

# VIRGINIA

## 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 'Virginia 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 '**Virginia 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.  
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Gainesville, VA 20155

#### Credit Card

Telephone your MasterCard, Discover, 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.

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# Historically Speaking Virginia Requirements

Complete 3 requirements to earn the patch

1. Virginia was one of the thirteen original colonies. Which number was it? Who was the state named for? What is its nickname? Locate Virginia on a map of the USA. Identify the state bird, flower, and flag.
2. Learn more about a historical site in Virginia. Find out why it is important. Where is it located? If possible, visit this historic site. Some examples are Crystal Caverns, Monticello, Mount Vernon, or Wytheville Museums. Visit the website, [www.timetravelers.org](http://www.timetravelers.org) for a list of historical sites to visit.
3. Learn more about native Virginian plants, trees or animals. Take a hike or walk and look for these items in your area or learn about them through books or our kit.
4. Learn more about Virginia Native Americans. What type of foods did they eat? What type of dwellings did they live in? What type of clothing did they wear? For extra, complete one of the following projects. Learn a song or dance from Virginia Native Americans or complete a painting /art project or prepare and complete a skit or conduct a play or make paper dolls decorated in native clothing.
5. Learn about the 18th century colonial era in Virginia. What type of dishes did they prepare? What type of clothing did they wear? What games did they play as children? Learn a 18th century game or complete a drawing/art project representing this era or prepare a skit or conduct a play or make paper dolls in colonial clothing.
6. Keep a journal or scrapbook of Virginia. Share your book with others. (A journal to complete is included in Virginia kit)
7. Complete at least one service project helping others in diverse communities, or preserving our historical sites or volunteering your services to others. Here are a few examples: Food and/or clothing drive, Adopt a family or Angel Tree, landscaping historical sites, delivering cards or gift baskets to the elderly or disabled children. Give back to your community.
8. Research one of the following crafts: Beading, jewelry making, ceramics, sewing, quilting, embroidery, cross stitching, pottery, basket making, or loom weaving. Locate someone skilled in one of the crafts and ask them to share their skills with you or teach yourself one of these skills.
9. Virginia has many wonderful foods. Collect local recipes, prepare one and share it with others, such as Macaroni and cheese, Brunswick stew, smoked ham, apple butter, biscuits, homemade jam, and cobblers.
10. Learn about someone from Virginia that played important role in the history of the state. Why were they important? What did they accomplish? Some examples are: George Washington, Cyrus Hall McCormick, and James Monroe.
11. There have been three capitals in Virginia. Name them and locate them on a map of Virginia.
12. Virginia's official name is "The Commonwealth of Virginia". What does the term "Commonwealth" mean? How many other states have this title?
13. Find out how technology is different today from years ago. Such as: How are shoes and clothes made today compared to the 18th century? How are stores and transportation different today?

**VIRGINIA****DETAILED OUTLINE OF KIT**

Not all of the requirements in the patch program are covered in this kit. Selected requirements are included and you may choose the ones you wish to complete.

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

**PARTICIPANTS ONLY NEED TO COMPLETE 3 REQUIREMENTS TO EARN THIS PATCH BUT MAY COMPLETE MORE FOR FUN.**

\*Page 4- Front cover of Virginia Journal (requirement # 6)

\*Page 5- Map of the United States and state flag. This is also an information sheet for their journal. This page should give specific instructions on what to do. (requirement #1)

\*Page 6 - An outline of the state, the State Bird, flower and insect are on this page. (requirement # 1, #11 and #12 )

\*Page 7- Native trees of Virginia worksheet and/or Native animals of Virginia worksheet. Have the participants color the items and complete as instructed. (requirement # 3)

\*Page 8– Match the animal to their footprints. (requirement # 3)

\*Page 9- Colonial paper doll\*\* Colonial game: Talk briefly about the colonial era time. Ask questions and then explain the game to the participants. You will need beads, buttons or beans for markers. (requirement # 5)

\*Pages 10 –11 Native American paper doll or Pictograph activity. Talk briefly about the Native American era. (requirement # 4)

\*Page-12 Recipes. Yourself or the participants can prepare the recipe or they can keep it in their journal for future use. (requirement # 9)

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

Pages-13-14 Information about Native Americans and Colonial time period.

Page 15 -Game “Nine Men’s Morris” (requirement #5)

Page 16 -Answers to the matching animal game.

