

ALABAMA

Historically Speaking Patch Program

ABOUT THIS 'HISTORICALLY SPEAKING' KIT

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This **kit** was created to assist you or your group in completing the 'Alabama Patch Program.'

Kits are books written to specifically meet requirement of our state's patch program and help individuals earn the associated patch.

All of the information has been researched for you already and collected into one place.

Not all of the requirements of the patch program are covered in this kit. Selected requirements are included and you choose the ones you wish to complete according to the items given. Included are; state symbols, maps, crafts, games, recipes, coloring sheets, and more educational information. These materials can be reproduced and distributed to the individuals completing the program.

Any other use of these programs and the materials contained in them is in direct violation of copyright laws.

If you have any questions, please feel free to contact Patchwork Designs, Inc. using any of the methods



ORDERING AND CONTACT INFORMATION

Written By:

Cheryle Oandasan

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After completing the 'Alabama Patch Program', you may order the patch through Patchwork Designs, Incorporated. You may place your order in one of the following ways:

Mail

Checks and Money Order: Please send checks and money orders, payable to Patchwork Designs, Inc. to:

Patchwork Designs, Inc.
8421 Churchside Dr
Gainesville, VA 20155

Credit Card

Telephone your MasterCard or Visa order to (703) 743-9948. Leave your order and credit card number on our secure line.

Fax

Using these same card types, you may also fax your order to (703) 743-9942.

Online Store

www.patchworkdesigns.net
All information is secure.

Historically Speaking Alabama Requirements

Complete 3 requirements to earn the patch

1. Locate Alabama on a map of the USA. Locate the capital and identify the state flag. Recognize the state flower, bird and insect.



2. Deep in the “Heart of Dixie” is Sweet Alabama. Its land is full of wonderful adventures to enjoy from Lookout Mountain to the Chattahoochee River. Some exciting adventures include: Fishing, boating, camping, hiking, caving, or horseback riding.

3. Throughout the state of Alabama, a diverse culture produces a large array of tasty traditional recipes. Try some of the following: Blueberry pie, peanut butter fudge, corn sticks, homemade peach ice cream, egg bread, barbecued potatoes, or fried catfish.



4. More than 300 different species of birds live the majority of the year in Alabama. Go on a scavenger hunt outdoors. Be sure to look for signs of birds and other animals. Find five different trees, plants, insects or flowers.

5. Learn more about Alabama during the colonial era. Where did the first settlers come from? What foods did they eat? How were their foods prepared? What types of clothing did they wear? What were the daily chores of their children? What types of jobs were available? Choose one of the following: Visit a colonial festival or reenactment, make paper dolls dressed in colonial clothing, conduct a skit or play about the colonial era, make a whirly gig or play a colonial game, or draw a colonial picture.

6. Alabama has several rich folk traditions. Research one of the following traditions: basketry, pottery, quilting, painting, canning, sewing, folk singing and dancing. Share what you learned with others.



7. George Washington Carver taught farmers how to grow better crops. He accomplished many other things in his life. Find out more about other well-known African-American citizens in Alabama such as: Rosa Parks, Booker T. Washington, and Mae Jemison.

8. The Creek, Choctaw, Chickasaw and Cherokee are four of the main Native American tribes that were once located in Alabama. Research how and where they lived. What skills did they need to survive? What did they eat? What is a wampum and how was it used? If you can, visit a festival, Pow Wow, or historical site reflecting Native American heritage in Alabama. Choose one of the following: Prepare and complete a skit, conduct a play, make paper dolls dressed in native clothing, or make a pictograph using symbols for words.

9. Helen Keller was born on June 27, 1880 in Tuscumbia, Alabama. Although she was deaf and blind, she managed to graduate from college. Learn more about Helen Keller and her miracle life. For extra credit learn how to spell your name in sign language.



10. No matter what region of Alabama you choose, you will feel the ambiance of a small town or view the a variety of museums or historical attractions. Research or visit a historical site in Alabama such as: The Pioneer Museum, Ivy Green, or simply take a stroll through one of its quaint little town filled with historic homes, churches and public buildings.

11. The Alabama Shakespeare Festival is one of the largest Shakespeare festivals in the world. Attend a festival, county fair, or any traditional event in your area. Other well-known festivals are: The Blueberry Festival, National Peanut Festival, Helen Keller Festival, or Harvest Day Festival.



12. In 1886, the world's first electric trolley car was introduced in Montgomery, Alabama. What did it look like? Does it look the same today? What did they use them for? How fast does it go? How far does it go? For extra draw a trolley car or take a ride on a trolley car.

13. The Sequayah Caverns is considered an "underground palace". What is a stalagmite? Learn more about caverns or caves. For extra credit visit one in your area.



14. Many years ago, cotton was the main crop grown in Alabama. In 1833, the cotton gin was invented to help prepare the abundance of cotton for sale. Who invented the cotton gin? What did it look like? How did it work?

DETAILED OUTLINE OF KIT

Not all of the requirements of the patch program are covered in a kit. Selected requirements are included and you choose the ones you wish to complete according to items given. If you order the COUNTRY MANUALS that we offer, every requirement is covered and it is a 24 + page booklet, including crafts, games, etc.

The items located in this kit can be copied for the participants and stapled together in a book format. There are also informational sheets and description for additional crafts. Choose items to complete according to age level. Older participants can assist younger participants.

*Page 5- Front cover of Alabama Journal.

