

PENNSYLVANIA

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 'Pennsylvania 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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ORDERING AND CONTACT INFORMATION

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

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Gainesville, VA 20155

Credit Card

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Historically Speaking Pennsylvania Requirements

Complete 3 requirements to earn the patch

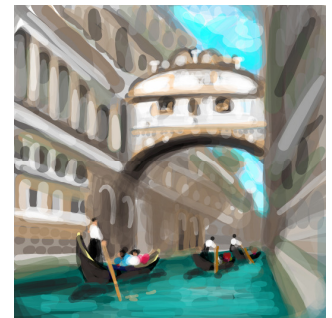
1. Locate Pennsylvania on a map of the USA. Identify the capital, the state bird, flower and flag. Where was the first capital of the United States?



2. Pennsylvania became the 12th American colony in 1681. Who founded it? How was it acquired? Who first lived there? What does Pennsylvania mean or who was it named after? What is its nickname? Why?

3. It would be impossible to list all of Pennsylvania's many historical sites and wonders. Research or visit one that may interest you. Such as, The Liberty Bell, Betsy Ross House, Independence Hall, Ben Franklin Memorial, Laurel Caverns, Daniel Boone Homestead or the Philadelphia Zoo.

4. Discover and learn more about some of the famous people from Pennsylvania. Why were they important? What was their trade or job? For example: Daniel Boone, Betsy Ross, Ben Franklin, Louisa May Alcott, James Buchanan, Thomas Paine and Lucretia Coffin Mott.



5. As early as 1690 Pennsylvania canals were thought to be the greatest transportation for travelers and tradesmen. What is a canal? Discover the names of the canals and where they are located. How are they helpful today?

6. Harriet Tubman was the conductor of the Underground Railroad in Pennsylvania. What was this wonderful "Underground Railroad"? How many people benefited from it? Learn more about Harriet and her adventures. For extra credit, take the quiz on this website. www.phmc.state.pa.us/spotlight/canals/canals2.htm. See our Underground Railroad patch program.

7. Lancaster County is considered the "Amish Country" of Pennsylvania. Find out more about the Amish people and their traditions. If you have a chance to visit the area, experience the Amish lifestyle for yourself. For example: Take a horse and buggy ride, enjoy incredible homemade jams and breads, visit a real farm, view the art of beautiful handmade quilts, baskets and dolls.



8. Experience some of Pennsylvania's traditional recipes. Such as Shoofly Pie, Scrapple, Fritters, Corn Pie, and Custard are just a few. For extra credit, you can create your own recipe book or journal about Pennsylvania. www.berksweb.com

9. The first chocolate bar factory was established in 1864. Who built this company? How is chocolate made? Research this information or take a chocolate tour in Hershey, Pennsylvania. For extra credit, try a variety of chocolate products. www.hersheys.com/consumer/history



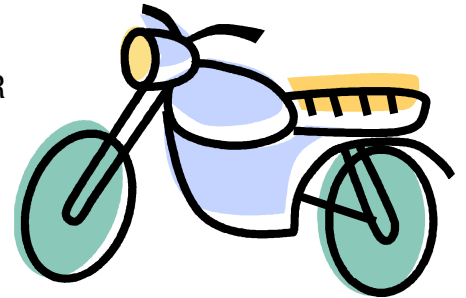
10. Gettysburg, was the site where one of Civil War battles was fought. Who won the battle? Who were the commanders on either side? Who wrote the Gettysburg address and what does it mean? For extra credit, visit one of the Gettysburg sites such as the Schriver House or websites about Gettysburg.

11. Southwest Pennsylvania has a variety of interesting cities and towns. The Northwest area is located in the beautiful Appalachian Mountains. Learn more about this area and its surroundings. Visit a site if possible or go skiing, golfing, swimming, rafting, hiking, boating, or biking.



12. Pennsylvania's Native Americans consisted of four main tribes. What were the four main tribes? What type of food did they eat? What type of clothing did they wear? Where did they live? Complete a craft from the information you learned. Such as a pictograph, a skit, play or make paper dolls, play a native game or design a dance.

13. Walk through a trail at a local park and view the soft fragrance of flowers; view animals of local zoos or aquariums. Visit one of the state or public parks, zoos or aquariums of Pennsylvania. Observe wildlife, collect litter in the parks, have an animal scavenger hunt, OR take a nature hike to study the flowers, trees, and animals in your area.



