

MAINE

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 'Maine 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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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 'Maine 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 Maine Requirements

Complete 3 requirements to earn the patch

1. Maine is the only state in the continental United States that is bordered by only one state. Locate Maine on a map of the USA. Locate the capital and identify the state flag. Recognize the state flower, bird and insect.



2. Maine is nicknamed “Pine Tree State”. It is also the largest New England state. Choose a place in nature to explore such as Acadia national Park, Manticus Rock, nature centers and gardens. Find two flowers trees OR animals that reside in Maine. Examples include: moose, porcupine, lobster, chickadee, sugar maple, and lady’s slipper.

3. Almost 90% of the lobster and blueberries that are supplied in the United States are purchased from Maine. Have a taste test of Maine products OR try a recipe.



4. In 1999, a ten story snowman was built and recognized in the *Guinness Book of Records* for the tallest snowman. Create a wintery craft, picture, OR build your own snowman.

5. Maine was the 23rd state of the United States. Learn more about Maine during the colonial era. Choose one of the following: Visit a colonial festival or reenactment, make paper dolls dressed in colonial clothing, play a colonial game, create a craft, draw a colonial picture, OR visit the Acadian Village.

6. There are more than 50 lighthouses located along the coast of Maine. Research one of the lighthouses. Find out what it looks like and where it is located. Examples are: Portland Head Light, Cape Elizabeth Light, Cape Neddick Light, and Bear Island Light.



7. Percy Lebaron Spencer invented the first microwave, E. B. White wrote *Charlotte's Web*, and Don Sargent invented the snow plow. Find out more about other well-known people from Maine. What are they famous for? Examples include: Rachel Carson, Linda Lavin, Frederick Lynch, and Stephen King.

8. The Wabanaki, Kennebec, and Abenaki were a few of the Native American tribes that resided in Maine. Some of the tribes lived in wigwams with one or more families. Research what a wigwam looks like, create a Native American craft, write pictographs OR visit a festival, Pow Wow, **OR** historical site reflecting Native American heritage in Maine.

9. The Wedding Cake House is one of the houses that people enjoy visiting in Maine. Other house tours that you can take in Maine include: Harriet Beecher Stowe House, Victoria Mansion, Wadsworth Longfellow House, Musical Wonder House, and Hamilton House. Learn more about one of the listed houses OR research one on your own such as where it is located, what does it look like, OR take a tour on line.



10. No matter what region of Maine you choose, you can view a variety of museums, educational or historical attractions. Research OR visit a site in Maine such as: Fort William Henry, Lumberman’s Museum, Portland’s Children’s Museum, Seashore Trolley Museum, Fort Sullivan, Portland Museum of Art, Children’s Museum and Theatre, OR Paul Bunyan Statue.

11. The Maine Lobster Festival is one of the festivals that is celebrated in Maine. Attend a festival, participate in a parade, county fair, or any traditional event in your area. Other well-known festivals are: Acadian Festival, Great Falls Balloon Festival, Moosemania, Fisherman's Festival, or Old Port Festival.



12. Explore the way life was in the 19th century in Maine by learning more about the activities, jobs, OR clothing during this time period. Visit a Victorian festival or reenactment, make paper dolls dressed in Victorian clothing, make a gingerbread house, play a Victorian game, complete a Victorian craft, OR visit the Willowbrook Village, where they have sleighs, carriages and view various activities from the Victorian age.



13. Arts and Crafts festivals, shows or events are a great way for the residents to share their artistic creations. Visit a craft show OR create a craft that represents some of the handicrafts of Maine. Examples include: Holiday ornaments, crocheted items, hair clips, paper products, jewelry, paintings are just a few to name.

14. Maine has 5,500 miles of coastline and about 2,000 islands off the coast. It offers a large variety of activities from sail boating, canoeing, biking, swimming, to skiing. Enjoy an outdoor activity of your choice in Maine.

15. Every year there is an event called the Highland Games that celebrate the Scottish and Irish heritage with games and festivities. Learn more about Highland games, create your own highland games for kids, play a folk game from Maine or view or play an activity representing the Highland games.



MAINE

DETAILED OUTLINE OF KIT

Page 5- Front cover of Maine Journal.

Page 6- Picture of Maine'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, tree, and insect are on this page. It tells each participant instructions on what to do. REQUIREMENT # 1

Page 8- Picture of Maine patch and information about lighthouses in Maine. Design your patch or lighthouse and color the Maine patch. REQUIREMENT #6

Page 9- Victorian Stationary. REQUIREMENT # 12

Page 10– Famous People from Maine. REQUIREMENT # 7

Other items to complete that do not need to be stapled in the journal:

Recipes: REQUIREMENT#3

Games and Crafts: REQUIREMENT # 15, #8, #5



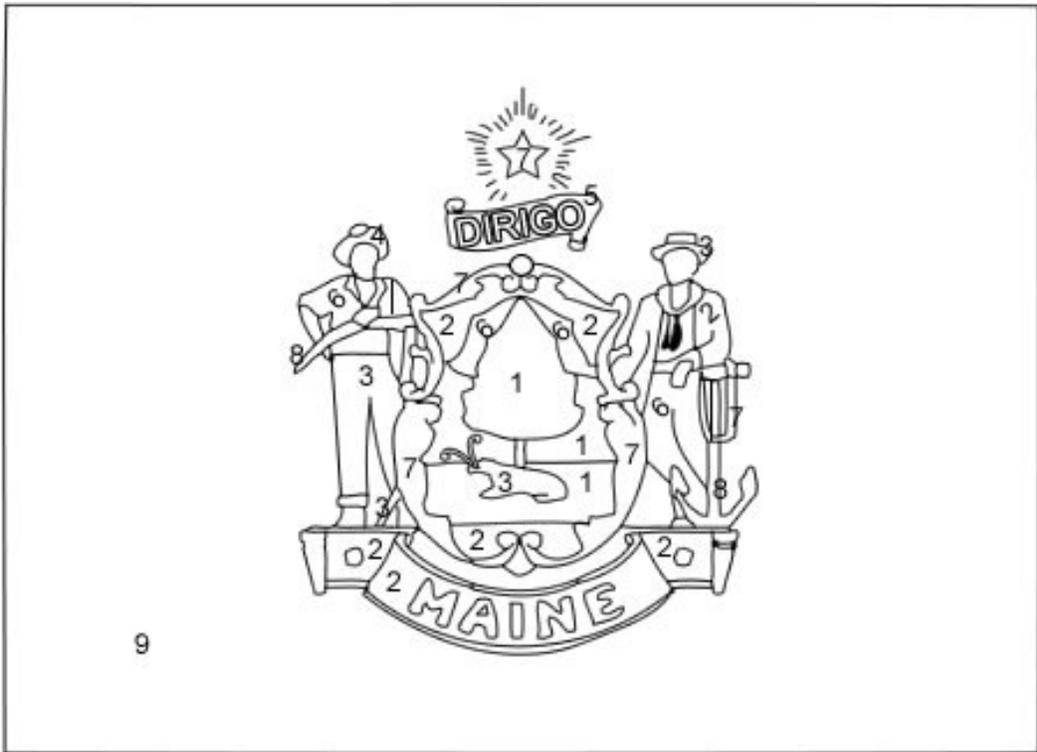
Name: _____

MY MAINE JOURNAL

Locate Maine on the map. Color it green. Color the remainder of states any color of your choice.