*Page 6- Picture of Alabama's flag and map of the United States of America. This page gives specific instructions on what to do. REQUIREMENT # 1

*Page 7 - State outline, bird, flower and insect are on this page. It tells each participant instructions on what to do. REQUIREMENT # 1

*Page 8 - Picture of a cotton gin and information on who invented it etc. Design your own t-shirt made from cotton on this page. REQUIREMENT #14

*Page 9- Scavenger hunt sheet for outdoor fun or search through nature books. REQUIREMENT # 4

*Page 10- , the first electric trolley car was introduced in Montgomery, Alabama. There is a trolley car on this page to color and design. REQUIREMENT # 12

*Page 11 - Copy of the American Sign Language. Learn how to spell your name in sign language. An information sheet about Helen Keller is included. REQUIREMENT # 9

*Page 12-13- Lets learn about some items from colonial days. Color the items and observe how they are different from today. REQUIREMENT#5

*Page 14 - Create a traditional recipe from the information included. Recipes included are Alabama Cookies and Peanut Butter Fudge. REQUIREMENT #3

****Other items to complete that shouldn't be stapled in the journal:****

*Native American Crafts. Walking Stick instruction used for hiking, pow wow's and dances. Also included is an information sheet about Native Americans Requirement# 8

*REQUIREMENT # 5 or 6---Making a Sampler and an information sheet about colonial day

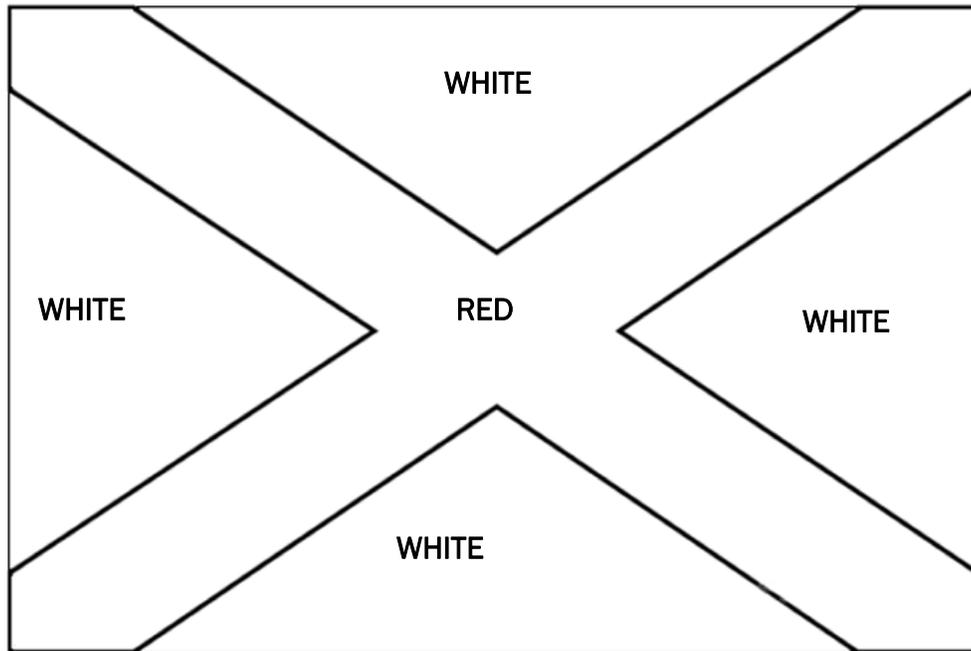
Included in the kit are items to complete the following requirements #1, #3, #4, #5, #6, #8, #9, #12, #13 and #14. Choose items for the participants to complete according to their age level or interests.



Name: _____

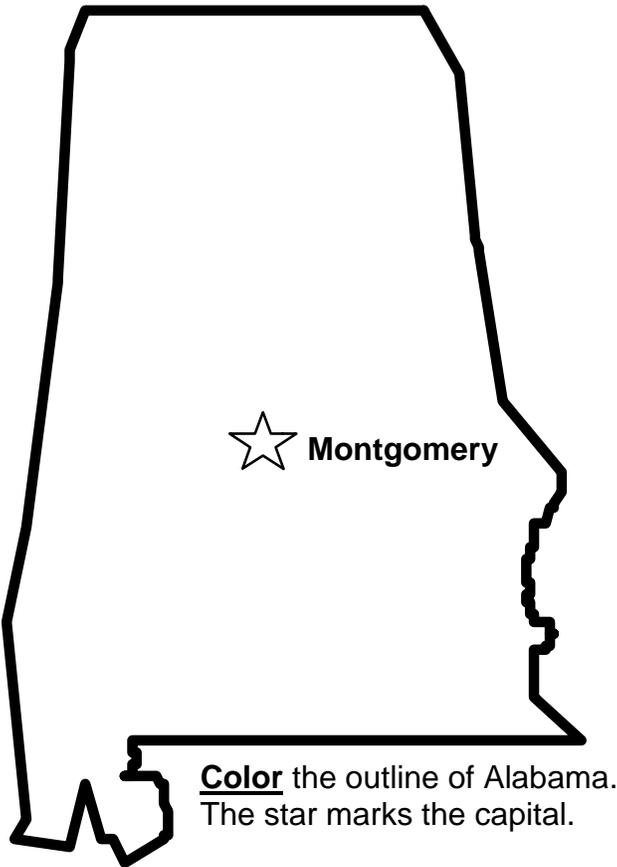
MY ALABAMA JOURNAL

Locate Alabama on the map. Color it Green.



