

WEST 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 'West 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.

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rect violation of copyright laws.

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



ORDERING AND CONTACT INFORMATION

Written By:

Cheryle Oandasan

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After completing the 'West 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.
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
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Historically Speaking West Virginia Requirements

Complete 3 requirements to earn the patch

1. Locate West Virginia on a map of the USA. Identify the capital, state flag, bird, flower, and animal? What year did West Virginia become a state? Who declared it the 35th state and how?



2. West Virginia has 17 intact 19th century covered bridges, including the first suspension bridge in the world, as well as the world's longest steel arch bridge. Find out more about one of these bridges. Where they are located and how were they constructed? Visit one of the bridges or create an art project or drawing involving one of the bridges you studied.



3. Learn about famous people from West Virginia. Why were they important and where did they live. Some examples are Booker T. Washington, John C. Norman, Pearl S. Buck, Belle Boyd or Thomas "Stonewall" Jackson.

4. More than 500 factories have manufactured glass in West Virginia. Some are hand blown, others are created by using molds. Find out more about how glass is made and shaped. You can visit a museum, factory, or website or studio. For extra credit: Create a stained glass object. <http://www.callwva.com/glassfac/glassfac.cfm>



5. The first free school for African Americans in the South opened in Parkersburg in 1862. Research more about the African American heritage in West Virginia, such as who the first woman who became a member of the House of Delegates.

6. In 1824, at Harper's Ferry, John S. Gallaher published the "Ladies Garland," one of the first papers in the nation devoted to the interests of women. Pretend you are in the 1800's. Write an article about something that happened in that time. Be creative and use your imagination. Don't forget they had simple games and no electricity. Have a news party and take turns reading your articles.

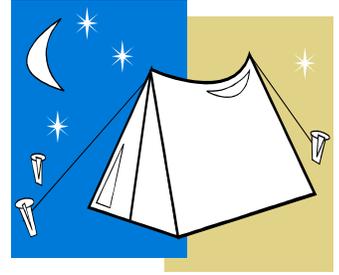
7. The Golden Delicious apple originated in Clay County. Experience some of West Virginia's traditional recipes, such as apple turnovers, apple butter, home-made biscuits with gravy, greens, ramps, wilted lettuce, grits, custard, and peach cobbler.



8. Take time to savor the rich cultural mix that makes the Mountain State the special place it is. Take pride in your own state's heritage and learn about the different cultures. Attend a festival, county fair, West Virginia State Fair, or any similar traditional event in your area.

9. West Virginia's Native Americans consisted of twelve main tribes. Discover the name of one the tribes. What type of clothing did they wear? Where did they live? What did they eat? Share your knowledge with others by completing one of the following. An art project; such as paper dolls, necklace etc; a skit; Pow Wow; play a native game; tell an interactive folklore story; taste Native American food OR design a dance.

10. "Almost Heaven West Virginia". Its land is consisted of a lot of "Wild" and "Wonderful" adventures to enjoy; from the Appalachian Mountains to the clean clear lakes. Fresh air can be enjoyed throughout the year. Make sure you have the proper training and equipment before you begin. Some adventures include: Skiing, tubing, hiking, fishing, boating, camping, white water rafting, caving, horseback riding, or chose one of your own.



11. Learn more about the colonial era in West Virginia. What foods they ate, how they were prepared, what kind of clothing and shoes did they wear, what chores did children have to complete and what was their transportation? Make paper dolls dressed in colonial clothing, or conduct a skit or play about the colonial era, or make or play a colonial game or draw a colonial picture.

12. Locate a historical site or park in your area of West Virginia. Explore the area and learn at least 3 things. Some examples are: West Virginia Independence Hall, Jenkins Plantation, Harper's Ferry or the George Washington Heritage Trail.

13. Anna M. Jarvis, founder of Mother's Day, was in born Grafton, West Virginia. What was the first custom to symbolize this holiday? What was the date it received national recognition? What day do we celebrate it now? Make a wonderful card for your mother or a special woman in your life.

14. West Virginians uphold a long tradition of making beautiful things with their hands. Research one of the following crafts: Pottery, painting, weaving, woodworking, candle making, quilting, sewing or embroidery. Create an item from what you learned.