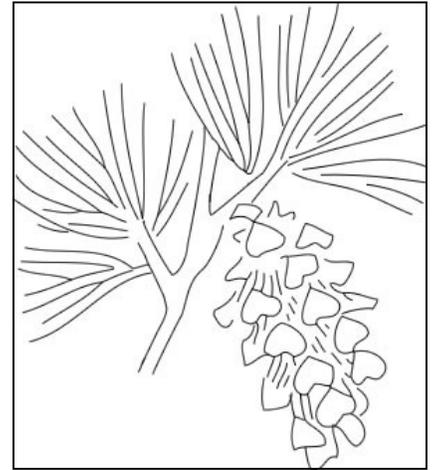
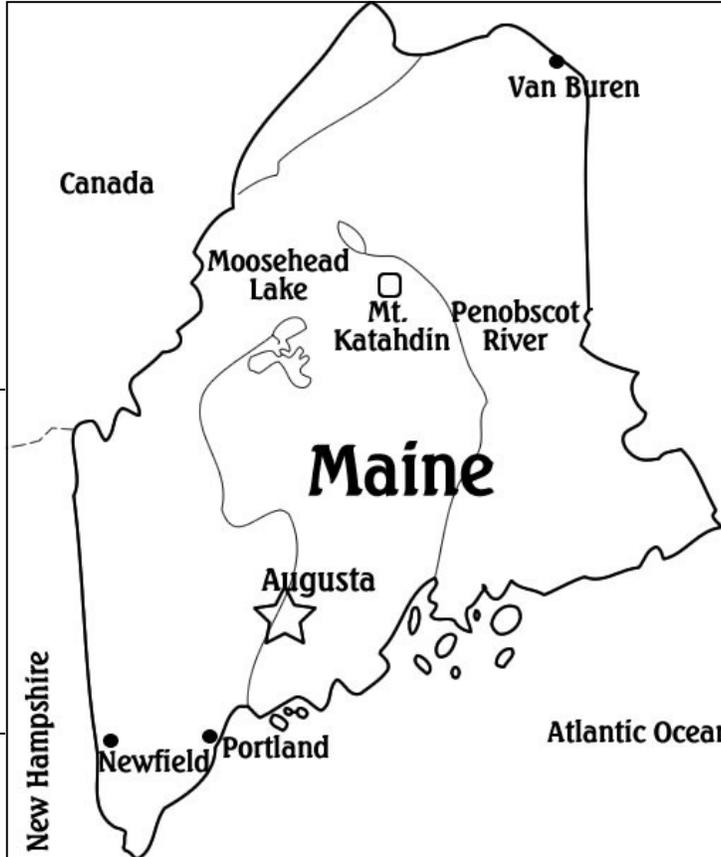
- 1= green
- 2= light blue
- 3= brown
- 4= orange
- 5= red
- 6= white
- 7= yellow
- 8= gray
- 9= dark blue



Color the flag of Maine according to the color chart on the side. The lettering Maine and Dirigo should be left white. Dirigo means, "I direct". Maine was the 23rd state in the USA; it was admitted on March 15, 1820.

State Outline and Symbols

Maine



State Flower: White Pine Cone and Tassel

The pine needles are green and the stem and pine cone are brown.

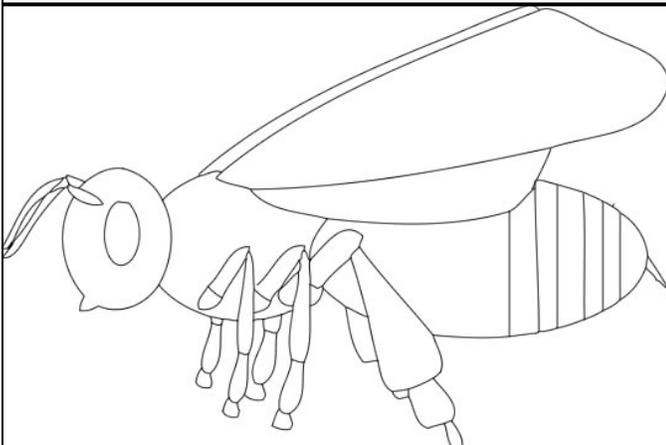
KEY FOR MAP

★ = Capital

Color the Maine state green. Color the star red. Maine's Capital is Augusta.

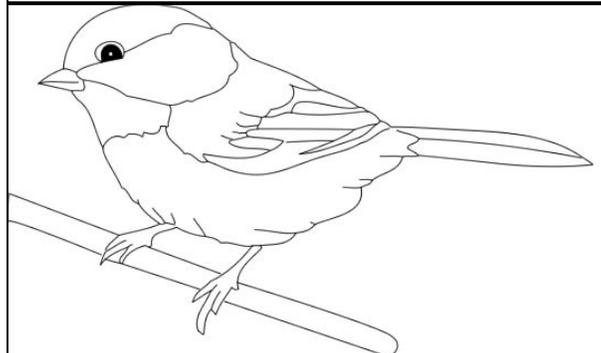
State Insect:: Honey Bee

Color the Honey Bee's body black and white. His head and legs are black. Color his wings white.