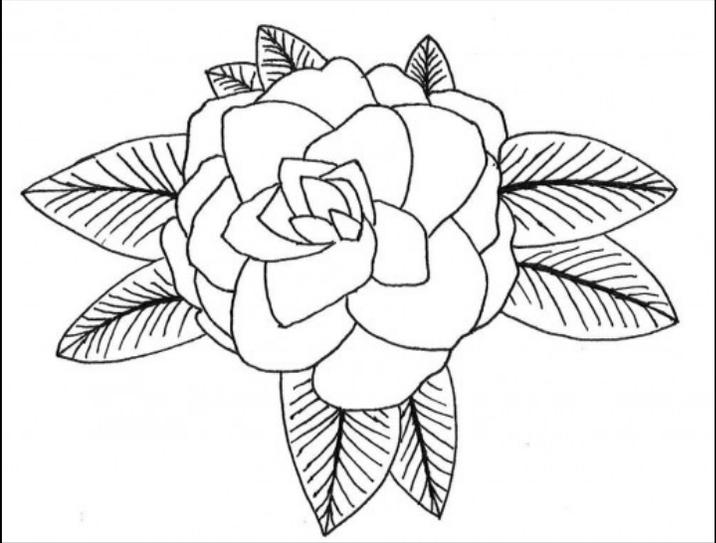
The official state flag of Alabama is called the "crimson cross of St. Andrew's," a red cross on a white background. This flag was adopted in 1895, and was patterned from the Confederate Battle Flag. This flag can be any type of rectangle (even a square) but the crimson red bars must be six inches wide. Alabama was the 22nd state in the USA; it was admitted in 1819.

State Outline and Symbols

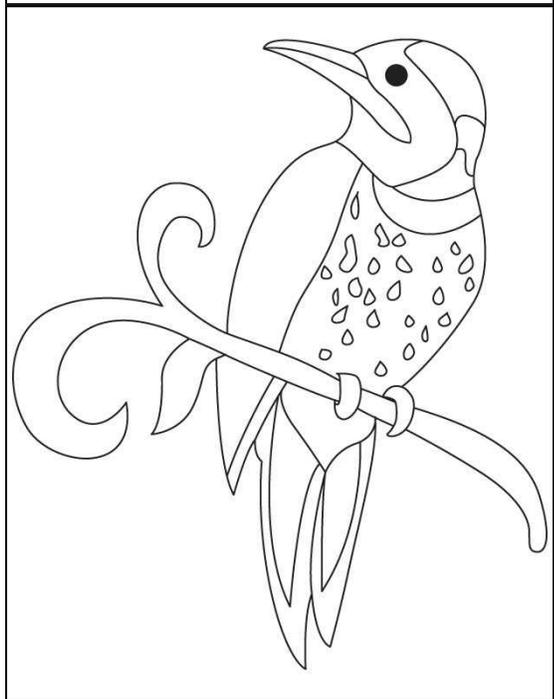


Color the outline of Alabama. The star marks the capital.

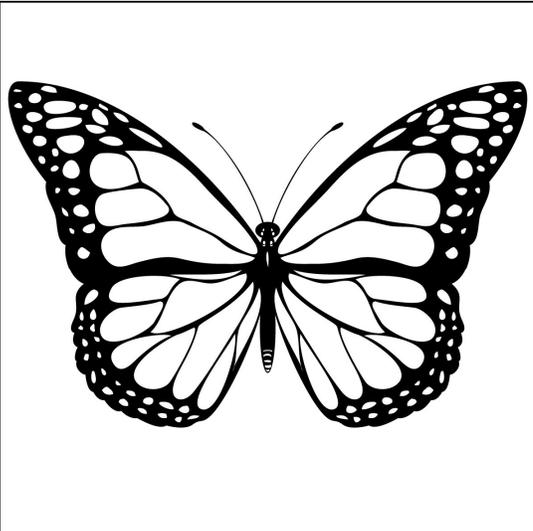
State Flower: Camellia
Color the center of the flower yellow. The outside petals are a deep red.



State Bird: Yellowhammer
This bird is colored in shades of brown and yellow. His front breast is colored white, with little black dots.