Included in the kit are items to complete the following requirements #1, #3, #4, #5, #6, #9, #11, #12 and #15.



Name: \_\_\_\_\_

# MY VIRGINIA JOURNAL

Virginia was the First colony that joined the union. Virginia was named by Sir Walter Raleigh in honor of the Queen Elizabeth I, who was called the “virgin queen”. **Find Virginia on the USA map and color it green.**



**Virginia Flag**



The **deep blue background** contains the seal of Virginia with the Latin motto " Sic Semper Tyrannis" - "Thus Always to Tyrants". Adopted in 1776.

The flowers along the edge are **red**. The seal edge and background is white. The two figures are acting out the meaning of the motto. Both are dressed as warriors. The person standing, wearing a **light blue outfit**, named Virtue, represents Virginia. The person on the ground is wearing a **purple outfit** is holding a scourge and chain stating that he is a tyrant. His **yellow** fallen crown is nearby.

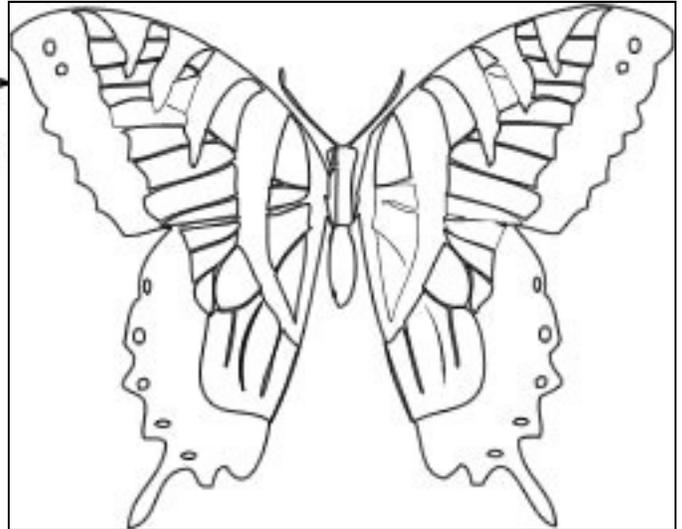
# State Outline and Symbols

## State Bird- Cardinal

Color the bird red and the beak yellow.

## State Flower- Dogwood

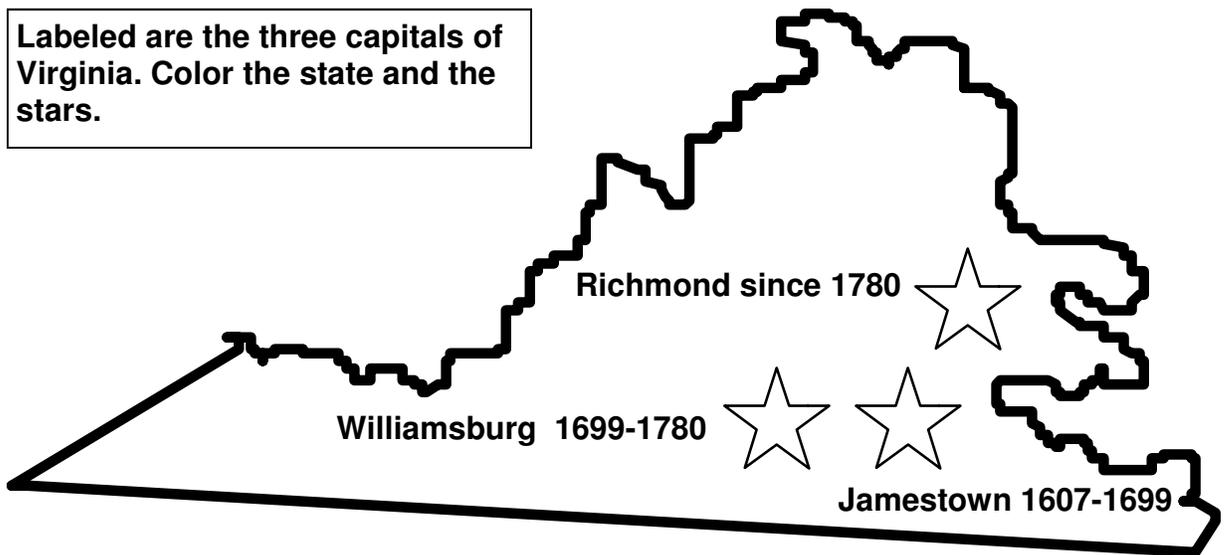
Color the leaves green and center of the flower yellow. The petals are white.