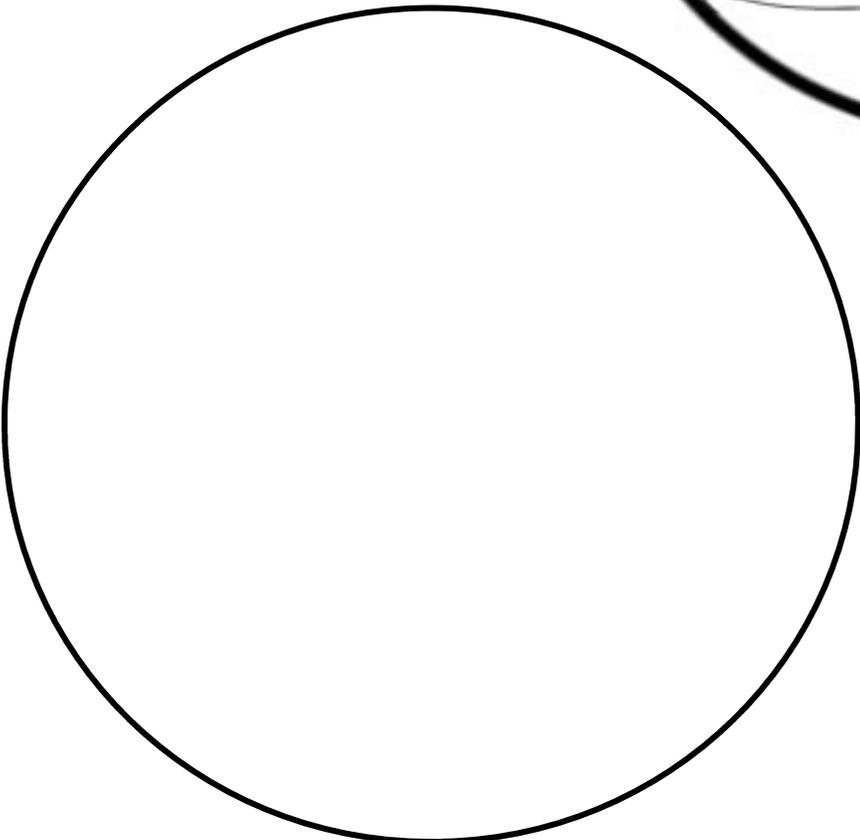
State Bird: Black-capped Chickadee

The birds head is black with a white stripe. Its belly is light brown and its wings are black or dark brown. Color his tail black. The tail is about as long as his body!



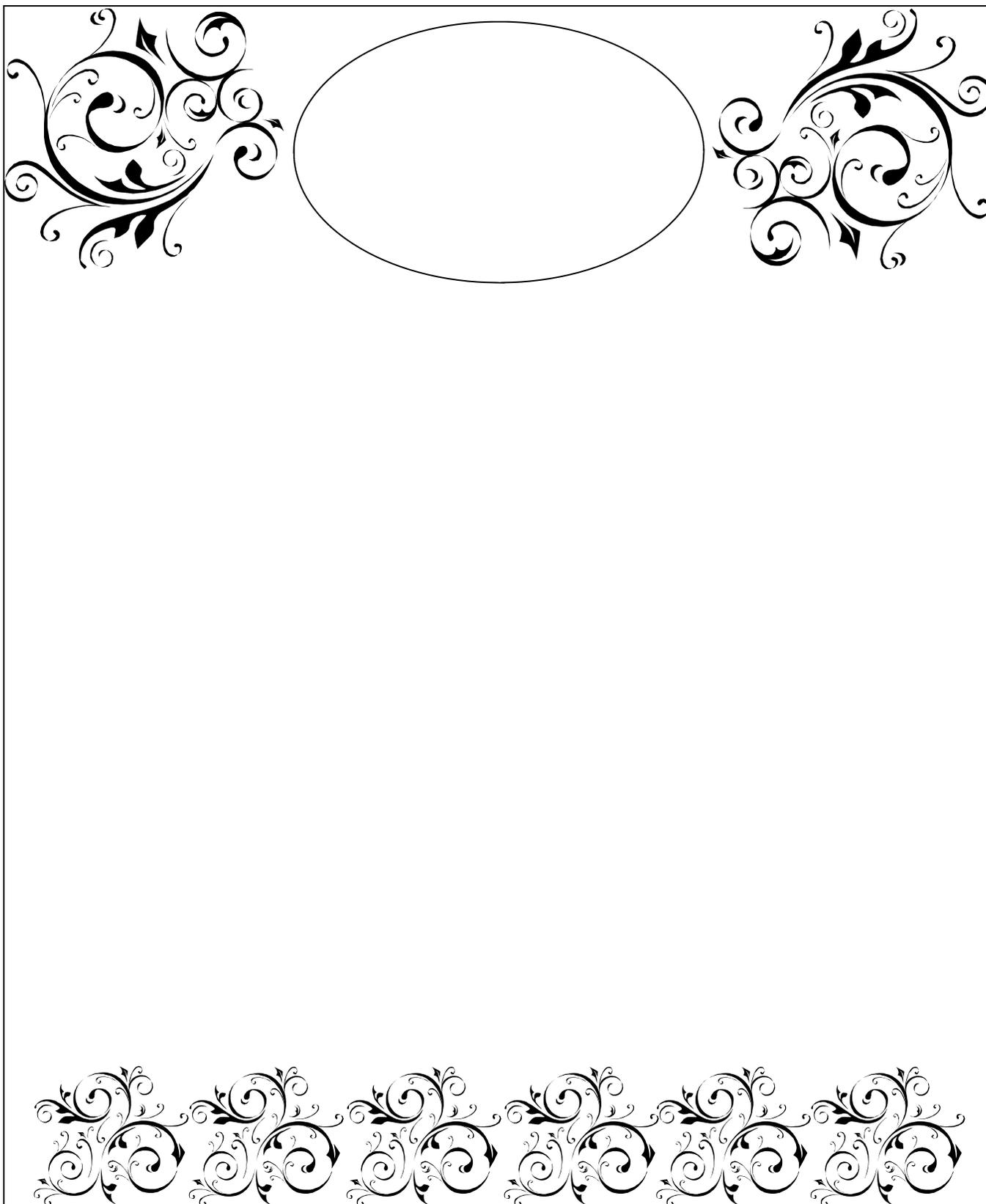
Finish the Maine Patch

There are more than 50 lighthouses located along the coast of Maine. Bass Harbor Head lighthouse is located on the front of the Maine patch. It was created in 1858. The tower is 32 feet tall. The house for the lighthouse keeper had four rooms and a kitchen. After 1974, the lighthouse was used for housing for a Coast Guard family. **Draw your own picture in the empty circle.**



Victorian Stationary

Write a note or thank you to your friend or family member. Place your initials in the oval.