RESOURCES

Websites:

www.phmc.state.pa.us/spotlight/canals/canals2.htm

www.pennsylvania.com/stories/gettysburg.html

<http://www.nps.gov/applications/state/ma/>

<http://www.50states.com/flag/paflag.htm>

<http://www.50states.com/>

www.nativetech.org/

<http://www.food.com/recipe/easy-authentic-philly-cheese-steak-124517>

<http://www.mrfood.com/Pie/Goey-Amish-Caramel-Pie#>

https://en.wikipedia.org/wiki/Independence_Hall



P E N N S Y L V A N I A**D E T A I L E D O U T L I N E O F K I T**

The following mentioned items are items that you may wish to copy for the participants and staple together in a book format. This will be their Pennsylvania Journal. [Requirement # 8]

*Page 5- Front cover of Pennsylvania Journal

*Page 6- Map of the United States and the state flag. [Requirement # 1 and #2]

*Page 7- Outline of the Pennsylvania state, state bird, flower and insect. [Requirement #1]

*Page 8– Independence Hall. Color the picture and add detail.

*Page 9 - 10 Native American paper doll and Pictograph activity. Pictograph activity participants can write a story using Native American symbols. If they are younger they can color the symbols and just try to form a sentence or draw some of the symbols for fun. As they color or draw you can provide them with a little information about Native Americans located on page 13. [Requirement #12]

*Page 11 - The Liberty Bell. Briefly go over the history of the liberty bell and have the participants color the bell and cut it out. They can glue it together or hook it together with a brad. [Requirement #3]

Included in the kit are items to complete the following requirements #1, #2, #3, #6, #8, #12, and #15. Choose items for the participants to complete according to their age level or interests.

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

*Nine Men's Morris game**. * You will need beads, buttons or beans for markers for the Nine Men's Morris Game. [Requirement #15]



Name: _____

MY PENNSYLVANIA JOURNAL

Map of United States

Pennsylvania became the 12th colony in 1681. Locate Pennsylvania on the map. Color it green. You can color the remaining states any color you would like.



Pennsylvania is nicknamed “The Keystone State” because of its location in the middle of the original 13 colonies. It held the colonies together like the “keystone”. It was also nicknamed “Quaker State” because it was settled by the Quakers.

Color Pennsylvania’s flag.



The background of the flag is **dark blue**. The horses are **black** on each side of the shield with **red** straps. The eagle on top is **brown**. The ship has white sails on a **light blue** background. The plow is **brown** on a **yellow** background. The hay is **yellow** on a **green** background. Leaves at the bottom are green. The ribbon is **red**. The scroll is **yellow** above the red ribbon.

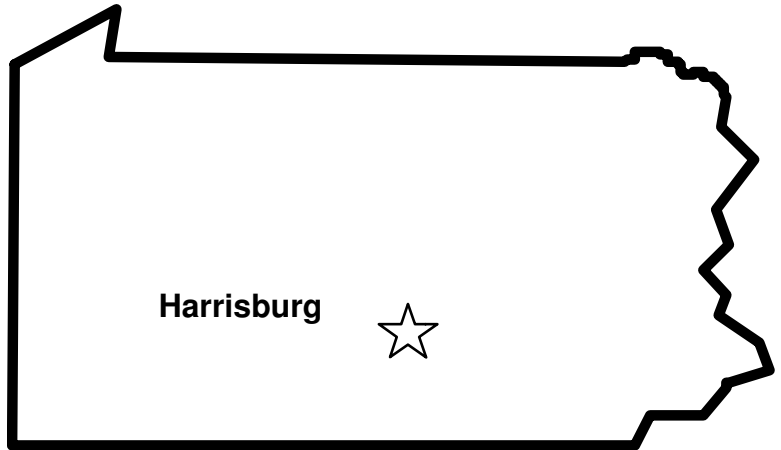
State Outline and Symbols

The first capital was located in Philadelphia. Several other national events occurred there also, including the preparation of the Declaration of Independence and The Constitution of the United States.

The land was acquired when WILLIAM PENN asked King Charles II of England for the property in exchange for a debt he owed his father.

The King Charles II named the new territory Pennsylvania, which means "Penn's Wood's".

The first capital of the United States was located in York, Pennsylvania during the Revolutionary war. New York City was the first capital of the United States once the Constitution of the United States was ratified in 1789. In 1791, the capital of the United States was moved to Philadelphia, Pennsylvania. Washington, D.C. became the permanent capital of the United States on June 11, 1800.