Bibliography:

<https://www.english.upenn.edu/Projects/Buck/biography.html>

<http://www.biography.com/people/pearl-s-buck-9230389#personal-life>

DETAILED OUTLINE OF KIT

*Page 5- Front cover of West Virginia journal

*Page 6- - Map of the United States, participants should color the state they are studying blue, in this case it is West Virginia. The flag of West Virginia is located on this page. This page should give specific instructions on what to do. REQUIREMENT #1

*Page 7 - Picture of the state bird, insect, animal and flower are on this page. Coloring instructions are listed. REQUIREMENT # 1

*Page 8- A covered bridge located in Indian Creek, West Virginia is located on this page. It gives a brief description of the bridge. This page can be colored. REQUIREMENT # 2

*Page 9- Recipes from West Virginia. Learn how to churn your own butter using a canning jar with a lid, or create something to share with all the participants or enclose them in the book for future use. REQUIREMENT #7

*Page 10- Colonial picture for coloring. Each item on the page gives a description of chores or uses of the items in the colonial times. As they color the picture talk to them about Colonial days. REQUIREMENT # 11

*Page 11- A Mother's Day card**. This card can be used for Mother's day or just to state a simple thank you for you Mother, teacher etc. in your life. REQUIREMENT # 3

*Page 12 - Native American paper doll** or Lakota language from the Sioux. As they color or you can tell them a little information about what they wear etc. You could also ask the questions to the participants, like what do you think they wore etc. Go over some of the Native American language words with the participants. REQUIREMENT # 9

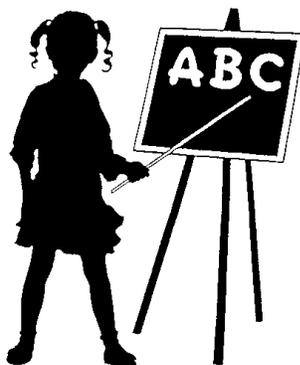
Items to complete that shouldn't be stapled in the journal:**

Card REQUIREMENT # 13

Pearl S. Buck Book Requirement #3

Paper doll REQUIREMENT # 9

Included in the kit are items to complete the following requirements #1, #2, #3, #7, #9, #11, and #13. Choose items for the participants to complete according to their age level or interests.