Famous People from Maine

Match the person's name to their accomplishment or invention.

E.B. White



Actress and star of comedy Alice

Linda Lavin

Invented the earmuff

Percy Lebaron Spencer



Author of Charlotte's Web

Chester Greenwood



Invented first automatic sprinkling system

Stephen King



Invented the Microwave

Henry Wadsworth Longfellow

Created the L. L. Bean retail business

Hudson Maxim



Professional Baseball Player

Bob Stanley



Author of suspense novels

Leon Leonwood Bean



Poet and Author of "Paul Revere's Ride"

Reverend Samuel Francis Smith

Wrote the words to "My Country Tis of Thee"

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Recipes



Apple-Butternut Soup

Blueberry Muffins

Blueberry Cornbread

Pumpkin Bread

Maine Whoopie Pies

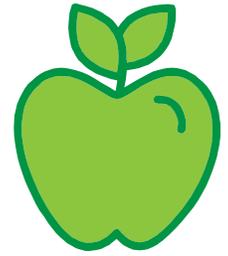
Maine's Lobster Sandwich

Shrimp Casserole

Brunswick Stew

Apple-Butternut Soup

6 tablespoons unsalted butter
 1 1/2 pound apples (about 4 large), peeled, cored, and chopped
 2 yellow onions, chopped
 Leaves from 10 fresh thyme sprigs
 1 butternut squash, 1 1/4 pound halved, seeded, peeled, and cut into 1-inch chunks
 6 cups chicken stock
 salt and freshly ground pepper to taste



In a large saucepan over medium-low heat, melt the butter. Add the apples, onions, and thyme and cook, stirring frequently, until soft and golden brown, about 15 minutes. Add the squash chunks and stir until fragrant, about 2 minutes. Pour in the stock, raise the heat to high, and bring to a boil. Reduce the heat to low and simmer until the squash and apples are very soft, about 25 minutes. Remove from the heat and let cool lightly. Working in batches if necessary, puree the soup in a blender until smooth. Transfer the pureed soup to a clean saucepan and place over medium-low heat. Season generously with salt and pepper to bring out the apple flavor, and heat to serving temperature. Ladle into warmed bowls and serve at once.

Blueberry Muffins

2 1/4 cups all purpose flour
 1/2 cup sugar, plus 2 teaspoons for topping
 1 tablespoon baking powder
 1/2 teaspoon salt
 1 cup milk
 1 egg, at room temp
 3/4 teaspoon vanilla extract
 1/2 cup unsalted butter, melted and cooled slightly
 1/2 pint blueberries



Preheat oven to 375 degrees F. Line 12 muffin pan cups with foil or paper liners. In a large bowl, whisk together the flour, 1/2 cup sugar, baking powder, and salt until well blended. Add the milk mixture, melted butter, and blueberries to the flour mixture and stir gently just until combined. Spoon the batter into the prepared muffin cups, dividing evenly. They should be no more than three-fourths full. If desired, sprinkle the tops evenly with the two tablespoons sugar. Bake the muffins until they are golden and a toothpick inserted into the center of a muffin comes out clean, 18-20 minutes. Let the pan sit on a wire rack for 5 minutes, then remove the muffins from the pan and place on the rack. Serve warm or at room temperature.

Blueberry Cornbread

2 teaspoons vegetable shortening
 1 cup self rising flour
 1 cup yellow cornmeal
 1/4 cup sugar
 1 cup blueberries
 1 cup milk
 1/4 cup canola oil
 1/4 cup honey
 2 large eggs



Preheat the oven to 400 degrees F. Use a paper towel to grease the baking pan with the shortening. In a medium bowl, mix together the flour and cornmeal. Stir well to combine. Add the sugar, baking powder, and salt and stir again. Wash the blueberries in a colander. Pat dry. Place the blueberries in a small bowl. Add two tablespoons of the flour mixture and gently toss the flour and the blueberries with a wooden spoon. Set aside. In the other medium bowl, whisk together the milk, oil, honey and eggs. Add the milk mixture to the dry ingredients and stir together just until the ingredients are well moistened. With the rubber spatula, fold in the blueberries. Pour the batter into the greased baking pan. Bake for 20-25 minutes or until the bread is a light golden brown.

Pumpkin Bread

1 (15 ounce) can pumpkin puree
 4 eggs
 1 cup vegetable oil
 2/3 cup water
 3 cups white sugar
 3 1/2 cups self rising flour
 1 teaspoon ground cinnamon
 1 teaspoon ground nutmeg
 1/2 teaspoon ground cloves
 1/4 teaspoon ground ginger



Preheat oven to 350° degrees F. Grease and flour three [3X7] loaf pans. In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar until well blended. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans. Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean.

Maine Whoopie Pies

3 cups of sugar
 1 cup of butter
 4 eggs
 1/2 cup of vegetable oil
 1 tablespoon of vanilla extract
 6 cups of all-purpose flour
 2 cups of unsweetened cocoa powder
 1 teaspoon of baking powder
 1 1/2 tablespoons of baking soda
 1 teaspoon salt
 3 cups milk

Filling:

1 1/2 cups of shortening
 3 cups of confectioners' sugar
 1 1/3 cups marshmallow topping
 Dash of salt
 1 teaspoon of vanilla extract
 1/3 or 1/2 cup milk

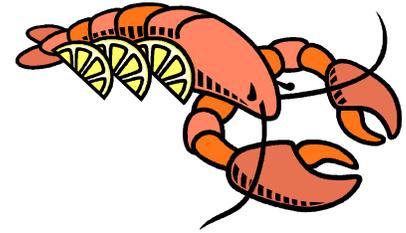
In a mixer, combine all ingredients except the milk and mix. Add milk until creamy. Spread the filling in between two cookies to make a sandwich.

Preheat oven to 350 F. In a mixer, beat the sugar, butter, and eggs together. Add the oil and vanilla and mix well. In a bowl, combine all of the dry ingredients. Add half of the dry mixture to the egg mixture and mix. Then add 1 1/2 cups of milk. Then add the other half of the dry mixture. Add the remaining 1 1/2 cups of milk and mix. With a large spoon, scoop out batter onto a baking sheet into shapes of circle cookies. Bake for 10 to 12 minutes. When done, place on a cooling rack. Makes 16 whoopie pies.