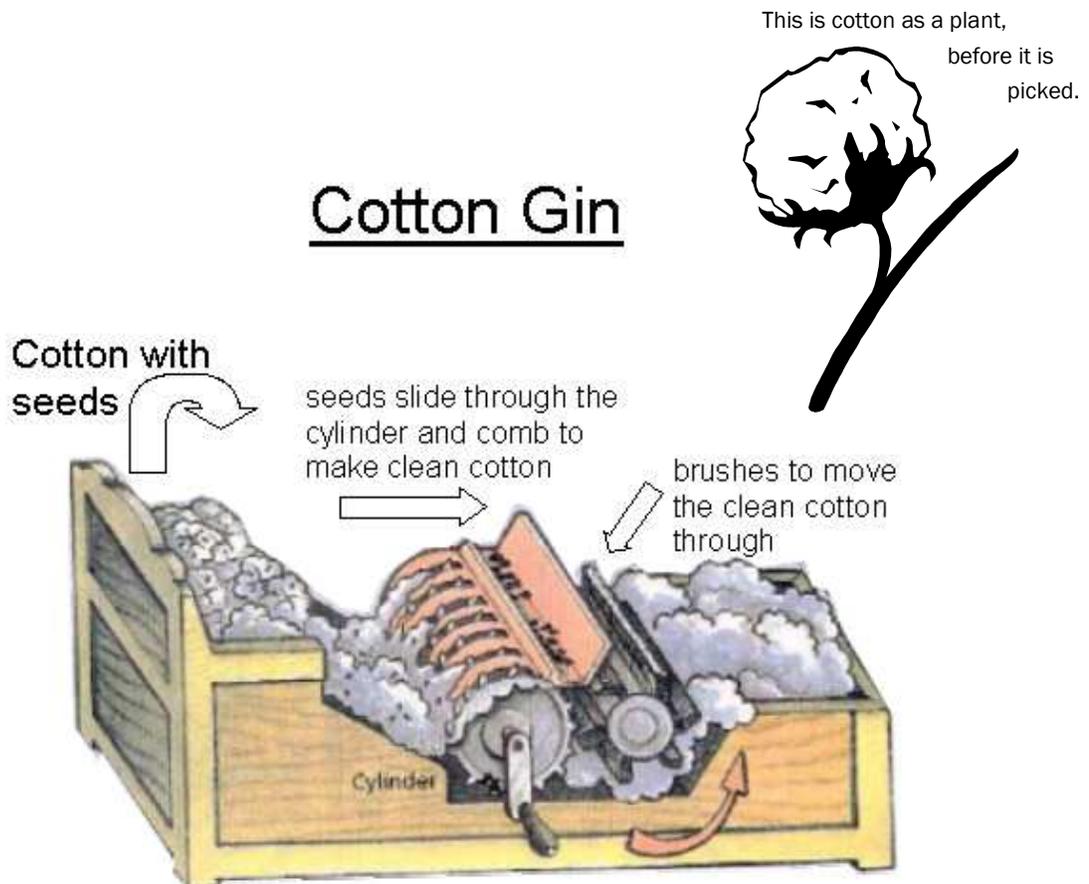


State Insect: Monarch Butterfly
Color the butterfly below orange and black. The body is black. The large areas on the wings are orange. The small spots are white the remainder is black.



Eli Whitney invented the cotton gin in 1833. The cotton gin separates the seeds from the cotton fiber.

Design and color your own cotton t-shirt. Draw your favorite things or special symbols that represent you on your shirt.



Scavenger Hunt

Find 5 different trees, plants or flowers.

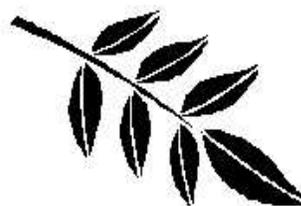
1. _____

2. _____

3. _____

4. _____

5. _____



Find 4 animals on your hike or signs of animals.

1. _____

2. _____

3. _____

4. _____



Find 5 insects or signs of insects along your hike.

Example: Leaves eaten by an insect.

1. _____

2. _____

3. _____

4. _____

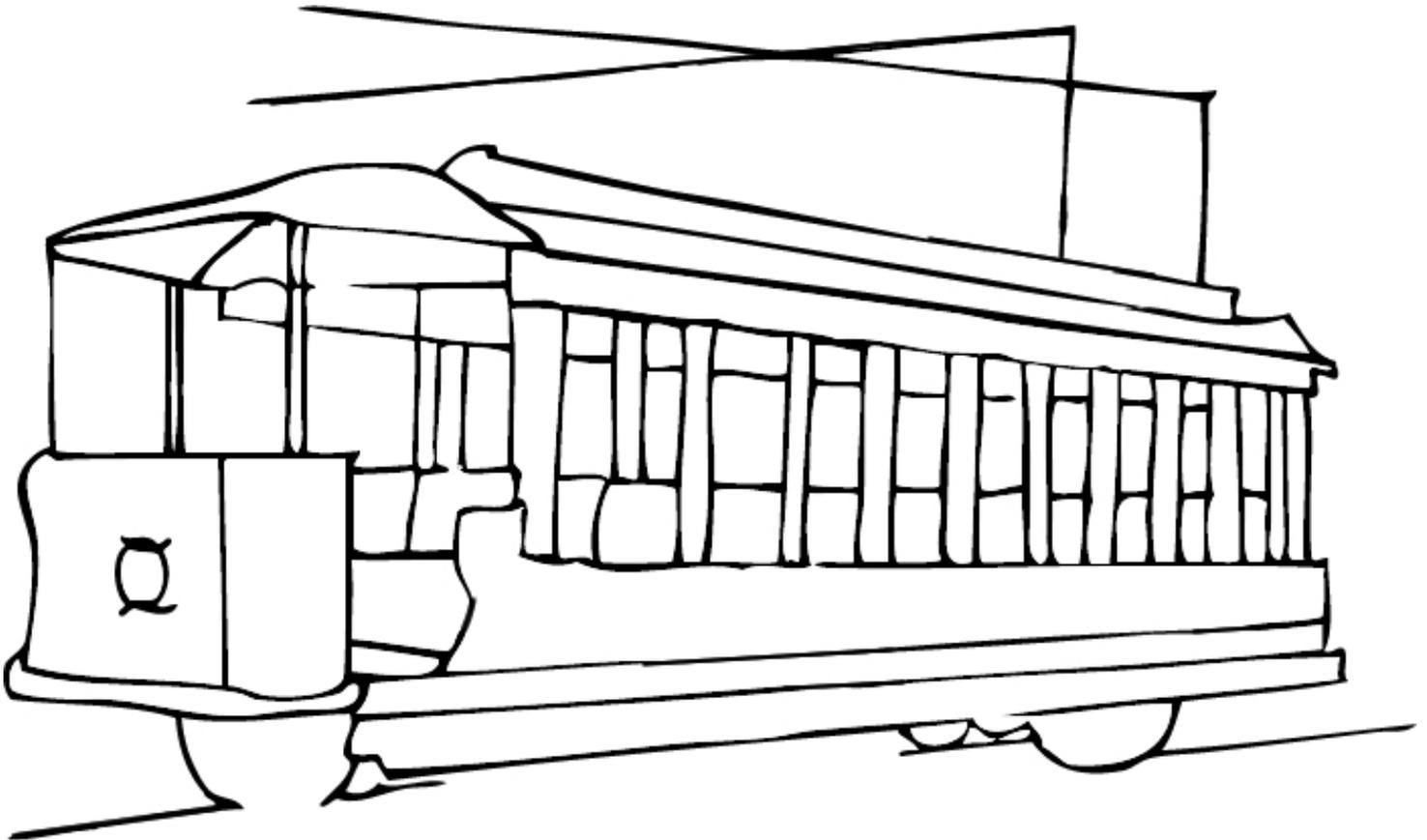
5. _____



Where did you take your hike? _____

Requirement # 4 You do not have to take the hike in Alabama. You may also do this scavenger hunt by using nature books.