## State Insect- Swallowtail Butterfly

Color the stripes and edge of the wings black. Color the remainder of the butterfly yellow.

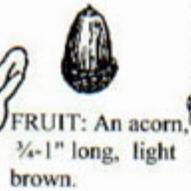
Labeled are the three capitals of Virginia. Color the state and the stars.



“Commonwealth” means founded on law and united by the people for the common good. Using this definition all the states should use this title in their official name. Though only four states have taken this name Virginia, Kentucky, Massachusetts

**Native Trees of Virginia** [Color where indicated.]

About 6" long, and 4" wide, with 6-10 rounded lobes; bright green



BARK: Pale grey.

**White Oak**

White oak wood was used for hardwood flooring, barrels and boat building.

FRUIT: Dark red to black, about 1/2" in diameter.



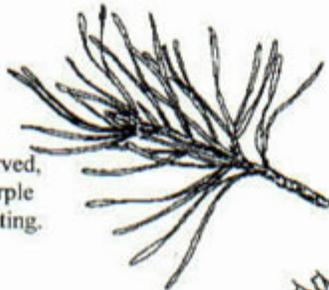
TWIGS: light brown with yellow points.

LEAVES: 2"-4" long, Bright green.

**Choke Cherry**

Found in a variety of open habitats, thickets, roadsides and upland woods throughout the Commonwealth Virginia.

TWIGS: Slender, curved, flexible, brown to purple with bluish white coating.



FRUIT: Cone 2"-3" long, prickles small but sharp and brown.

**Virginia Pine**



LEAVES: Evergreen needles in clusters of 2, twisted.



Leaves are light green in Spring. Brilliant red or orange in autumn.



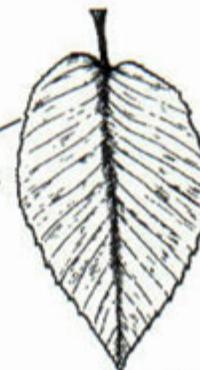
**Red Maple**

TWIGS: Green or red.



SEEDS: Also called wings, red or brown.

LEAVES: about 3 1/2" long, yellow-green.



They have a strong wintergreen flavor and smell.



SEEDS 1 1/2" long.

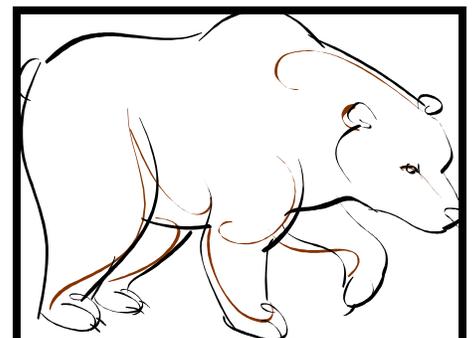
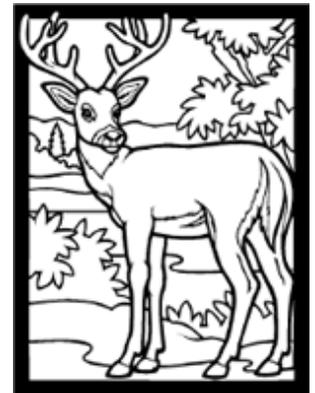
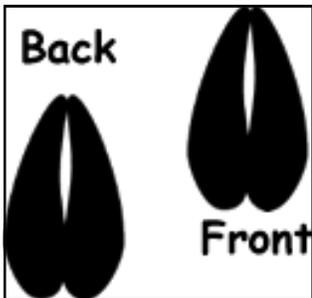
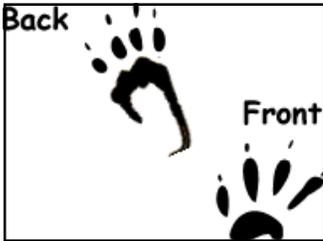
The twigs and seeds are reddish-brown

**Sweet Birch**

Reaches the height of about 60 feet. This heavy, hard, strong wood is used for furniture, boxes, and fuelwood.