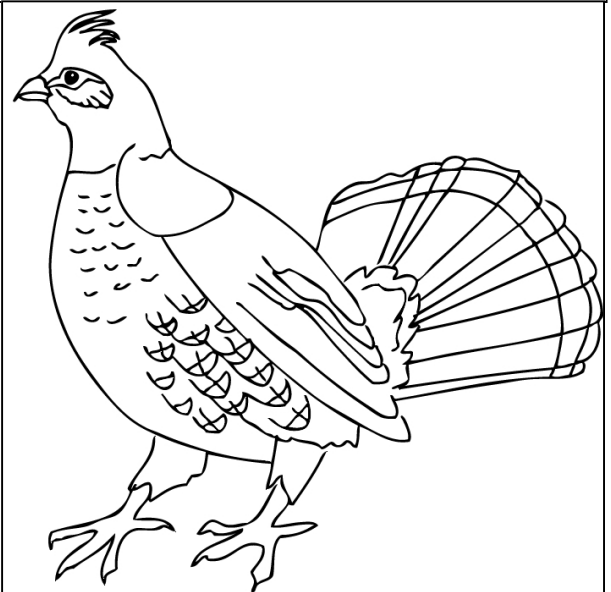
Color the star where the capital is RED. Color the state any color you like.

State Flower: Mountain Laurel



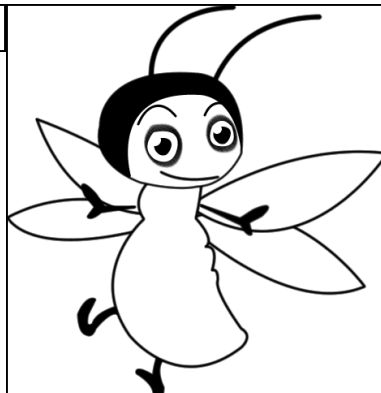
Color the flowers *pink* and leaves *green*.

State Bird: Ruffed Grouse



Color the bird *brown* and *tan* belly.