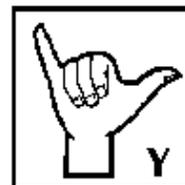
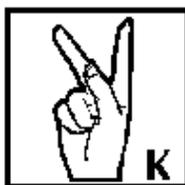
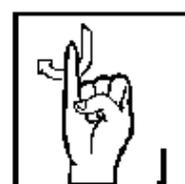
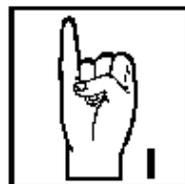
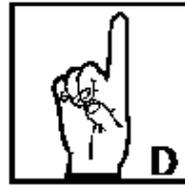
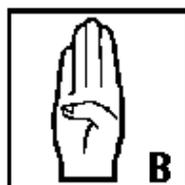
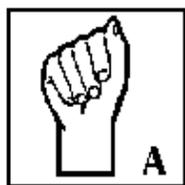
In 1886, the first electric trolley car was introduced in Montgomery, Alabama. Although the early electric trolleys were small, and not very powerful, they were still a lot faster than the horse cars they replaced.



Color the trolley above. Add trees, people and other background items to your picture.

Requirement # 12

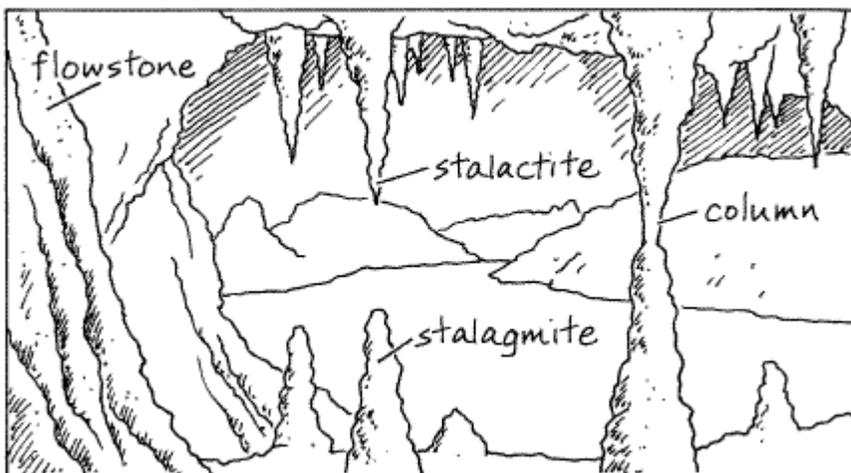
American Sign Language



Try signing your name using the above symbols.

The Sequoyah Caverns is considered an “underground palace”. It also has looking glass lakes and rainbow falls. Another cavern in Alabama is the DeSoto Caverns, which was once a shelter for some of Alabama’s Native Americans. The Rickwood Caverns are where 260 million year old limestone formations can be found.

Using the inspiration of caverns, draw long tapering formations in shades of browns or beige. You can also draw Native American symbols on the walls.



Formations in caves or caverns are produced by continuous water droppings containing minerals.

The long tapering formations from the ceiling are called **stalactites**.

The formations tapered from the bottom of the floor are called **stalagmites**.

The two sometimes meet together to form a **column**.

Let's learn about some items from the Colonial Days. Color the items.



Quill and ink bottle Instead of ink pens, they used a bottle with ink and a feather pen called a quill. They dipped the end of the pointed hollow feather in the ink to write notes.

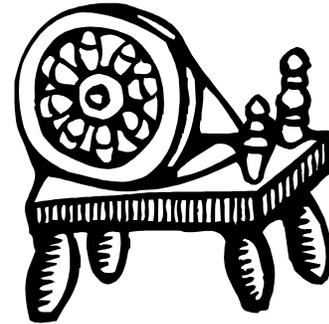
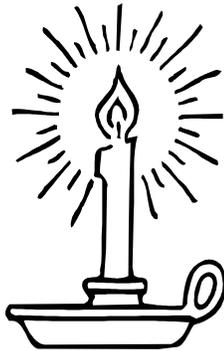


Many **weather vanes** were built on the barn roof. As the horse turns in the wind, it shows which way the wind is blowing. By knowing this, could predict what tomorrow's weather would be.



Sundial Many colonial families could not afford to buy a clock, so they used a sundial. The shadow showed the time of day.

Candles were the only source of light. Colonists made candles by dipping string in hot wax several times.



Spinning Wheel A wooden product developed for making yarn or thread. It uses a foot-driven or hand driven wheel with a spindle at the end.



Washboard A board having a corrugated surface on which clothes can be rubbed on to launder them clean.



Clothesline They didn't have electric dryers in colonial days. They used a string or rope attached to trees or posts to hang their laundry.



Butter Churn A wooden container, with a paddle built into the lid. It is used to stir, or churn cream into butter.