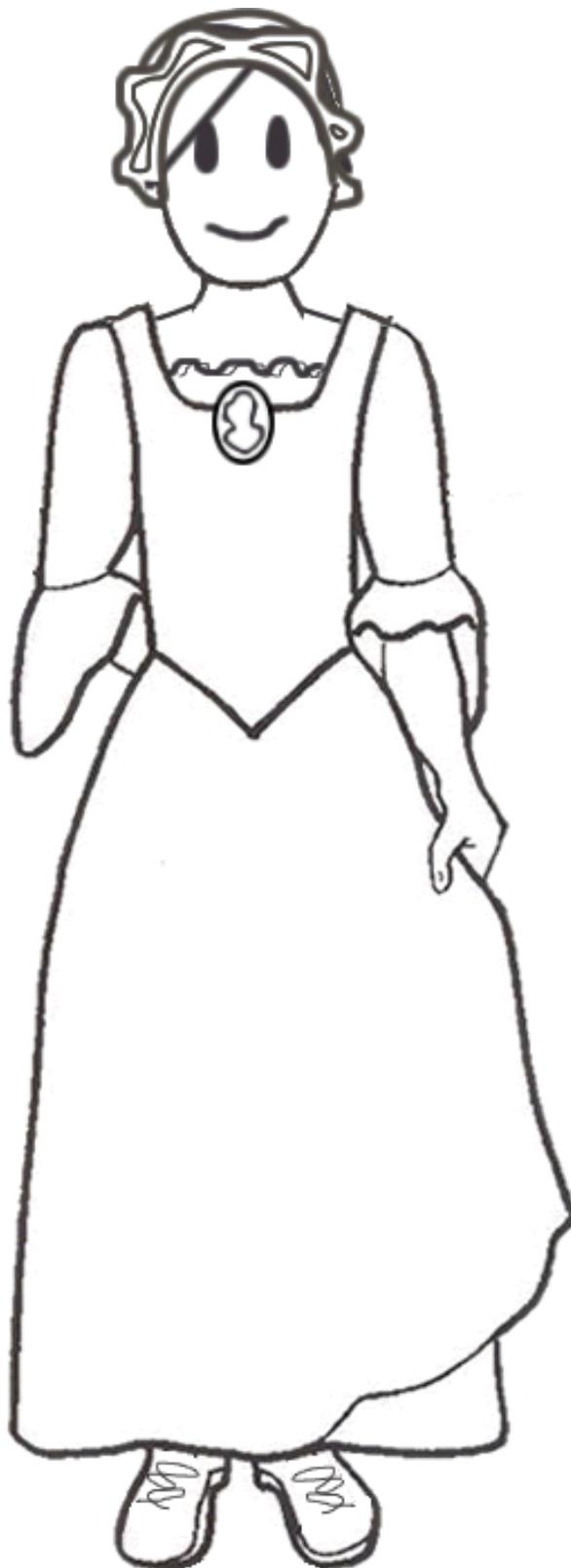
This tree typically reaching 50 feet high. Also known as Soft maple because its wood is not as hard.

# Match the animal to the footprint.



## VIRGINIA

Pictured below are **colonists from the 1700's**. Colonists are early settlers of the first 13 colonies in America. The woman is wearing a mop hat, a cotton dress trimmed with ruffles on the sleeve, it has a small lace inset complimented with a brooch at the neckline. To complete her outfit she is wearing a laced up boot. A man's daily clothing consisted of a vest, shirt, and breeches. The vest and breeches were often made of matching material. The hat he wears is folded up and sometimes resembles a triangle. Men's shoes were and low-heeled leather black shoes with a buckle.



Pictured below are **Native Americans from the 1500's**. They are both wearing moccasins made from deer skin and feathers in their hair for decorations. Nearly everything they wore was made of leather, buffalo skin, softened and tanned. She is wearing a leather dress trimmed with fringes. To complete her outfit she is wearing bracelets and a necklace. He is wearing a leather shirt and leather pants with fringes. To keep warm in the winter he wears a fur type coat that drapes over his shoulders to keep him warm.