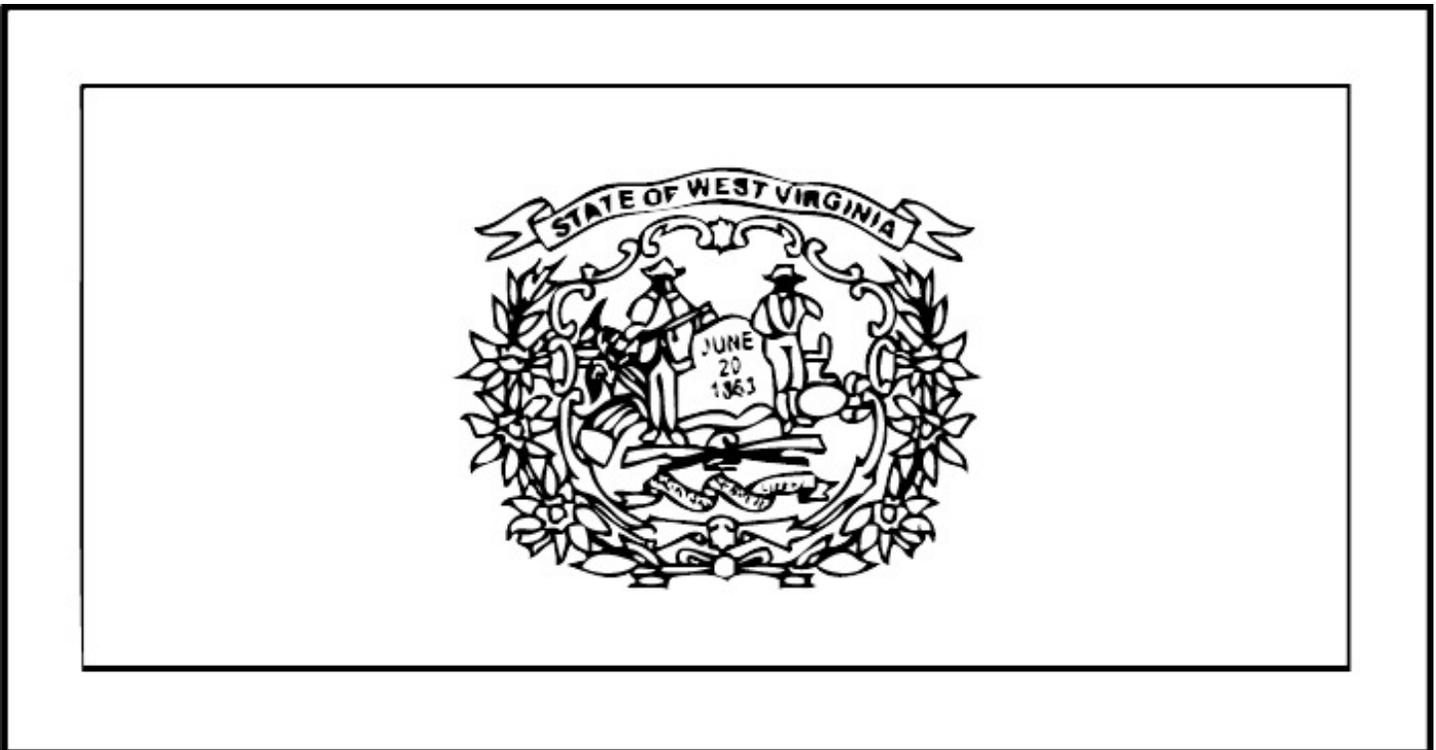
Name: _____

MY WEST VIRGINIA JOURNAL

In 1863, President Abraham Lincoln declared West Virginia the 35th state by a Presidential Proclamation. Color the state blue.



West Virginia Flag

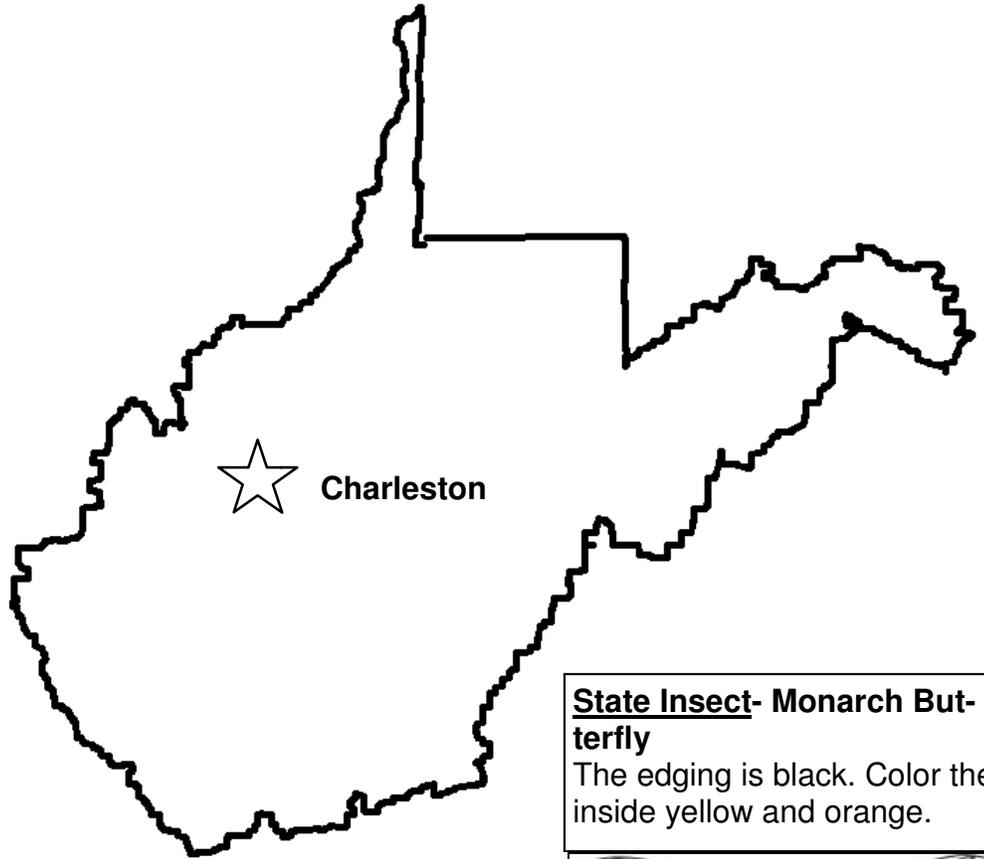
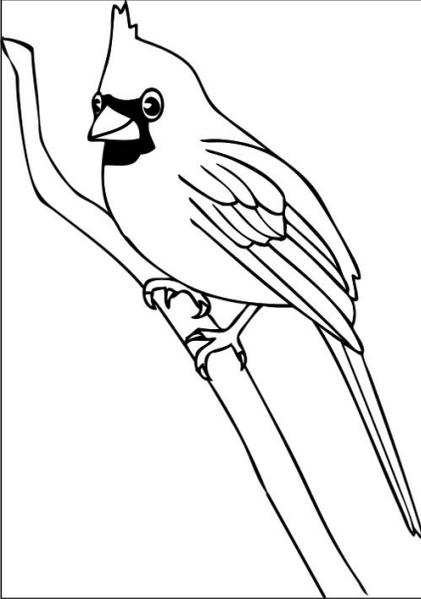


The flag has a blue edge with a white field with the state's seal in the center. On the seal, a soldier leaning against a gray stone (with a rifle), wears **blue** with **tan** pants, and a farmer (with a hoe) wears a **red** shirt **and brown** pants. Two rifles (**brown**), lay in the **green** grass near a sheaf of yellow wheat. Underneath is a **red** ribbon. Above is a sailing ship (**white**).