Recipes

Alabama Cookies

- 1 cup sugar
- 1 cup brown sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 1/2 cups self-rising flour
- 2 cups regular oats
- 2 cups chopped pecans
- 1 cup rice crispies
- 1 cup coconut
- 1 cup of shortening



(makes 6 dozen)

Add brown sugar and sugar to shortening. Beat at medium speed with mixer. Add eggs and vanilla. Add flour and mix well. Stir in oats and remaining ingredients. Drop dough by heaping teaspoons onto greased cookie sheets. Bake at 325° for 10 to 12 minutes. Let cool slightly on cookie sheets, before placing them on plates to finish cooling. *Source: America's Best Recipes*

Peanut Butter Fudge

- 2 cups of sugar
- 1/2 cup of water
- 1 cup of peanut butter
- 1 tsp vanilla extract



Place peanut butter and vanilla in a bowl. Mix sugar and water in a saucepan. Let boil rapidly for exactly one minute. Pour heated mixture over peanut butter mixture, and beat until thick. Pour into buttered pan and allow to cool. Cut into squares.

Source: Troop 3113 member

Crafts and Helpful Information



Walking Stick- Used for Pow wow's, hiking and dances.

Round dowel stick (about 4 feet high and 1 inch in diameter)

Multi-colored yarn (the type of yarn that changes color throughout the scan)

Fake fur (2 pieces per participant) about 3 inches, long enough to wrap around the top of the stick

Glue and scissors

Optional items: bells, feathers and strips of cotton cloth.

Start by tying the end of the yarn about 2 3/4 up from the bottom of the dowel. Apply glue around the diameter of the dowel about 1 inch up, not too heavy. Begin wrapping the yarn around the dowel tightly and as close together as possible.

Continue this process until you have wrapped the yarn almost to the top of the dowel, about 4 inches from the top. Tie the thread off and secure it with glue. Glue the pieces of fake fur around the top and bottom of the dowel. There will be about 1 inch at the top left bare. This is left for optional items or to color stripes or write their tribal name.

BEADS & BELLS:

Cut about a 12 inch piece of yarn. Attach a bell to the bottom of one end. String on about 12 beads. Tie a bell at the other end of the string. Fold the string in half, let 6 beads go to each end. Tie the string to the top of the dowel.

FEATHERS:

Cut about a 12 inch piece of yarn. Attach a feather to the bottom of one end. String on about 12 beads. Tie a feather at the other end of the string. Fold the string in half, let 6 beads go to each end. Tie the string to the top of the dowel.

Source: Troop 3113 leader



CRAFTS

Cross Stitch Sampler

Gingham Fabric or Aida cross stitch cloth

Embroidery Floss

Needle and scissors

Hoop to stabilize the fabric

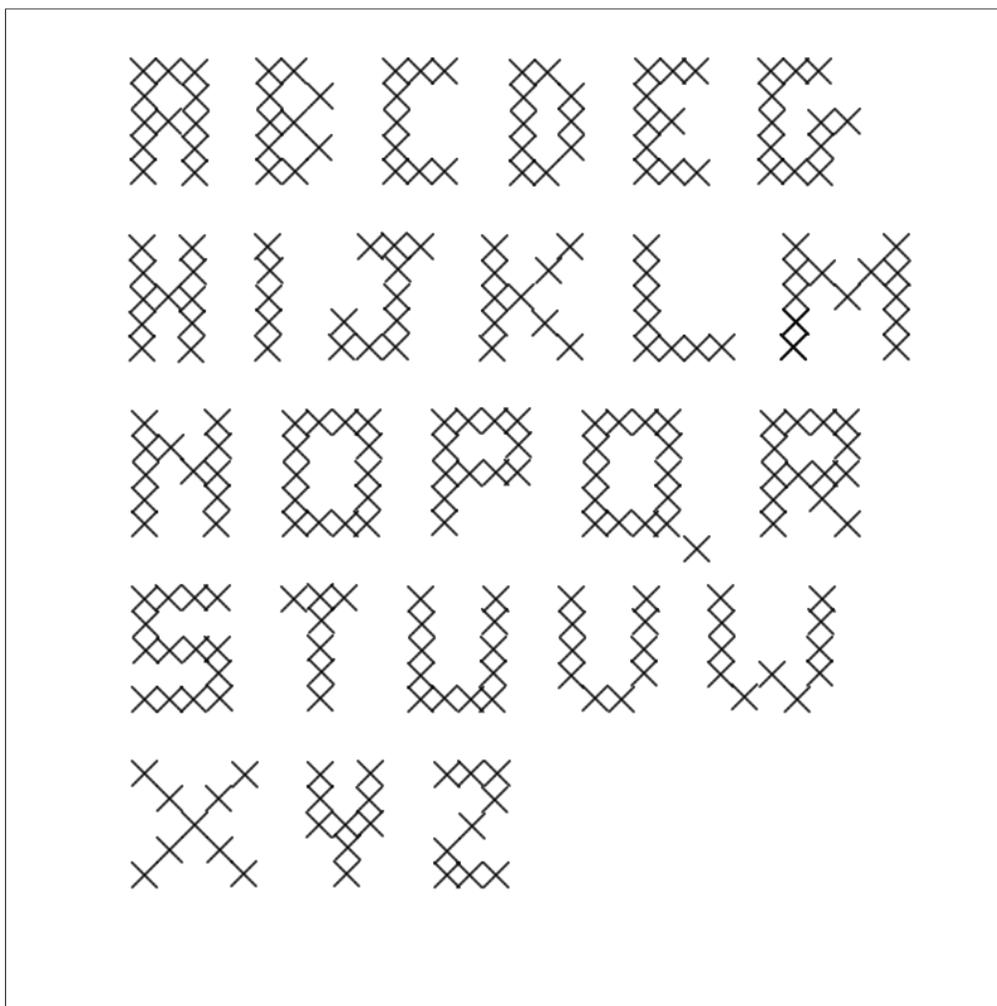
Embroidery thread

Cut the fabric 8 1/2 X 11 to create a sampler. Divide the thread into 2-ply strands and thread the needles, secure with a knot. Begin from the bottom and follow the pattern in the back. Offer a variety of colors of thread, so they can change colors when they are creating a new word or name.