The first residents of the United States of America were the Native Americans. Each tribe had their own unique culture and style of living. Draw some symbols in the below box.



summer



teepee



leaving



flood



chief



hill



cross the mountains



feast



hunt



deer



dance



rain



camp under the stars



forest



horse tracks



bear



hiking



coming together in friendship



swim in canoe



council



bird



beaver



friends



lake



award



4 days



fish



rabbit



pow pow



eagle



catch



meet



war



crow



hungry



buffalo

Empty rectangular box for drawing symbols.

## Recipes

### **Brunswick Stew**

1 Chicken, 4 lbs  
1 teaspoon Salt  
1/2 teaspoon pepper  
1/2 teaspoon thyme  
1 bay leaf  
1/8 teaspoon Cayenne  
2 medium chopped onions  
4 cups Chicken broth  
1 can peeled, drained and chopped can of whole tomatoes (28oz)  
1 small bell pepper  
2 cups lima beans or 1 package (10oz) frozen  
2 cups Corn, fresh or frozen  
1 cup of red potatoes, peeled and chopped

Place chicken and salt in a large pot; add enough water to cover the chicken. Bring to a boil; cover, reduce heat, and simmer 2 to 2 1/2 hours or until done. Drain, reserving broth. Remove and chicken from the bone, chop it up. Add thyme, salt, pepper, cayenne and bay leaf. Set chicken aside in a covered bowl.

Place 4 cups of broth to large pot; bring to a boil. Reduce heat to a simmer Add potato, and simmer 10 minutes. Add tomatoes, green pepper, lima beans, and onion, and simmer an additional 20 minutes. Stir in reserved chicken, corn, and remaining ingredients, and simmer an additional 10 to 15 minutes or until vegetables are tender. Remove bayleaf and season with additional salt and pepper before serving.

### **Johnny Cakes (makes 12 cakes)**

1 cup of water  
2 tablespoons of butter  
1 cup of yellow cornmeal  
1/2 teaspoon salt  
1/2 teaspoon sugar  
1/2 cup of milk  
Butter to grease skillet  
Apple butter or syrup

Heat the water and butter until it boils. While the water and butter are boiling, place all the dry ingredients in the mixing bowl. Pour the boiling water in the mixing bowl. Add the milk to the batter and mix well. Grease the skillet with butter. Drop 6 spoonfuls of batter into the skillet. Let the cakes cook about 5 minutes, until they are golden brown. Turn over the cakes. Let other side cook another 5 min. After all the Johnny cakes are cooked. Serve them with apple butter or syrup.

## Native Americans

**What type of foods did they eat?** They survived from their crops and the animals in the wilderness. They were experienced hunters, especially with the bow and arrows. They ate fish; venison (deer); rabbit, wild turkey, and buffalo. They traded the skins or used them for clothing and blankets. During the summer months they would move near the coast to plant their corn and other crops. They were very skillful farmers and learned to use ashes from burned trees as fertilizer for their crops. Some foods that were grown and eaten were Succotash (corn and beans), pumpkin, berries, sweet potatoes, tomatoes, apples, onions, corn, and squash. They were educated with the knowledge of which berries and nuts to pick for safe eating. They knew where the deer and other animals gathered for water, for easy hunting for meals. They also knew how to store food for the hard winter months. The first Thanksgiving was celebrated in 1621. It was not annually celebrated until 1863, When Abraham Lincoln declared it a national holiday. The meal included turkey, venison, fish, cornbread, squash, and pumpkin pudding, made with honey. They didn't eat cakes, puddings or other items made with sugar. Sugar was brought to America by the English settlers.

**What type of dwellings did they live in?** A typical Native American home in the Virginia area was a “wick up”. It was a dome shaped built with twigs, branches, dirt and animal skins. It was about seven foot high and fifteen feet in diameter. There was a hole in the center of the wick up so the smoke from the fireplace could escape. Tepees were also used, as a portable house . They typically ten feet tall and used while the individual was traveling from place to place hunting etc. The flooring in the houses were typically made from animal skins to cushion them from the hard ground.

**What type of clothing did they wear?** Moccasins, headbands, leggings, wrap around skirt, Tunics or dresses were the most common items of clothing for Native Americans. Woven sandals, moccasins and boots are the typical **footwear** for Native Americans. Moccasins were usually made from the hides of deer, moose, elk or buffalo. Geometric shaped bead patterns often decorated the edging or top of the shoe. Moccasins worn for marriages were completely covered in beads. The **leggings** were often lined with cotton fabrics, always edged with a blanket type stitch and beadwork. The leggings were most commonly worn in the colder weather. Leggings, shirts and **dresses** were originally made from deerskin, but after European contact they were sometimes made of wool or other cloth. A women’s shirt or dress had a “V” neckline with fringes on the bottom and sleeve edgings. A cowries shell or plain leather tie **belt** was used to tie the dress or long tunic at the waist.

