, for our cause to advance and flourish, everyone who volunteers needs to be able to use their own special skill-sets and enjoy their contribution.

Contact UAFA today and let them know of your interests, skills and availability. They will help you to determine where your skills will be best utilized and may even design a custom role for you. The most often heard comment from volunteers is that UAFA gives them the opportunity to give back, while doing something they love.