State Outline and Symbols

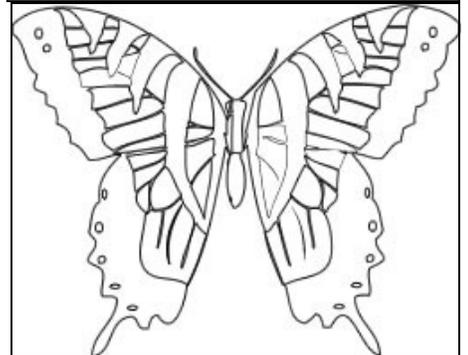
State Bird-Cardinal

Color the bird red.
His beak and feet are yellow



State Insect- Monarch Butterfly

The edging is black. Color the inside yellow and orange.

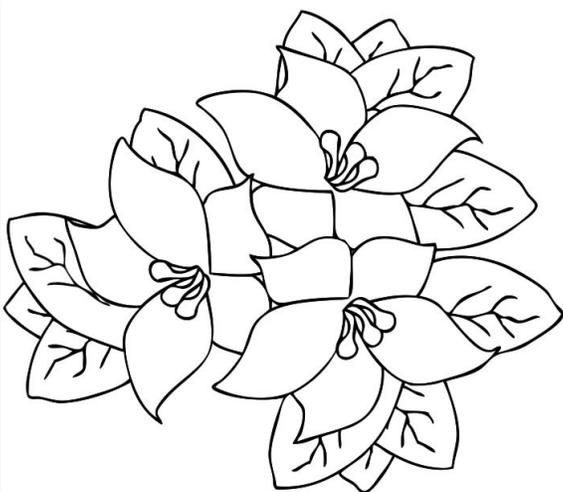


Charleston is the capital of West Virginia.

Color the state and star any color.

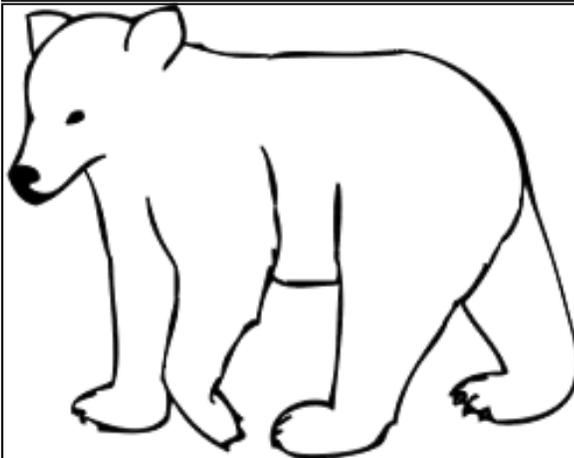
State Flower- Rhododendron

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



State Animal- Black Bear

Color the bear black.



Some say, bridges were first covered so the horses could not see the water and would cross. The most likely reason for covering the bridges was to protect the wood that was used to build the bridge and to keep it from decaying.

In 1903, Ray and Oscar Weikel built a covered bridge when they were only 16 and 18 years old. It cost approximately \$400 to build. This is one of the most photographed covered bridges in West Virginia. The inside has is covered with notes from previous visitors. It is located in Indian Creek, West Virginia.

Color the covered bridge. You can also add people or cars to the picture.



Recipes

Peach Cobbler

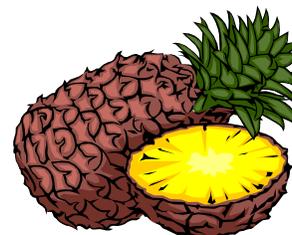
1 cup white sugar
 6- 8 peaches, peeled and sliced
 2 tablespoons of butter, softened
 1 cup of flour, self-rising
 1/2 cup brown sugar
 1 teaspoon of nutmeg
 1 teaspoon of vanilla extract
 1 cup of boiling water



Preheat oven to 350 degrees. In a small bowl combine flour and nutmeg. In a larger bowl cream butter and 1/2 cup of white sugar. Beat in the flour mixture to create a crumbly dry mixture. Grease a 9 inch square pan. Place half of the peaches on the bottom. Sprinkle half of the flour mixture over the peaches. Repeat another layer of each. In a small bowl combine the remainder of white sugar and brown sugar; sprinkle over top. Combine vanilla extract and boiling water in pan. Pour gently over the top of the cobbler, DO NOT MIX. Bake 1 hour. Serve while warm.