### Dance and Song

Throughout Native Americans history they have used song and dances to teach life skills and to tell stories. Many songs and dances also celebrate the events of their everyday life. They also remind them to respect one another and the things of nature. These songs and dances praise what is important in the hearts of Native Americans and their culture. The earliest dances were known to be performed with a drum by a Powhatan tribe of Virginia in 1612. The drums were made of deep wooden platters covered with animal skin. On the edges of the drum were attached walnuts, which were hung by a cord. In addition to the drum, the other musical instrument was the rattle. The songs were short and the dances were long with spins and circular walks around a fire.

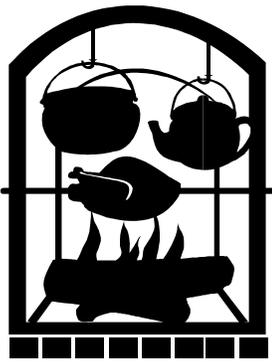
### MORE FUN THINGS TO DO:

Painting your face and shoulders was a dress-up activity for men and women. Face paints were made by combining bear grease with certain roots. Natives painted each other, since there were no mirrors to use. Use watercolors or “safe” face paint to paint each other. Do not paint near the eyes! Different colors of paint had different meanings. Blue for happiness, red for success, white for peace, and black for death.



## Colonials

**What type of dishes did they prepare?** 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 the meat in the fall to preserve it for eating throughout the winter. Other ways of preserving food for the winter was; making apples into apple butter, dried corn, fruit jam or dried fruit.

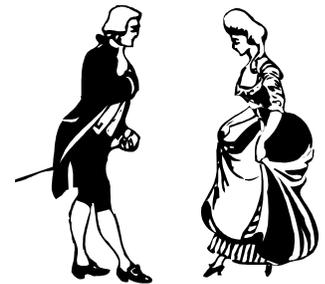


**How were they prepared?** The women cooked in the kitchen on an open fire. There was a large black heavy pot that most of the meals were cooked in. They had to cook all day. As soon as Breakfast was completed and served, they needed to clean up the kitchen and start simmering the lunch food. In the meantime, they needed to be boiling the berries for raspberry jam or the apples to make apple butter. The children helped gather the food from the garden, milk the cows, help prepare some of the meals and wash the dishes. After the meat was butchered the women rolled it in coarse sea salt. The salt dried it out and kept it from rotting in the winter. They then stored it in a smokehouse for the winter. Herbs were hung over the fireplace in the kitchen for drying to use in meals later.

**What type of clothing did they where?** Women wore dresses only. Most dresses had stomachers this removable triangle of fabric was changed for another color to give the gown a new look. They also tied “pocket hoops” around their hips to make their skirts look fuller.