**A name or initial sampler is easy and fun to do.

For participants that have cross stitched before: They should be able to use aida cross stitch fabric and a hoop. (for beginners or a colorful display.) You should use gingham checked material. The size of the check depends on the age of the child.

Optional: *Draw their name patterns on graph paper.*



8. The Creek, Choctaw, Chickasaw and Cherokee are four of the main Native American tribes that were once located in Alabama. Research how and where they lived. What skills did they need to survive? What did they eat? What is wampum and how was it used? If you can, visit a festival, Pow Wow, or historical site, reflecting Native American heritage in Alabama. Choose one of the following: Prepare and complete a skit, conduct a play, make paper dolls dressed in native clothing, or make a pictograph using symbols for words



What skills did they need to survive? Native Americans lived off the land, using plants and animals for food, clothing and shelter. They had to have a keen sense of smell and sight. They kept track of the paths they traveled and learned to be patient while exploring the wilderness for enemies and food. They knew which berries and nuts were safe to eat, where the deer and other animals gathered for water and how to store food for the hard winter months. They were considered farmers as well as hunters. In addition to that, they built houses and canoes, weaved, sewed, beaded, cooked, carved and protected their families.

What did they eat? Fish; venison (deer); rabbit, wild turkey, and buffalo. Other foods include Succotash (corn and beans); pumpkin, berries, sweet potatoes, tomatoes, apples, onions, corn, squash and potatoes. They didn't eat cakes, puddings or other items made with sugar. Sugar was brought to America by the English settlers.

A **POTLATCH** was a celebration was held in the honor of raising totem poles, birth of a son or two villages joining together. Usually gifts are exchanged and a feast is prepared with some of the mentioned foods above.

For some authentic Native American recipes to try :
www.nativetech.org/food/index.html

What is a wampum and how is it used? A wampum was a necklace, belt, bracelet, or choker made from shells and/or beads. Some belts have been known to have up to 1,000 beads weaved on it. Early colonists lacked any kind of currency making it difficult to do business. They used wampum because it had value, was easily divisible and was scarce because it took a lot of labor to make. It was legal tender in all 13 original colonies. Generally the rate of wampum was six white or three black beads for a penny.



Later the Mexican "dollar" became a standard coin. It was a real coin. It was often subdivided by cutting it into halves, quarters and eighths. Therefore, when divided worth 1/2 dollar etc.

Type of dwellings Native Americans lived in where we call Alabamaw. The Creek, Choctaw, Chickasaw and Cherokee typically lived in longhouses. A longhouse is a rectangular home built with a dome shape at the top and usually reaching about 60 feet in length and 18 feet high. It had one hallway down the center with rooms off each side where each individual family lived. Supplies were kept in a storage area located in the rear of the house. Everyone needed to share the fireplace. The teepee was considered a portable home constructed of animal skins. It was typically used when the men would go off hunting or gathering items for the winter months. It was usually about 12 feet high with some painted symbols on the outside representing the tribe they belonged too.

MORE FUN THINGS TO DO:

Make a wampum necklace (beaded necklace) OR create Headbands and Face painting



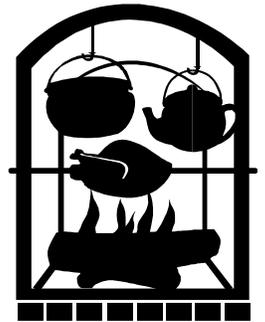
5. Learn more about Alabama during the colonial era. Where did the first settlers come from? What foods did they eat? How were their foods prepared? What types of clothing did they wear? What were the daily chores of their children? What types of jobs were available? Choose one of the following: Visit a colonial festival or reenactment, make paper dolls dressed in colonial clothing, conduct a skit or play about the colonial era, make a whirly gig or play a colonial game, or draw a colonial picture.

Where did the first settlers come from? The French established the first settlement in Alabama. The majority of later settlers were of English and Irish origin. Between 1820-1860 Alabama was one of the wealthiest states in the union due to the booming cotton market. After the civil war the market for cotton fell.

What foods did they eat? During the summer they harvested melons, peaches, apples, parsnips, and rhubarb. The colonists also gathered mushrooms, nuts, berries and wild plants. In the garden, they grew cabbage, corn, beans, pumpkin, potatoes, carrots, tomatoes and peas. They smoked and salted meat in the fall to preserve it throughout the winter. Other ways of preserving food for the winter was; making apple butter, drying corn and fruit, or making fruit jam.

Alabama now produces soybeans, peanuts, vegetables, corn, hay and oats.