Pineapple Upside Down Cake

1/2 cup butter
 2 cups brown sugar
 1 can (1 pound, 14 ounces) sliced pineapple
 candied cherries
 Yellow cake mix in a box (purchase items needed to prepare cake mix)



Preheat oven to 350°F. Melt butter. Place melted butter in 9X13 cake pan, spread evenly. Sprinkle with brown sugar, spreading it evenly. Starting in the center of the pan, place sliced pineapples on the bottom of the pan on top of sugar. Cut the remainder of slices in half. Place them in the pan, covering the complete bottom of the pan. Fill the center spaces of the pineapples with candied cherries. Cover with cake mix batter. Follow the directions on the box for time to cook. After cake has been cooked and cooled, flip it over on a serving tray.

Homemade Butter~ You can churn it yourself

1 heavy jar (canning jar with a lid)
 1 cup of whipping cream
 1 marble (acts as a churn)
 pinch of salt
 butter knife
 pieces of bread (cut in triangles)



Place the marble in the jar. Spoon the whipping cream in the jar and place the lid tightly on the jar. Take turns shaking the jar for 15 to 20 minutes until it becomes hard. Drain the remainder of the liquid off the butter. Add a pinch of salt, stir to taste. Spread your butter on your bread and serve.

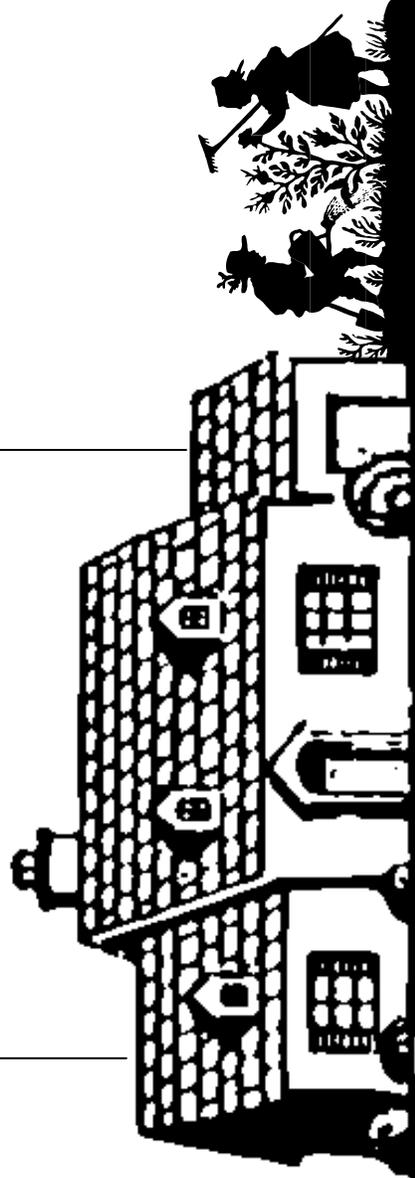
The **Kitchen** was usually kept separate from the house. All the meals were prepared here.

SMOKE HOUSE

In the Spring and summer they smoked and salted their meat to preserve it for the winter meals.

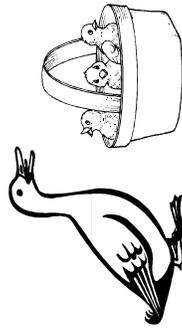
APPLE TREES

Children helped pick apples from the many trees on the plantation. Later they help peel the apples for sweet apple butter.



Colonial Plantation- In the main area of the house consisted of the bedrooms, dining room and sitting room or parlor.

Gardening- All the vegetables they after were grown in their garden. Some examples are corn, cabbage, and pumpkins.



One of the chores the children had were plucking the geese, so they could make soft pillows and comforters.



Chickens gave them fresh eggs for cooking and baking.



They needed cows for making butter, cheese and drinking fresh milk.

Learn how to speak Lakota, the Native American language from the Sioux.