Maine's Lobster Sandwich

1/2 pound fully cooked lobster meat from the store or a 2 1/2 pound live lobster
 1/2 of medium cucumber
 1/4 of cup bottled mayonnaise
 1/2 of tablespoon fresh tarragon
 2 small scallions
 Kosher or sea salt and freshly ground pepper
 New England-style hot dog buns (regular if not available)
 2 - 3 tablespoons unsalted butter



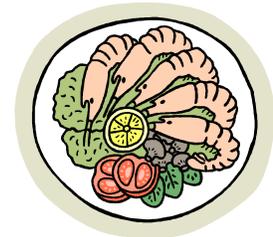
If using live lobsters, steam or boil them and let cool. Use a cleaver to remove the meat from the claws, knuckles and tails. Remove the cartilage from the claws and the intestines from the tails. Cut the meat into 1/2-inch pieces. You can also use pre-prepared lobster meat at the store.

Seed, peel, and finely dice the cucumber. Place the cucumber in a colander for 5 minutes to drain the liquid. Combine the lobster, cucumber, mayonnaise, and tarragon. Thinly slice the scallions and add them to the mix. Cover mixture with plastic wrap and chill for 30 minutes to 1 hour.

Preheat a large skillet over medium-low heat. Lightly butter both sides of each bun. Place them in the pan and cook for about 2 minutes, until golden brown. Turn the buns over and toast the other side. When the buns are ready, place the lobster salad inside and enjoy with potato chips!

Shrimp Casserole

8 slices bread
 1/2 lb sharp cheese
 2 cups of shrimp
 3 eggs, well beaten
 2 1/2 cups milk or 1 can of celery soup
 1/2 teaspoon salt and pepper



Preheat oven to 325°F. Cook the shrimp according to the package. Butter the bread and then cube it. Shave the cheese. Beat the eggs and add the milk or celery soup. Alternate layers of bread cubes, cheese, and shrimp in the casserole dish. Put the egg mixture on top of the casserole dish and bake for 1 hour.

Brunswick Stew

One whole cooked (stewed or boiled) deboned chicken skin remove
 5 carrots
 3 large potatoes
 1 large yellow onion
 1 stalk celery
 3 tablespoons flour
 Dash of salt and pepper
 3/4 cup Bisquick®



Remove stewed chicken from pot. Cut up vegetables into bite size chunks. Add salt and pepper to taste. Cook in chicken stalk until veggies are tender. In 1/2 cup cold water add the flour and whisk to smooth consistency. Add to stew and stir until blended. In bowl add water to bisquick and form into small balls of dough. As stew bubbles on medium heat add chicken back to stew. After 3 minutes add the dumpling batter to the pot cover and simmer for 15 mins on low heat. The dumplings should enlarge and cook in top of stew. Serve with fresh rolls and butter.

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Games and Crafts



Highland Games
Tug-Of-War
Ring Toss
Sack toss

Crafts:

Wabanaki Indians Weaving

Moose Puppet

Whirligig

Highland Games is an event held once a year to celebrate the Scottish and Celtic culture. Games include tossing, endurance and strength. Try some of the below children's games.

You can create a score card on cardstock for each person to keep track of their score at each station.

Tug-Of-War– game of strength and endurance.

100 foot rope, marked in the middle with a piece of masking tape

Field or flat area to play

Duct tape

Judge and two teams of players

Form two teams of at least 5-6 players. They should have equal number of people on each team. Make a line on the ground with a long pool floating device or any other soft object. This will be the center line. The judge is not allowed to play the game but has to determine a winner and watch for people breaking the rules.

The marked area in the center of the rope is the center mark for the starting point. Measure 15 feet from the center in each direction and tape the rope at those points. When this line crosses the line on the ground, the team on that end has lost. Make one more set of tape marks 2 feet further from the ones you just made. This is where the participants are allowed to place their hands and they are not allowed to move their hand over the tape.

Line both teams up on their sides of the rope. Stagger each person on the rope on each end. Have everyone pick up the rope and hold it tight. The judge lines up the tape over the center line. Judge yells, "Ready Set, Pull"! Each team pulls until one side's tape crosses the line. The group that wins each receives 5 points for their total.

Ring Toss– game of strategy and accuracy.

Purchase a ring toss game at the local store

Line the participants up at the starting at least two feet from the ring toss holder. Let them toss three rings on the post. If they toss the ring on the post they receive 3 points, touching the post 2 points, and touching the bottom edge of the post 1 point.

Sack Toss– game of strength and strategy.

Paper lunch bag

Newspaper

Spatula

Stapler and tape

Coffee stirrers

Colored construction paper

Optional: Clay to place on the bottom of the flag so it will stand up. If you are outdoors you do not need the clay, simply plant it in the ground.

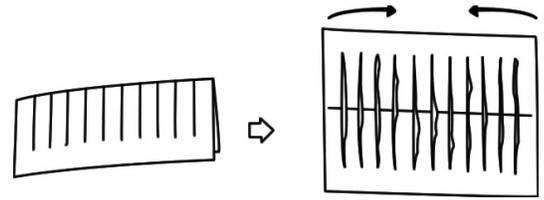
Wad up newspaper and place it inside the lunch bag until it is almost full. Staple the bag shut. Have each person participating create a pendant in various colors. Use the template in the back for the pendant. Trace it on construction paper. They should write their name in the center very large. Then they can decorate the edge or back. You can use the same colors just make sure that they have their names on the pendant. Tape the side of the pendant on the coffee stirrer. Add a lump of clay to the bottom of the stirrer to make it stand up inside.

To begin the game, line the participants up with their pennants. Using the spatula, they place it under the paper bag and try to flip it the farthest away. After they flip the paper bag then they will place their pendant where the bag landed and bring the bag back to the next player. After all the players have played the person that flipped it the furthest wins first place.

If you are playing for points, first place is 5 points, second is 3 points, and third is 2 points. Everyone else receives 1 point.

Wabanaki Indians Weaving

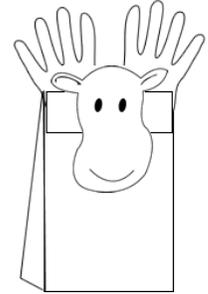
Printer
Paper
Scissors
Glue
Construction paper



Take one sheet of construction paper and draw a line 1 inch from the top. Fold the construction paper in half, as shown. Draw lines about 1 ½ inches apart from the top line to the fold, as shown. Cut on lines from the fold to the line. Cut the second piece of construction paper into 1 ½ strips across the width of the paper, as shown. Use these strips to weave through the strips of the first sheet of construction paper. To weave means to take the strip under the paper, then take it over the paper to the next opening. When you have finished weaving the entire mat, glue the ends of the strips down on the back side.