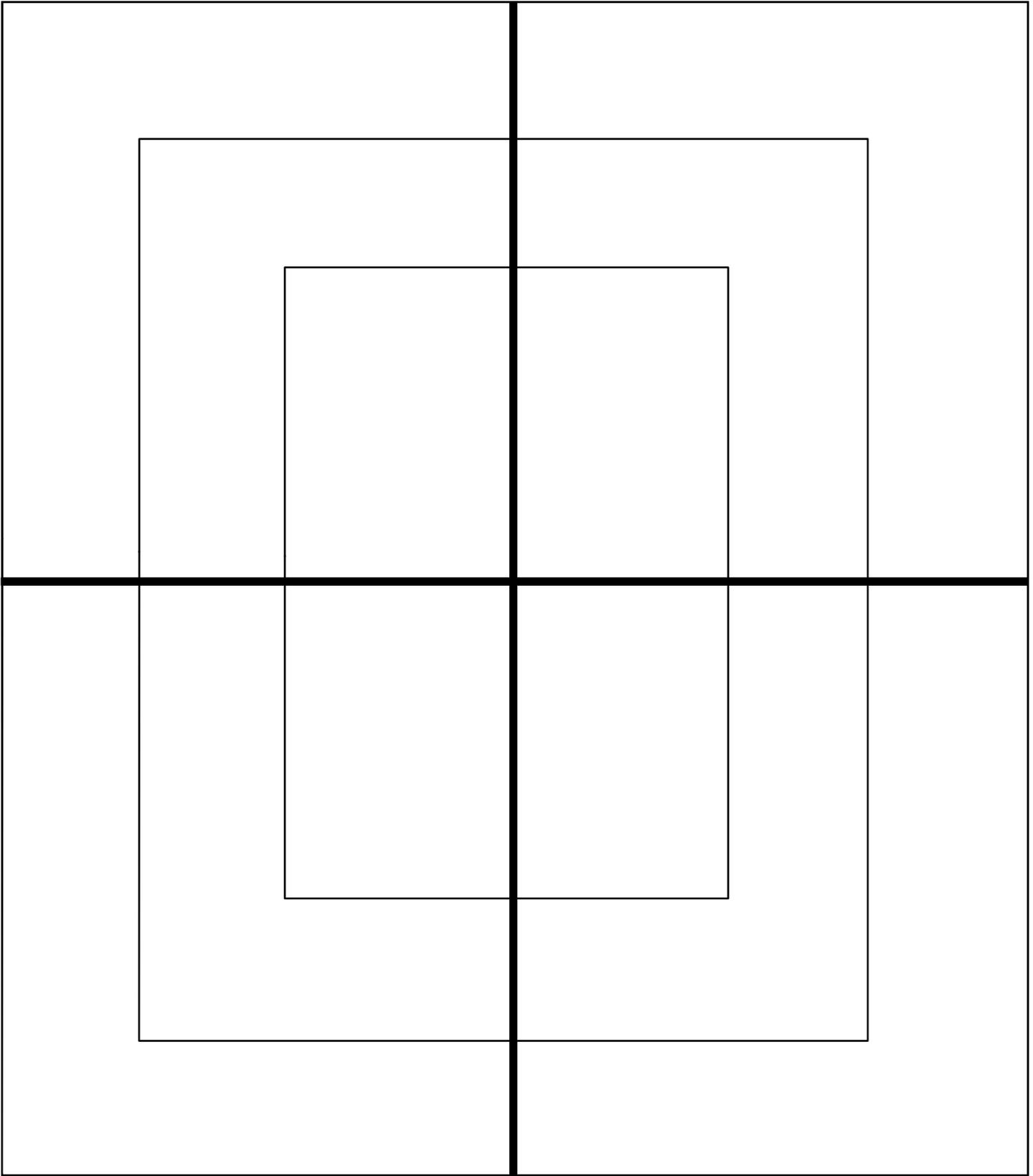
They wore a corset that laced up the back tightly to make them look like they had very slender waists. Colonial women and girls always kept their heads covered at all times. They wore either a straw hat that tied at the neck or a white mop hat that covered the top of their head. Dresses did not have pockets therefore they

needed to carry small handbags called indispensable. For special occasions they would wear silk slippers that were very uncomfortable to walk any long distance. Everyday shoes were usually a leather lace up boot. Men wore long coats with tails in the back and short breeches (pants) to the knee. The breeches were usually tied at the knee with a leather tie. They wore stockings up to breeches tie. The shoes were leather made to fit by the shoemaker in town with a gold buckle on top. They wore a white shirt with a tie at the neck and a vest to contrast with the jacket. Some men wore wigs or powdered hair with a black ribbon tied at the base of his neck. **Weddings:** If a women wore a yellow dress with little blue flowers for her wedding, she was stating that she would be loyal to her husband. By the early 1800's, a white wedding gown replaced the yellow gown, to symbolize purity and goodness. Heart shaped wedding cookies were stacked high for the cake. Instead of tossing a bouquet of flowers they tossed a rolled up stocking. The ladies rarely wore wedding bands if they did, they wore it on their thumb or any finger they chose.