How were they prepared? Colonists raised, sheep, pigs, chicken, geese and cows. The sheep were used for wool and meat; pigs for meat, fat was used for cooking and making soap; chickens were used for eggs and meat; geese are used for eggs, meat and their feathers for stuffing pillows and quilts; the cows were used for milk, butter and cheese. They took some of their produce to the local market to sell or trade for items they could not make like sugar, cloth, salt and coffee. The women cooked in the kitchen on an open fire. There was a large black heavy pot that most of the meals were cooked in. They had to cook all day. As soon as breakfast was completed and served, they needed to clean up the kitchen and start simmering lunch. In the meantime, they needed to be boiling the berries for raspberry jam or the apples to make apple butter. On warmer days they would tap maple trees for sap. Then they would boil the sap to make maple syrup.



What types of clothing did they wear? Women wore dresses only. They wore a corset that laced up the back tightly to make them look like they had very slender waists. Colonial women and girls always kept their heads covered. They wore either a straw hat that tied at the neck or a white mop hat that covered the top of their head. Dresses did not have pockets so they needed to carry small handbags called indispensable. Everyday shoes were usually a leather lace up boot. Men wore a long sleeve white shirt with a tie at the neck. The short breeches (pants) came to the knee. The breeches were usually tied at the knee with a leather tie. They wore stockings up to breeches tie and shoes or boots that reached the knee.

What chores did the children have to complete? Everyone had to help around the house even the little ones. At the age of 12 a girl needed to know how to cook, bake, weave wool, preserve food, make butter and cheese, sew linen for clothing, grow herbs and tend the flower garden. At the age of 12, a boy will need to know how to plow, plant, hoe and harvest the crops. He could also hunt, cut firewood, and make small things out of wood. At five years old, all children would help feed the animals, gather eggs, pick berries, sweep the floors, clean-up after meals and make their bed. Although they needed to help with chores, children still found time to swim, fish, ice skate, sled and other playful games.

Helen Keller's Timeline

1880 - Helen Adams Keller was born on June 27th in Tuscumbia, Alabama. The daughter of Captain Arthur and Kate Adams Keller.

1882 - When Helen was nineteen months old, she fell ill. To this day the nature of her ailment remains a mystery. The doctors of the time called it "brain fever", it may have been scarlet fever or meningitis.

1886 - The following few years proved very hard for Helen and her family. Helen became a very difficult child, smashing dishes and lamps and terrorizing the whole household with her screaming and temper tantrums.

1887 - In February, Alexander Graham Bell suggested that the Keller's write to the Perkins Institution to find a teacher for Helen. It was recommended that a former student named Anne Sullivan teach her.

1887- In early March, Anne arrived at Helen's house for the first time. Anne immediately started teaching Helen to finger spell, spelling out the word "Doll" to signify a present she had brought with her for Helen. Helen could repeat these finger movements but she could not understand what they meant.

Anne and Helen moved into a small cottage off from the plantation to try and get Helen to improve her behavior, especially her table manners. She had been eating with her hands from the plates of everyone at the table. The more Anne attempted to improve Helen's table manners and make her brush her own hair, the more the temper tantrums came.

Over the coming weeks, Helen's behavior begin to improve and a bond grew between them. After a month of Anne's teaching, a "miracle" occurred. Anne pumped the water over Helen's hand and spelled out water in her other hand. Something clicked and suddenly Helen understood what Anne was saying. Helen ran around touching things and Anne continued to spell them for her, she learned several words that day.

Thereafter, she taught Helen to read and write. First they used raised letters, soon they progressed to Braille and typewriters.

1890 - Helen was living at the Perkins Institute. Anne was beginning to teach Helen to speak.

1900-1904 Helen entered Radcliffe College, becoming the first deaf and blind person to ever enroll at an institution of higher learning.

1903 - Publishes her first book, *The Story of My Life*.

1904-Helen graduated from Radcliffe College with a Bachelor of Arts degree.

1915 - Helen Keller International (HKI) is begun, targeting services to the blind and blindness prevention in developing countries.

1919 - Stars in the film "Deliverance."

1919-1924 Lectures and tours in the United States. World fame increases.

1932 - Braille is accepted as the world's standard alphabet for the blind, thanks largely to Helen's eloquent pleas for standardization.

1938 - Helen Keller's *Journal* was published.

1946-1957 - Visits 35 countries on five continents on behalf of the handicapped, causing governments to begin schools for the blind and deaf.

1952 - Helen Keller is awarded the GOLD MEDAL of the National Institute of Social Sciences given annually to a distinguished individual who has been of outstanding service to humanity.

1955 - Wins an Oscar for *Helen Keller in Her Story*, a documentary movie of her life.

1955 - Helen Keller was the first woman to receive an honorary degree from Harvard University.

1961 - Helen suffers a stroke and retires from public life. Nevertheless, she remains vibrant and interested in world affairs.

1964 - Awarded the Presidential Medal of Freedom by President Lyndon Johnson. This is the highest civilian honor bestowed by the United States of America.

1968- Helen Keller passes away.

Patchwork Designs, Inc.

ORDER FORM

Please complete this form and mail or fax it to:

Patchwork Designs, Inc.

8421 Churchside Drive
Gainesville, VA 20155

(703) 743-9948 PHONE

(703) 743-9942 FAX

You can add any additional items to this form that you may need for your event or group.

Name _____

Address _____

City _____ State _____ Zip _____

Phone () _____ Referred By: _____

Email Address: _____

Discover/MasterCard/Visa# _____ - _____ - _____ or Check # _____

Expiration Date: _____ Have you ordered before? _____

Item #	Description	Quantity	Unit Price	Total Price
Alabama	Alabama Patch		\$1.75	\$
				\$
				\$
				\$
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SUBTOTAL				\$
Regular Shipping & Handling (view chart)				\$
Special Shipping (next day, priority mail etc)				\$
TOTAL ENCLOSED				\$



Patch and Program Created

By:

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