Wanji'—————one

Nu'npa—————two

Ya'mni—————three

To'pa—————four

Za'ptan—————five

Sa'kpe—————six

Sa'kowin—————seven

Saglogan—————eight

Na'pciunka—————nine

Wikcemna—————ten

Isto—————arm

Hu—————leg

Tahu—————neck

Tancan—————body

Na'pa—————hand

Si—————foot

Cuwi—————back

Animals

Mato—————Bear

Muka—————Skunk

Tatanka—————Buffalo

Capa—————Beaver

'Itunkala—————Mouse

Su'nkaw'akan—————Horse

Ptegleska—————cow

Sunkmaitutanka—————wolf



MOTHERS DAY

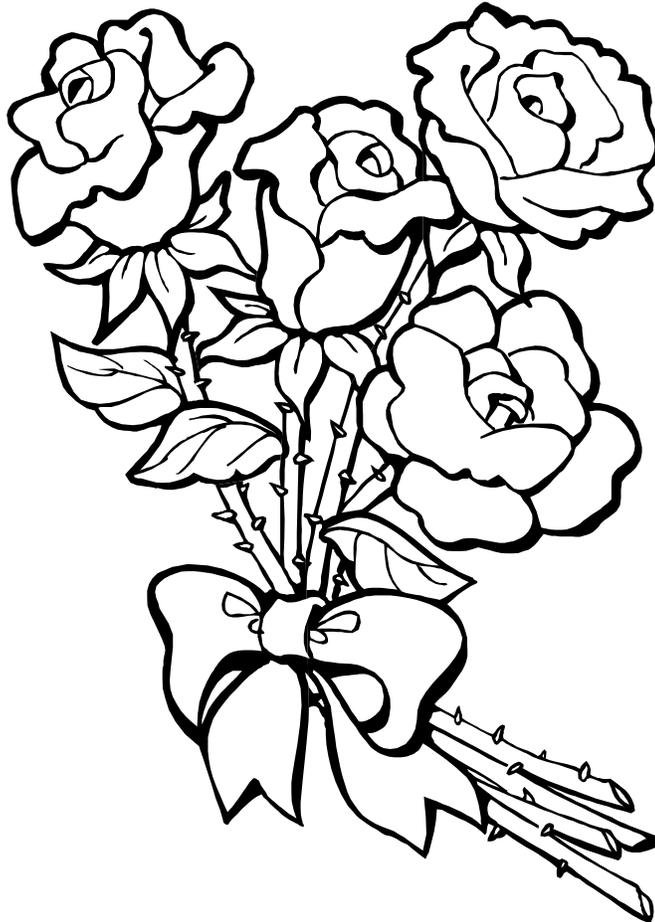
Anna M. Jarvis was the founder of Mother's Day. She was born in Grafton, West Virginia in 1864.

In 1907, Anna began a campaign for a nationwide observance of Mother's Day. She chose the second Sunday in May, and began the custom of wearing a carnation. On May 10, 1908, churches in Grafton and Philadelphia held Mother's Day celebrations.

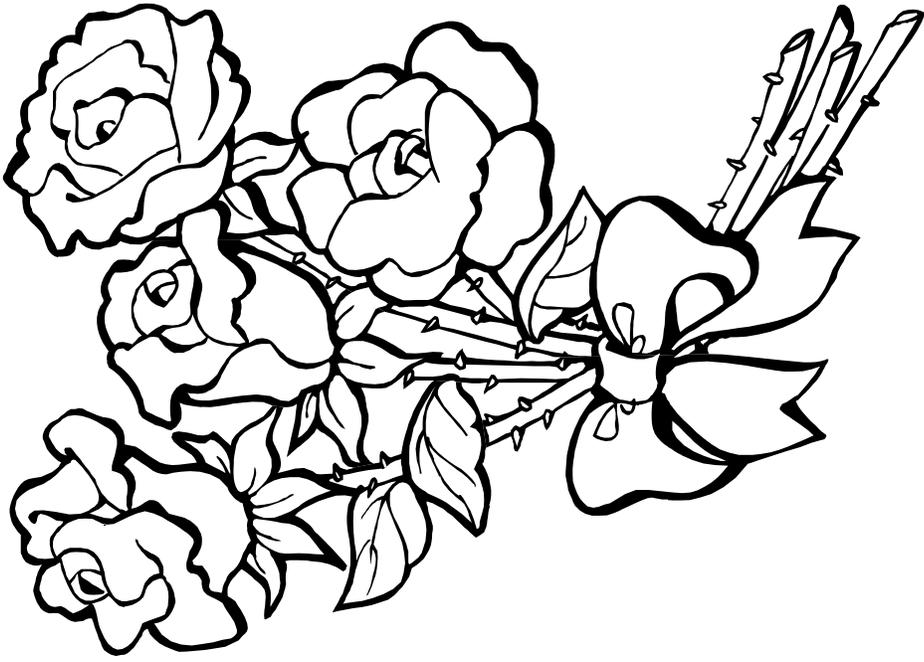
Mother's Day received national recognition on May 9, 1914. On that day, President Woodrow Wilson signed a joint resolution of Congress recommending that Congress and the executive departments of the federal government observe Mother's Day. The next year, President Wilson was authorized to proclaim Mother's Day an annual national observance.