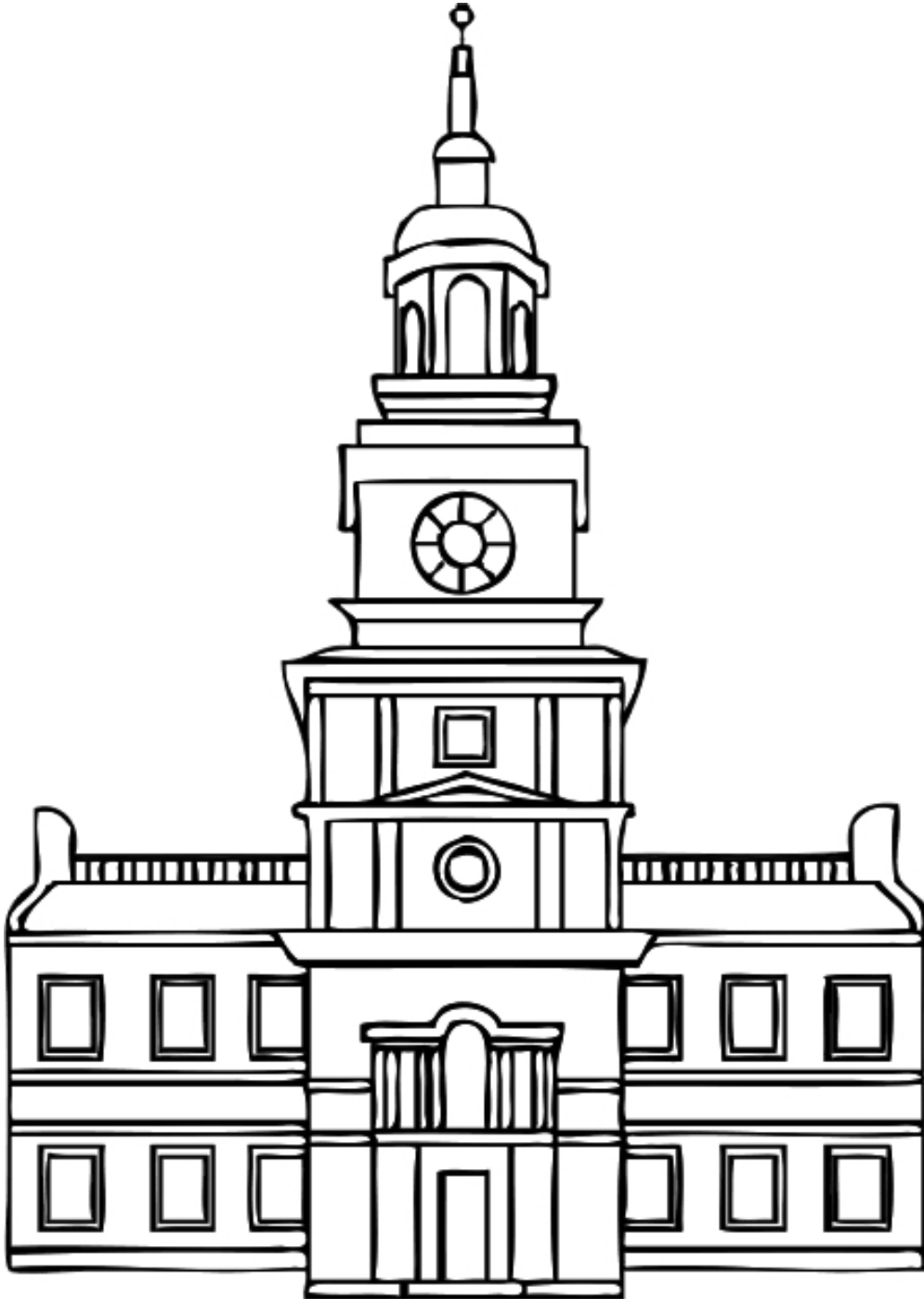
State Insect: Firefly



Color the firefly *yellow* and *black*.

Independence Hall is where both the United States Declaration of Independence and the United States Constitution were debated and adopted. It is now the centerpiece of Independence National Historical Park in Philadelphia, Pennsylvania.

Color the picture below and add clouds, trees, and people.