Moose Puppet

Moose head template, located in the back of kit
Brown lunch bag
Brown construction paper
Brown markers
Glue stick
Scissors



Paint the outside of the paper cup brown. While it is drying cut out two ear shapes and legs from card stock (thick paper) and paint them brown also. Trace your hands onto card stock and cut them out to make antlers. Fold the tips of the ears and glue the folded edge onto the inside rim of the glass. Do the same thing for the antlers. Open up a paper bag and place your hand inside. Squeeze the bottom of the paper bag into the paper cup, flattening it out inside the cup as much as possible. Remove the bag and place glue all around the inside of the paper cup. Put the bag back into the cup and press it around the sides. When it is dry paint the bag to match the face. To finish, glue on the arms, legs, and eyes.

Whirligig

A piece of string or yarn, about twice as long as your arm
A large button, with two holes



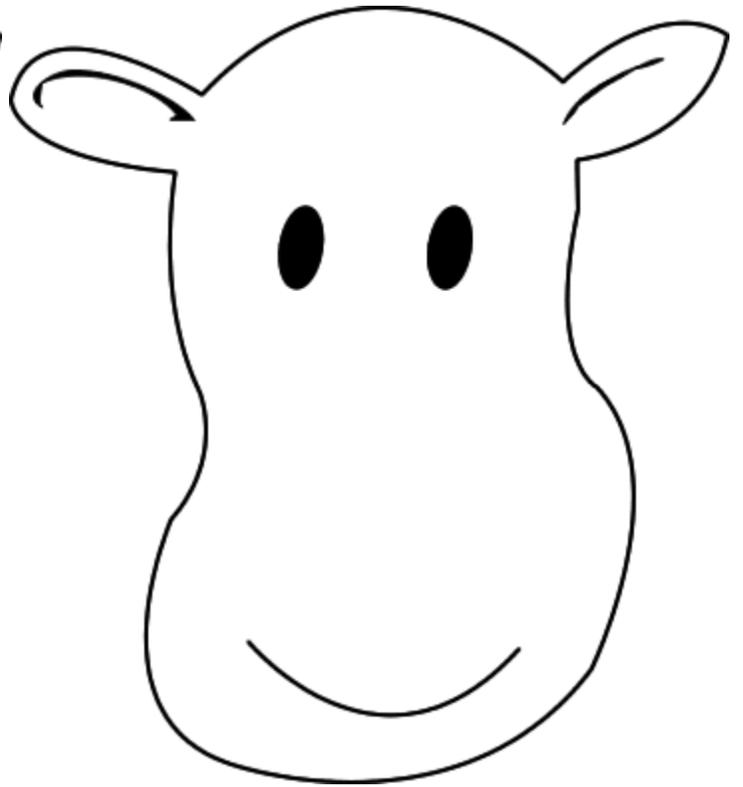
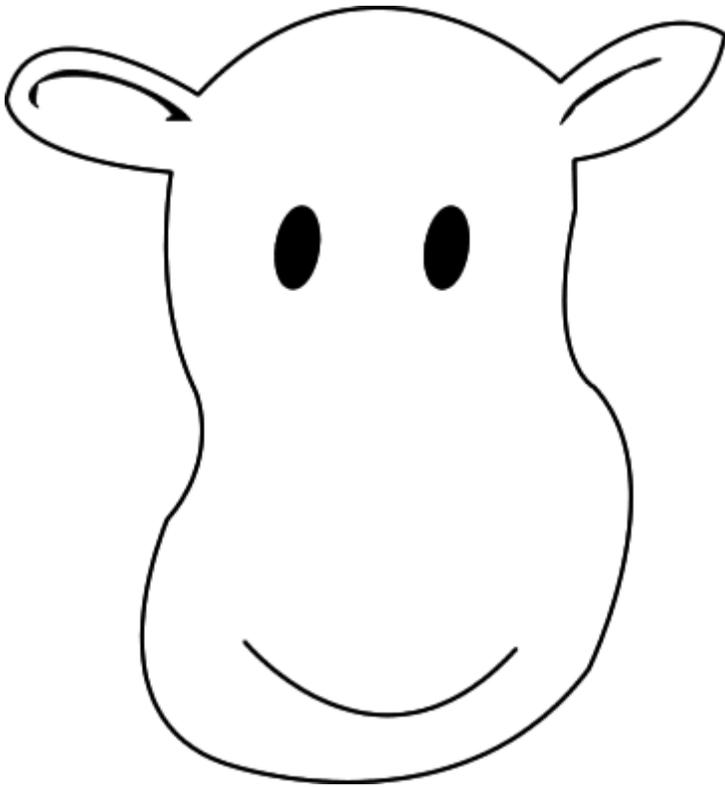
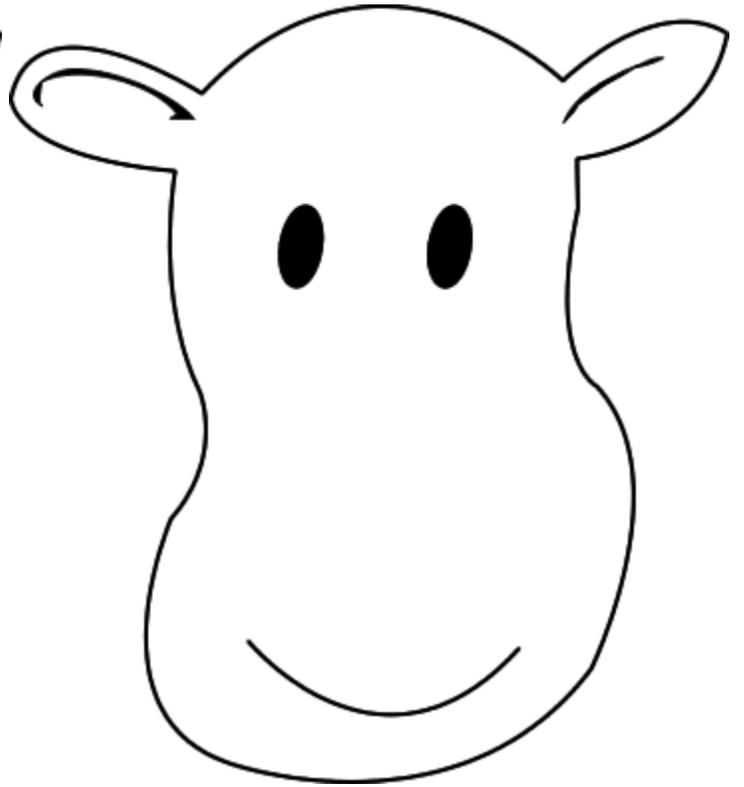
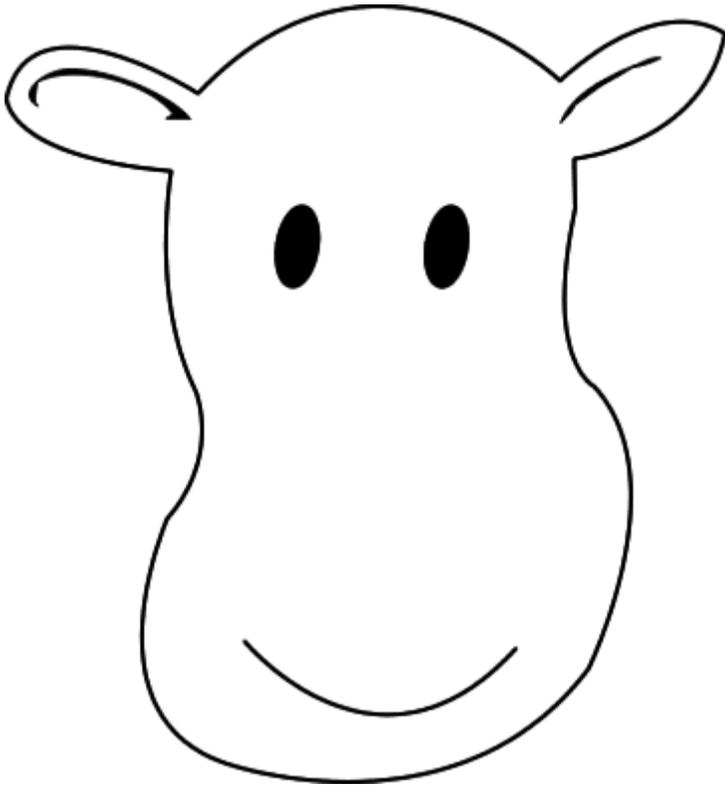
Thread the string through the button holes and tie the ends in a knot, forming a loop.