Make a special card for your mother, located on the next page. Even if it is not Mother's Day give her a card and let her know she is special.

Decorate the card on the next page. Fold it in half and give it to a special mother.



Mom You



Are Great

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.





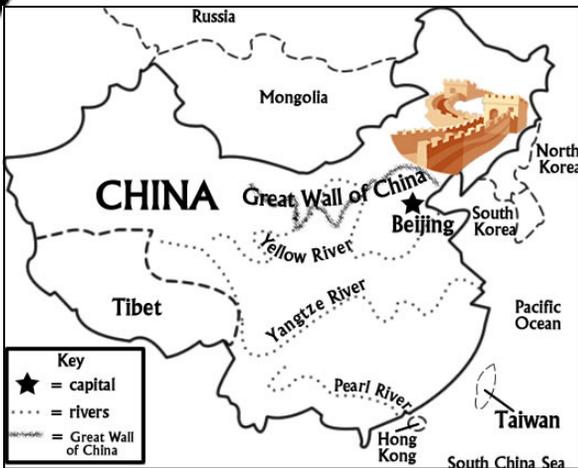
In 1938, she was the first American woman to receive the Nobel Prize in Literature. In 1949, she created the Welcome house an adoption agency for inter-racial children. Over the years she adopted six more children. In 1964, she started the Pearl S. Buck Foundation, which provides funding for children in Asian countries. Pearl died in 1973 at the age of 80.

Page 7

Pearl S. Buck



Name _____



Pearl Comfort Sydenstricker was born on June 26, 1892, in Hillsboro, West Virginia. Her parents were missionaries. When she was three months old, she moved to China. She learned to speak English and Chinese at a young age.

Page 1



In 1931, she published her second novel, *The Good Earth*. It became a best-selling book and won a Pulitzer Prize and the Howells Medal in 1935. In 1937, it was created into a film.

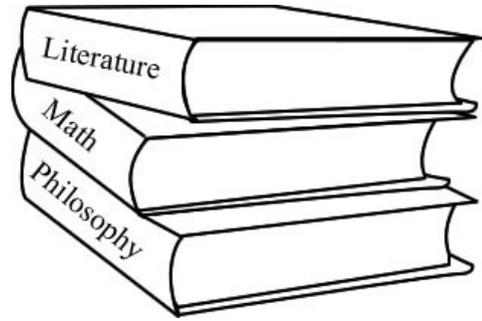
Page 6

Cut out the booklets, around the edges. Glue page 1 and page 6 on the back of the front and back cover, page 7.



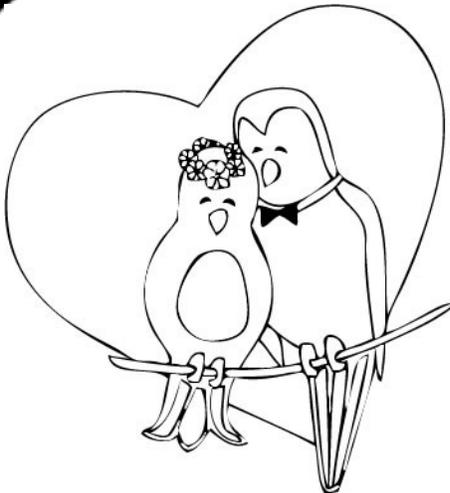
In the 1920's, Pearl had begun to publish stories in magazines such as *Nation*, *The Chinese Recorder*, and *Atlantic Monthly*. In 1930, her first novel, *East Wind, West Wind*, was published by the John Day Company.

Page 5



Pearl moved back to the United States when she was 9 years old. In 1910, she studied philosophy at Randolph-Macon Woman's College in Lynchburg, Virginia. After graduation she was offered a position as a psychology professor there.

Page 2



Pearl had to move back to China, due to her mother becoming ill. When she was there she met John Buck, an agricultural missionary. They married in 1917.

Page 3



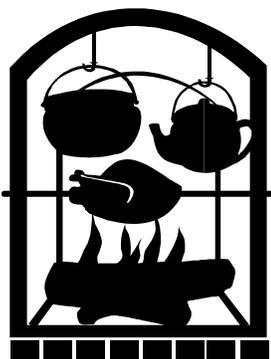
In 1921, Pearl had a baby girl and named her Carol. In 1925, she adopted a baby girl and named her Janice.

Page 4

Cut out the booklets, around the edges. Glue page 3 and page 4 on the back of page 2 and page 5. Stack the two booklets on top of each other in page # order. Staple on the sides.