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



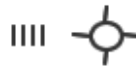
friends



lake



award



4 days



fish



rabbit



pow pow



eagle



catch



meet



war



crow



hungry



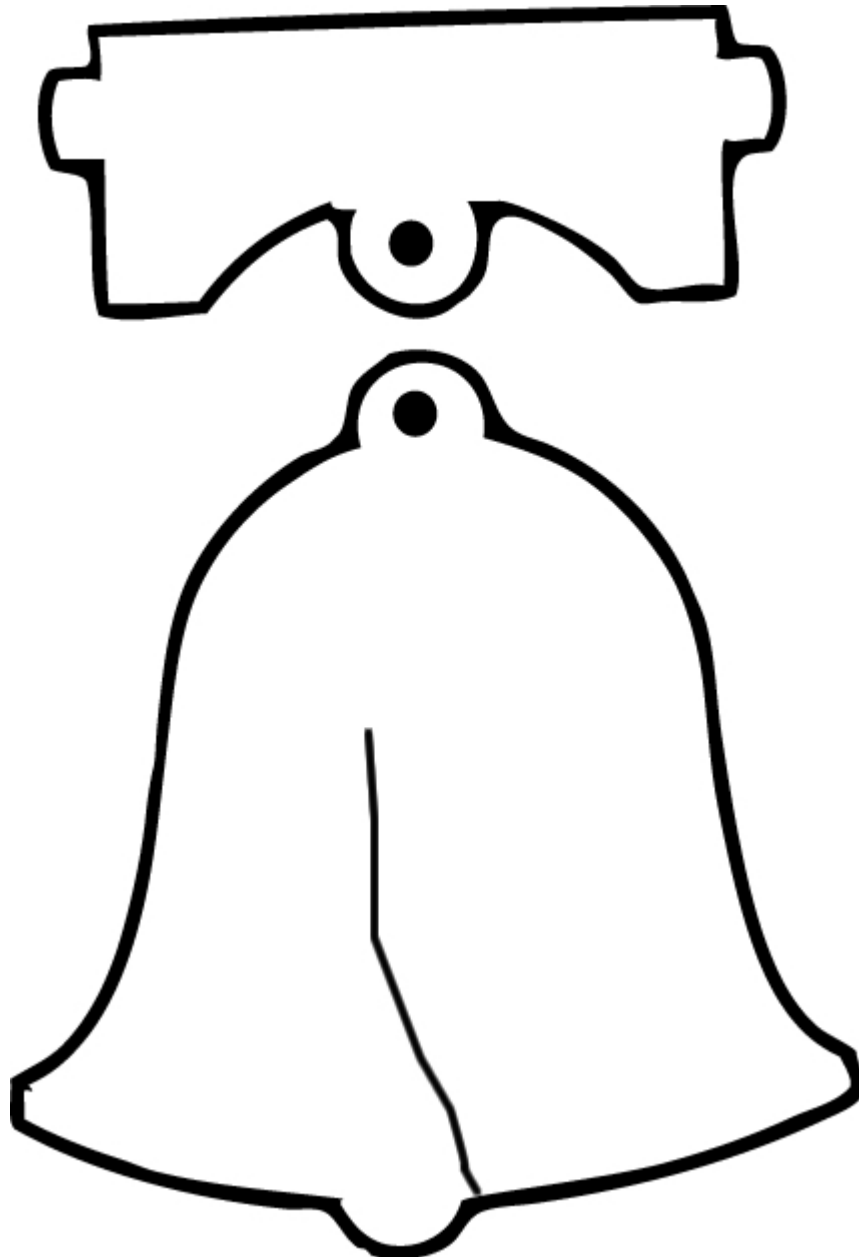
buffalo

Empty rectangular box for drawing symbols.