Hold each end of the string so that the button hangs slack in the middle. Swing the button in a circle to tightly wind up the string.

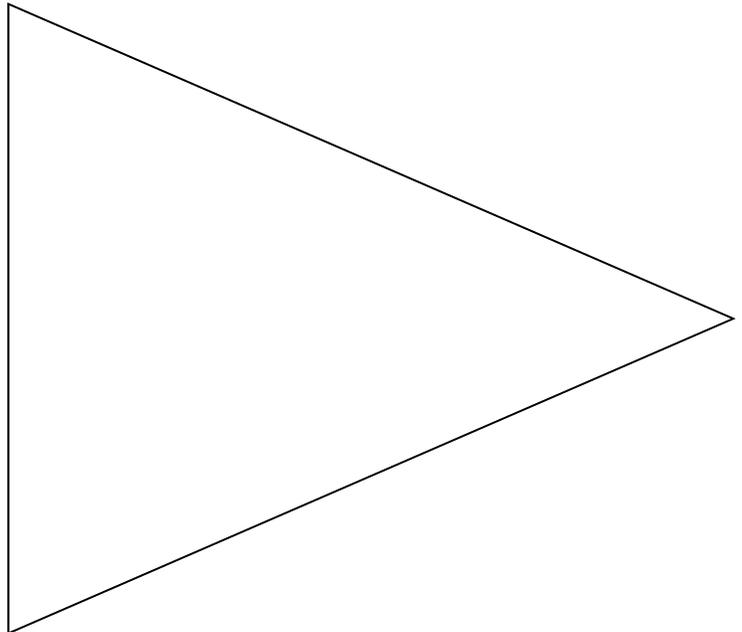
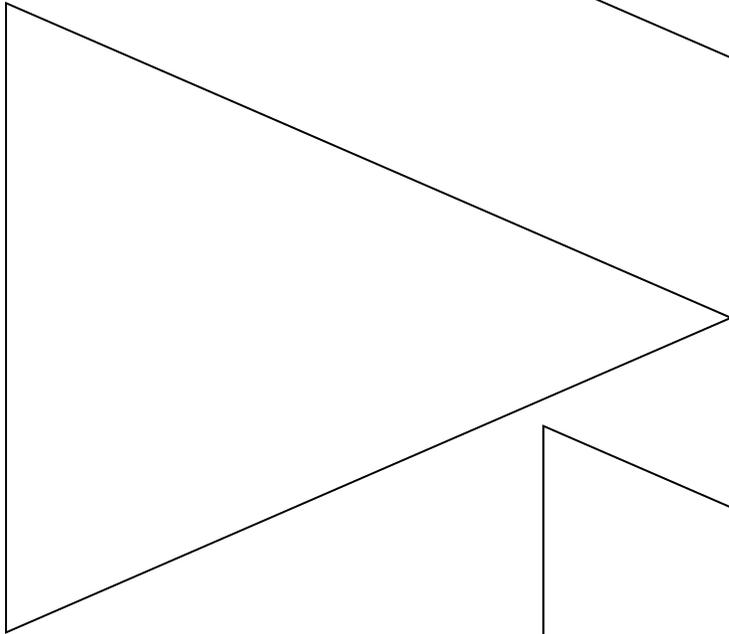
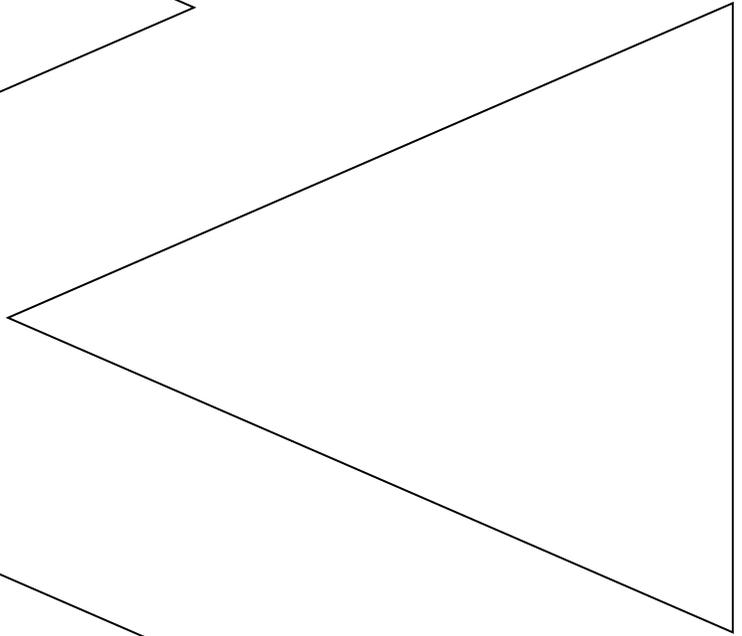
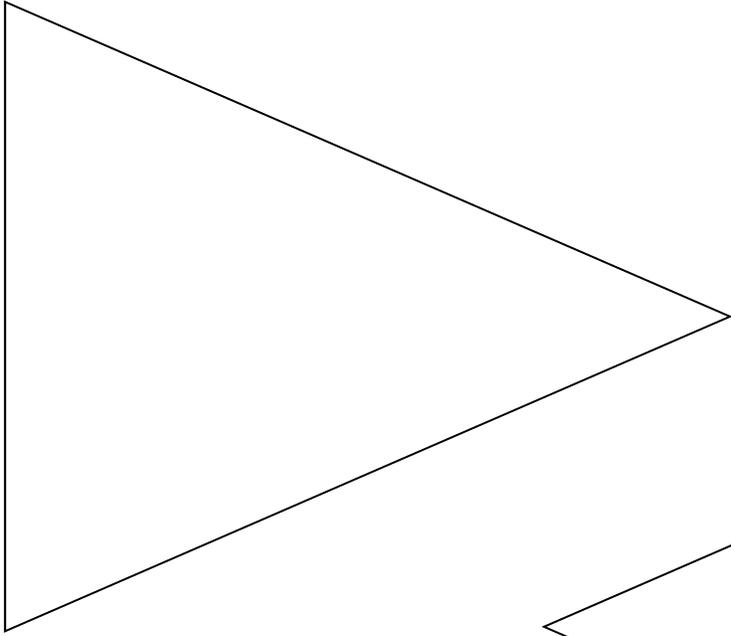
Pull your hands apart and push them together again. Watch the button whirl and sing!