11. Learn more about the colonial era in West Virginia. What foods they ate, how they were prepared, what kind of clothing and shoes did they wear, what chores did the children have to complete and what was their transportation? **color a colonial picture and/or make butter**

What foods they ate? 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. See attached recipes to try and place in journals.



How were they prepared? The kitchen was usually separate from the house. A plantation, a house on several acres of land, usually had a kitchen garden. It supplied all the produce needed for cooking a healthy meal. 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. 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 and shoes did they wear? 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 and Blue dress for her wedding, she was stating that she would be loyal to her husband. Heart shaped wedding cookies were stacked high for the cake. Instead of tossing a bouquet of flowers they tossed a rolled up stocking.

What chores did the children have to complete? A typical day for the children consisted of many chores, small jobs, such as gathering water and firewood, caring for the animals and small children, churning the butter and peeling the apples for apple butter. The also help gather the food from the garden and fruit trees, make their bed, clean their room, pluck geese feathers for pillows and help prepare some of the meals and wash the dishes.

What was their transportation? They walked to town or church usually. Some families owned horses and/or buggies. Usually women did not ride horses, if they were visiting or going a long distance they rode in a buggy or wagon.

9. West Virginia's Native Americans consisted of twelve main tribes. Discover the name of one of the tribes. What type of clothing did they wear? Where did they live? What did they eat? Share your knowledge with others by completing one of the following. An art project; such as paper dolls, necklace etc; a skit; Pow Wow; play a native game; tell an interactive folklore story; taste Native American food OR design a dance.

Native Americans in West Virginia.

Twelve main tribes: Shawnee, Cherokee, Delaware, Seneca, Wyandot, Ottawa, Tuscarora, Susquehannock, Huron, Sioux, Mingo and Iroquois.

What type of clothing did they wear? A Traditional Dress and leggings made for women--
The collar is finely beaded, and so is the edge and hems and seams of skirt and leggings. Traditionally the dress and leggings would be made of deerskin. When the colonial settlers came to America the Native Americans traded deerskins for cloth. Therefore the dresses were made of the traded cloth. Cloth for men's everyday garments was not so elaborate, but is still made beautiful, sometimes by embroidery. Having no pockets, they carried pouches made of leather for food while traveling and gathering berries. They usually had several different pouches. Some were for medicine and beads.

SHOES: Woven sandals, boots, and Moccasins, made of leather. The top edge of the Moccasin or boot was edged with a fringe with delicate fine beads attached around the edging. Feathers are tied on the leather laces. For more info try this website: www.nativetech.org/clothing/

Where did they live? When the men were hunting they usually built tepees out of animal skins and slept on the ground in fur blankets. They were portable like our tents today. Therefore they could easily move from site to site gathering food for meals.

What they ate? They survived from their crops and the items in the wilderness. They ate fish; venison (deer); rabbit, wild turkey, and buffalo. Other foods include Succotash (corn and beans); pumpkin, berries, sweet potatoes, tomatoes, apples, onions, and corn. They didn't eat cakes, puddings or other items made with sugar. Sugar was brought to America by the European settlers. 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.

In 1863, Abraham Lincoln declared Thanksgiving a national holiday. The first traditional Thanksgiving Dinner in 1621 included turkey, venison, fish, clams, cornbread, squash and maybe pumpkin pudding made with honey. Potatoes were not grown yet and cranberries did not have any sugar in them.

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

Patchwork Designs, Inc.

ORDER FORM

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Patchwork Designs, Inc.

8421 Churchside Drive
Gainesville, VA 20155

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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
West Vir- ginia	West Virginia Patch		\$1.75	\$
				\$
				\$
				\$
				\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
SUBTOTAL				\$
Regular Shipping & Handling (view chart)				\$
Special Shipping (next day, priority mail etc)				\$
TOTAL ENCLOSED				\$



Patch and Program Created

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WWW.PATCHWORKDESIGNS.NET

If you would prefer Priority Mail, please add \$2.00 to the \$4.99 or above shipping category.

Next day service is an average cost of \$28.00 (USPS determines the pricing according to the zone and weight.)

Patches	
1-5	\$3.55
6-20	\$4.99
21-30	\$5.99
31-50	\$6.50
51-70	\$6.99
71-100	\$9.55
101-150	\$10.55
151-200	\$13.00
201-400	\$15.99
401-500	\$17.50
Over 500	Contact us for pricing

Kits or Manuals (shipped Priority Mail)	
1	\$6.99
2	\$9.25
3-5	\$10.75
6-8	\$12.75
10-12	\$15.75
13-20	\$22.25
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.