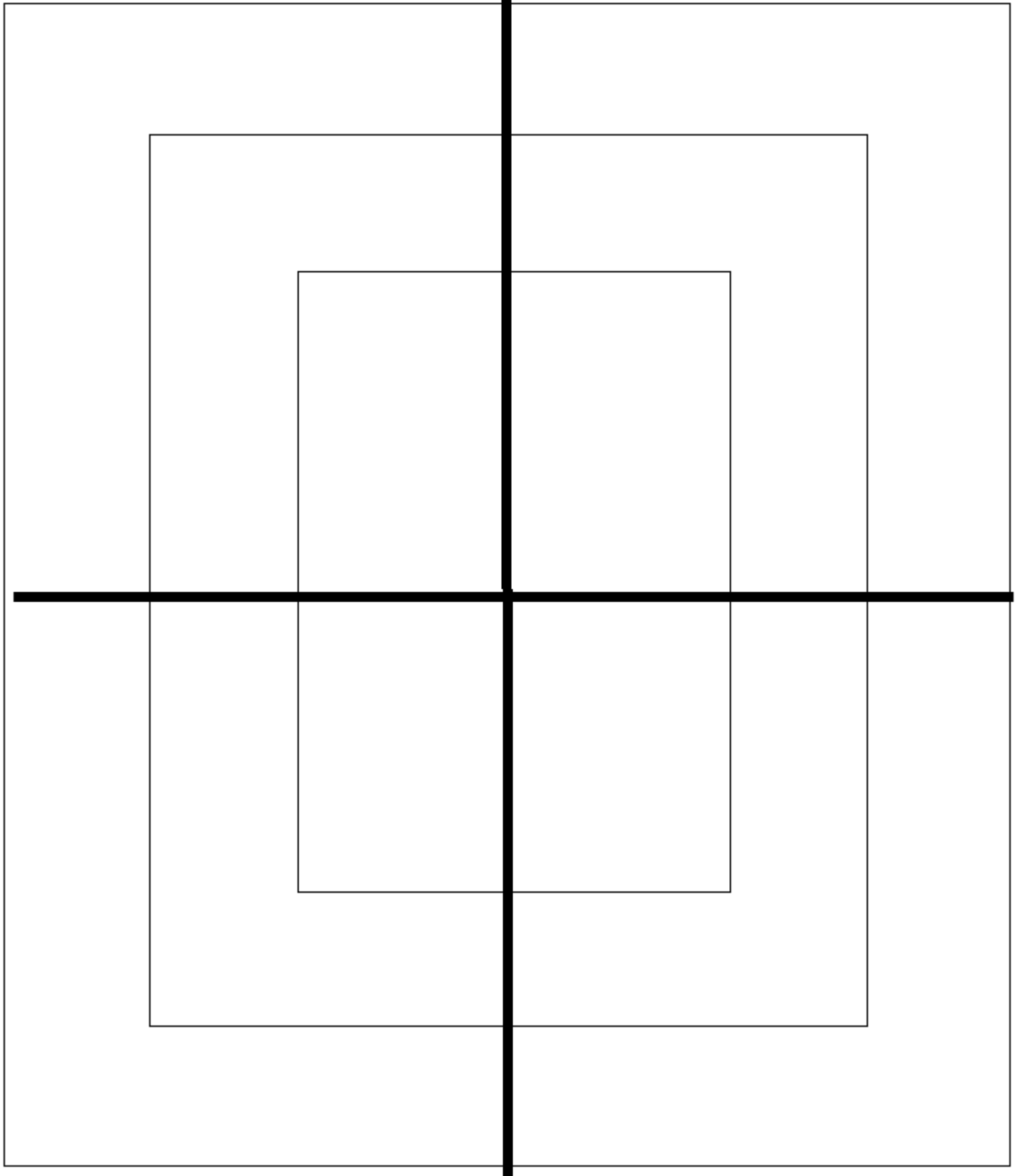
The Liberty Bell

The Liberty Bell, a historic bell hung in Independence National Historical Park in Philadelphia, rung on July 8, 1776, after the first public reading of the *Declaration of Independence*. The bell weighs 2080 pounds and is 12 feet in circumference at the lip. The bell bears the following inscription: "Proclaim Liberty Throughout All the Land unto All the Inhabitants Thereof. Leviticus XXV:X." The bell was ordered in 1751 and was made in London. It arrived in Philadelphia in August 1752 and was cracked while being tested. It was melted down, and a second bell was cast in April 1753, but this one was also defective. A third was cast in June of that year, in Philadelphia. On June 7, 1753, the third bell was hung in the tower of *Independence Hall*. It cracked as it was being rang for the death of *Chief Justice John Marshall*

Color the bell and cut it out. Attach a **gold brad** to the top of the bell and wood frame.



Nine Men's Morris

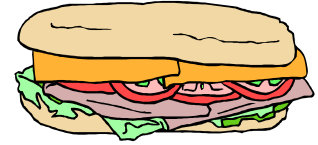


Give each participant NINE game pieces. Such as beans, buttons, or beads. Take turns placing the pieces on the board where the lines meet. When a player gets three pieces in a vertical line or horizontal lines, they remove one of the opponents pieces. When all the pieces are played , continuing playing by sliding pieces from side to side along the lines. A player wins when her opponent has only two pieces left.

Pennsylvania Recipes, Game, and Craft

Easy Philly Cheese Steak—Philadelphia is famous for their cheese steaks!

- Firm hoagie rolls
- 1 lb. of roast beef, thinly sliced (found in the deli or frozen section)
- 1/2 lb. of white American cheese
- 1 large onion
- 1 large green pepper
- 4 teaspoons of olive oil



Preheat the oven to 350 F. Thinly slice the peppers and onions. Sauté the green peppers in the olive oil until tender. Remove from the pan and set aside. Do the same for the onions. Add the green peppers back and the roast beef in the pan with the onions. Cook the beef until it's no longer pink. Mix everything together well. Add salt and pepper if you would like. Cut the rolls if they are not already cut. Stuff the rolls with the mixture from the pan and place a few slices of cheese inside. Close the rolls and wrap in aluminum foil. Place in the oven for 5 minutes, or until the cheese melts. Enjoy hot.

Amish Caramel Pie

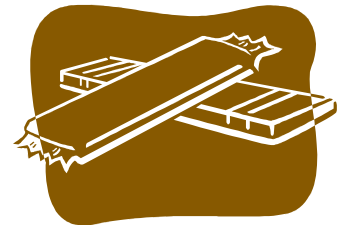
- 2 cups of light brown sugar
- 1 cup of water
- 1 tablespoon of butter
- 3/4 cup of all-purpose flour
- 3/4 cup of milk
- 3 egg yolks
- 1 teaspoon of vanilla extract
- 1 cup of pecan halves
- Pre-made pie crust



Place the pie crust in a pie pan and bake according to instructions. Let cool off to the side. Place the brown sugar, water, and butter in a pan over medium-high heat, stirring for 3-5 minutes. In a bowl, place the flour, milk, and egg yolks and mix. Slowly place into the pan and mix for 3-5 minutes again. Take off the heat and add the vanilla extract. Let it cool and then pour into the pie crust and place the pecans on top. Refrigerate for 8 hours or overnight and topped with whipped cream.