****CHALLENGE:** See how long you can keep it going

Moose Heads for Puppets

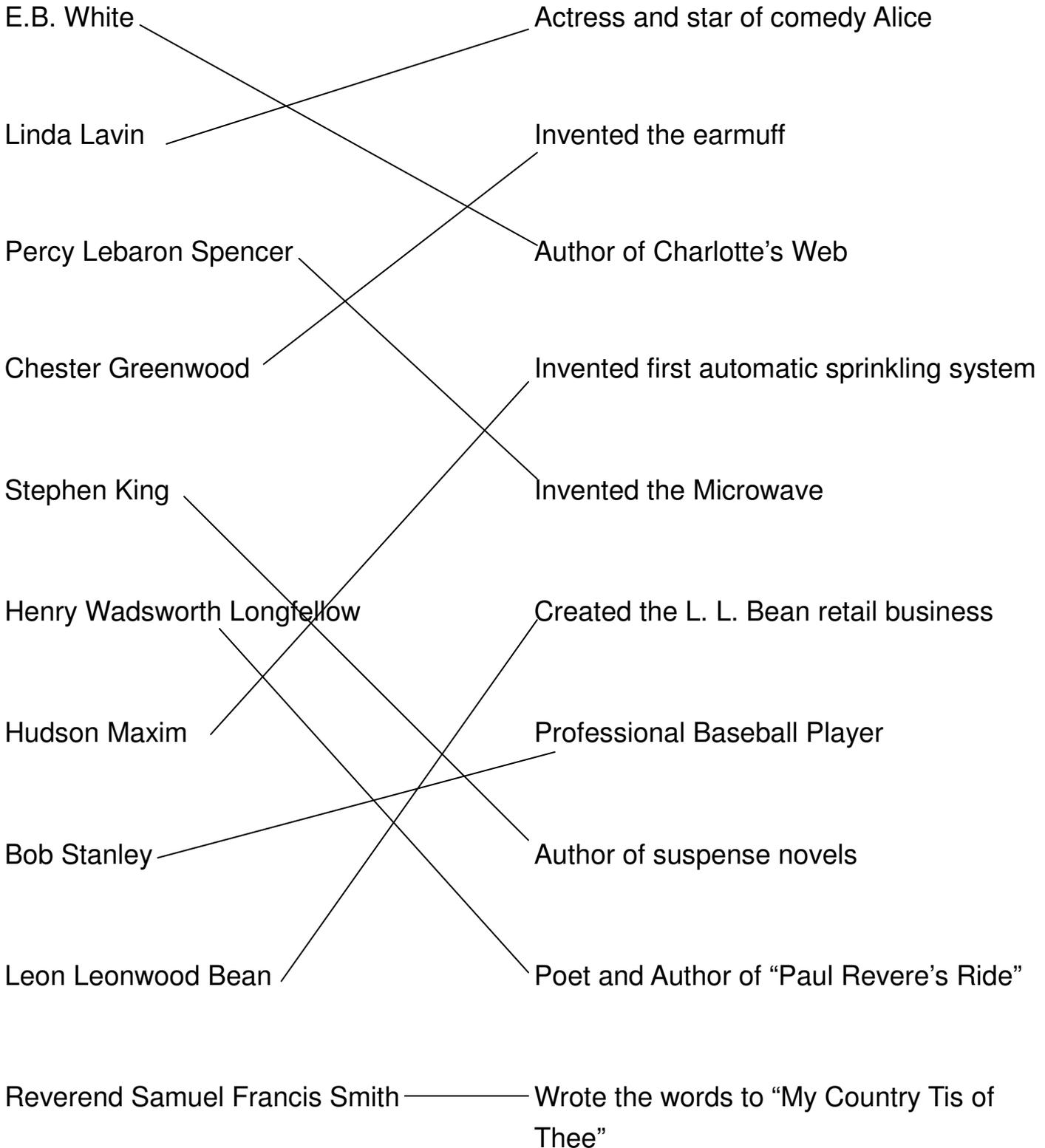


Pennants



Famous People from Maine [ANSWERS]

Match the person's name to their accomplishment or invention.



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
Maine	Maine Patch		\$1.75	\$
				\$
				\$
				\$
				\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
SUBTOTAL				\$
Regular Shipping & Handling (view chart)				\$
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:

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
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