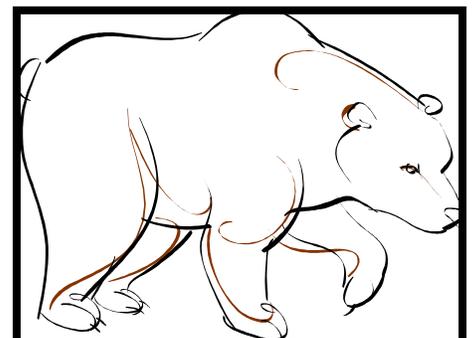
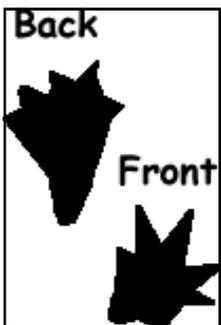
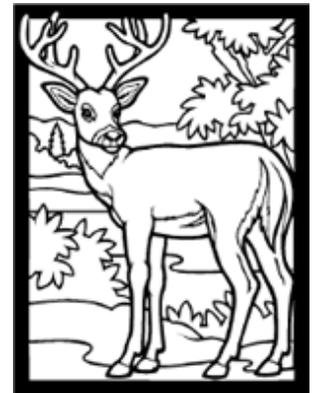
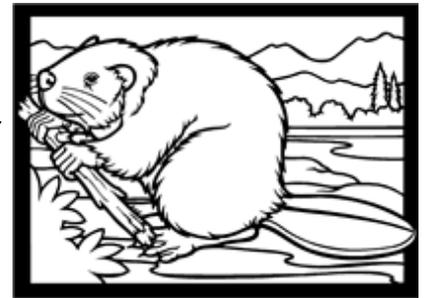
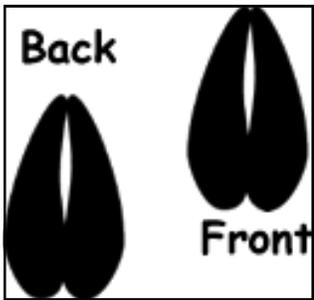
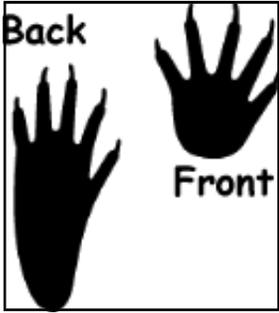
**What games did they play as children?** All of the games the children enjoyed in the colonial days were homemade. Some of the games we play today they played then such as; hide and seek, Hopscotch (scotch hopping), ring around the rosie, Blindman's Bluff, cards, dominoes, dice, checkers (checks) and chess. Other games included: Hoop and Stick; where you take a large wooden (hula hoop) size hoop and run after it with a wooden stick hitting the top of the hoop and keeping it rolling. Graces; a small hoop, with ribbons tied around the edges and four (drumsticks) wooden sticks. Using a team of two people one person crosses their sticks and lets the hoop fly over their opponent, they then try to catch it. Bilboquet is a cup and ball game. The ball is on a string and the player tries to catch the ball in the cup by using a swinging motion.

Nine Men's Morris



Give each participant NINE game pieces. You can use beans, buttons, or beads. Take turns placing the pieces on the board where the lines meet. When a player gets three pieces in a vertical line or horizontal line, they remove one of the opponents pieces. When all the pieces are played, continue playing by sliding pieces from side to side along the lines. A player wins when her opponent has only two pieces left. **GLUE THIS ON TH BACK OF YOUR BOOK, SO YOU PLAY IT OVER AND OVER.**

# Match the animal to the footprint. [ANSWERS]



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Phone (     ) \_\_\_\_\_ Referred By: \_\_\_\_\_

Email Address: \_\_\_\_\_

Discover/MasterCard/Visa# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ or Check # \_\_\_\_\_

Item #	Description	Quantity	Unit Price	Total Price
Virginia	Virginia Patch		\$1.75	\$
				\$
				\$
				\$
				\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
SUBTOTAL				\$
Regular Shipping & Handling ( <a href="#">view chart</a> )				\$
Special Shipping (next day, priority mail etc)				\$
TOTAL ENCLOSED				\$



Patch and Program Created

By:

Cheryle Oandasan

8421 Churchside Drive  
 Gainesville, VA 20155  
 Phone: 703-743-9948  
 Fax: 703-743-9942  
 E-mail:

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21-23	\$24.00
Over 24	Contact us for pricing

Kits and manuals range from 30 to 62 pages in length (except the Patch Program Book, that is over 100). Therefore if you are ordering more than 2 kits or manuals, please use the above shipping chart. Patches, bracelet kits, and stamps can be added to any order falling within that price range. Otherwise, use the highest shipping amount on the chart according to the items ordered.