Eat Chocolate (Game)

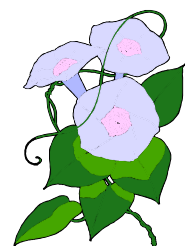
- A dice
- A blindfold
- 15 large pieces of newspaper or wrapping paper (or a combination of both)
- A large chocolate bar
- 15 pieces of string



Wrap the chocolate bar in pieces of paper. Do this by tying each piece of paper around the chocolate with a separate piece of string. All the players should then sit in a circle, with the chocolate bundle in the middle. Everyone takes a turn rolling the dice. Play moves in a clockwise motion around the circle. The first person to roll the number six on the dice starts the games. They must put on the blindfold so they cannot see. Then they should untie the string and unwrap the first layer of paper. Players continue to roll the dice. The second person to roll a six then puts on the blindfold. They then untie the second string and unwrap the second layer of paper. The blindfold and chocolate are then passed to the next person who rolls a six. This goes on until The last of the string and wrapping paper comes off. The person who takes off the last piece of wrapping paper wins the chocolate.

Mountain Laurel Hairpiece

- Fake white and pink flowers (morning glories would work best)
- Barrette clip
- Hot glue gun with hot glue gun sticks
- Stick on rhinestones and pink, flower, or gold ribbon (optional)



Place your hair in a bun with a ponytail holder. Cut the flowers off the stems. Arrange the flowers onto the barrette and then hot glue on one at a time. If you want, you can stick on the rhinestones onto the flowers and leaves. If using ribbon, tie in a bow and hot glue at the bottom of the barrette.

Native Americans

What type of food did they eat? 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, 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. 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.



What type of clothing did they wear? Traditional Dress and leggings

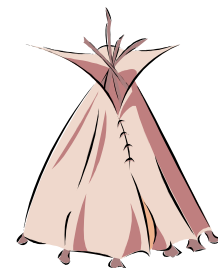
made for women-- The collar is finely beaded, and so is the edge and hems and seams of skirt and leggings. Traditionally the dress and leggings would be made of deerskin. When the colonial settlers came to America the Native Americans traded deerskins for cloth. Therefore the dresses were made of the 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.

What type of dwellings they lived in? *The Leni-Lenape lived in round huts called wickiups. The structures were built out of branches covered with mud and animal skins. There was a hole in the middle of the roof for the fireplace smoke to escape. Some of the other tribes lived in longhouses that were divided into rooms and shared with other families. The families shared the fireplace and storage area.*

Painting/art project

Refer to arts and crafts in this kit that coordinate with the Native American culture. Choose one that is age appropriate for your group.



MORE FUN THINGS TO DO:

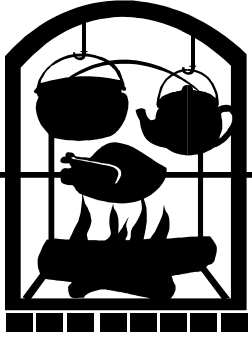
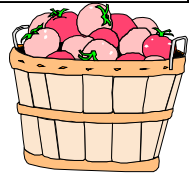
Painting your face and shoulders was both an everyday and dress-up activity for men and women. Face paints were made by combining bear grease with certain roots. Natives painted each other, since there were no mirrors to use. Use watercolors or "safe" face paint to paint each other. Do not paint near the eyes !

Different colors of paint had different meanings. Blue for happiness, red for success or power, white for peace, and black for death. Black and red were used for war.



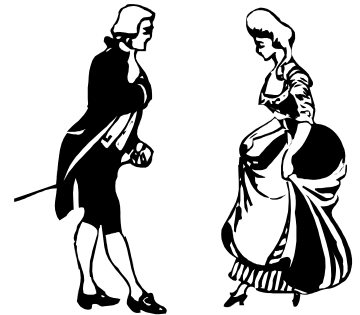
Colonial People

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 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 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? Everyone had to help around the house even the little ones. Some of the chores the children had to do were pick or bring in the harvest items, such as fruits, vegetables, carrots, berries, mushrooms and wild plants. Help make apple butter, pluck the geese for feathers to make warm pillows, mending clothes, sweep the floors, clean-up after meals and make their

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ORDER FORM

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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
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				\$
				\$
				\$
				\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
SUBTOTAL				\$
Regular Shipping & Handling (view chart)				\$
Special Shipping (next day, priority mail etc)				\$
TOTAL ENCLOSED				\$



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Patches	
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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.