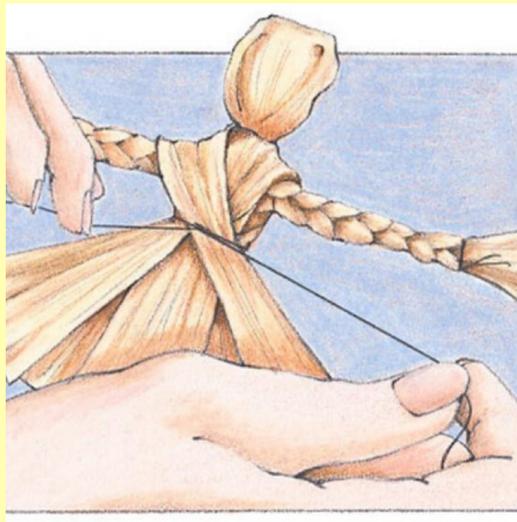
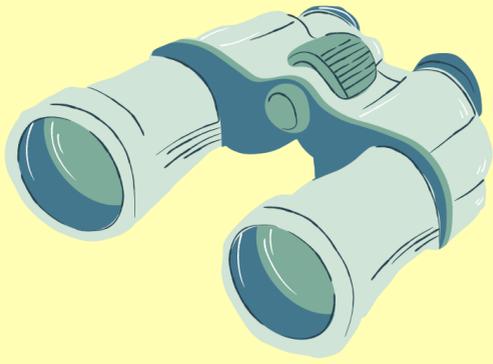
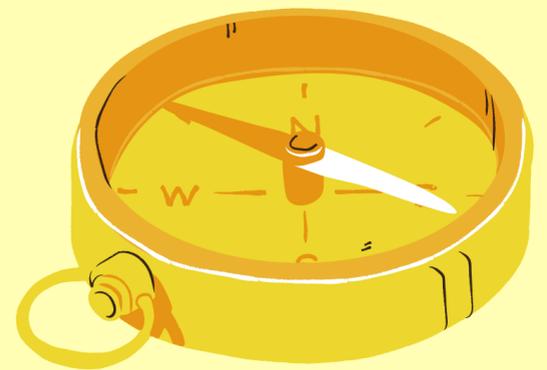
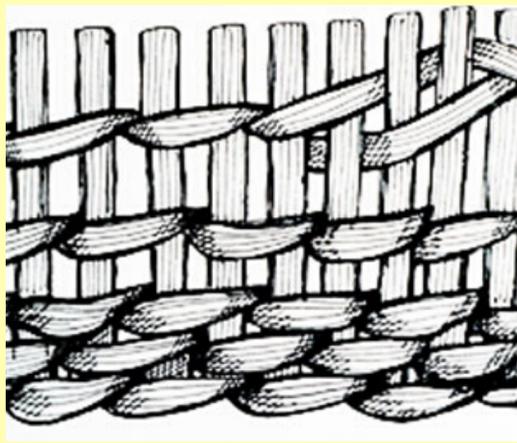


MOUNTAIN HERITAGE CENTER



**2020 Summer
Camp**



RESOURCES

6/19-6/25

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Theme: Resources

Introduction

People in Southern Appalachia have always used natural resources to survive and thrive. Look for this theme in most of the packets we are producing during *Summer 2020 Step Back In Time Camp*.

This packet will focus on one natural resource people have used for more than 2,000 years, **clay**. The native people, the Cherokee and their ancestors, began making pottery from local clay around 1,000 BCE. Making pottery was an important milestone in the history of the region. It represents a time when the climate started warming up and people could settle down and farm rather than moving with the seasons and following game animals. Pottery is great for cooking and storage but only when you don't have to carry it for long distances.

Over time, potters developed different pottery forms, firing techniques, and decoration. Periods of time can be discovered from these different styles. When pieces of pottery are found, the styles can show roughly when people made them and whether they were related to people living in the next valley or several valleys away.

Introduction to Cherokee Pottery from a member of the Cherokee Nation in OK:

- <https://www.youtube.com/watch?v=y4FUUL3hjno> (Video name: Cherokee Pottery 1710)
- Please also visit <http://ancientnc.web.unc.edu>

Investigate the *3-D gallery* and also explore *Archaeology In Your County*.

Check out the Timeline for an overview of the first people to live in NC.

<http://ancientnc.web.unc.edu/exhibits/timelines/pre-colonial-periods-timeline/>

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Introductory Material

- Cherokee legend: *Me-Li and the Mud Dauber* (p. 3 -5)
- Pottery examples from long ago (p. 6)

Traditional Craft

Clay Pottery - Clay Pot and Pottery Medallion making

- Supplies: No bake clay (for both crafts), nut stamp.
 - Easy and intermediate instructions for clay pots (p. 7)
 - Easy instruction for medallions (p. 8)

Videos

- Darrin Bark: Cherokee Artist - WCU Special and Digital Collections
 - <https://wcudigitalcollection.contentdm.oclc.org/digital/collection/p16232coll9/id/1233/rec/6>
- Culture Keepers: Paddle Stamp Pottery
 - <https://www.youtube.com/watch?v=YYsziLCrHnY>
- Making a Simple Clay Coil Pot
 - <https://youtu.be/62-7qHckMMM>
- Decorating Your Clay Coil Pot
 - <https://youtu.be/l-ycvBdTrzQ>

Recipes using natural and cultivated resources (p. 9-10)

- Yellow Jacket Stew from Cherokee Cooklore
- Bean Bread recipe from Cherokee Cooklore
- Bean Bread recipe from Nico Albert

Evaluation

- Please return completed evaluation for the week 1 and 2 packet in the mail or drop off when picking up the following week's packet (p. 11)

Mountain Heritage Center
176 Central Drive #240 Western Carolina University
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the grasshopper stopped him and said,
"Where are you going?"

He said,

"I'm sick and tired of my feet,
everybody laughs at my feet, they point at my feet, they laugh.
I'm gonna go live by myself.
Nobody's gonna have to look at my feet again."

The grasshopper said,

"I wouldn't be ashamed of that.
One day your feet will have a very special purpose.
Don't worry about your feet."

But the bird didn't listen,

he just stomped on through the grass by himself,
and he pouted all day.

The next day,

there were some men that came to cut down the grass in the field
because they wanted to plant a garden.

What they didn't know was

that there was a bird's nest,
with little baby birds in it,
and if they started cutting down the grass,
they were probably going to kill the baby birds.

The mother bird heard them talking,

and she was real upset.

And she tried to fly away

so that the men would follow her and go away from the nest,
and they just ignored her.

And then she tried to go and pick up the nest,

and it was way too heavy,
and she might drop the eggs,
and she was just so frantic,
she didn't know what to do.

The grasshopper saw her and said,

"You know, I bet you if you go and ask that bird with big feet,
I bet you he could help you, and help you move your eggs."

So she flew over to the field,

and she begged him to come and help,
but he just said,

"Oh not me, I can't help. Why, my big feet!
What if I fell down and I crushed your babies?"

She said,

"Oh no, I know you won't, I know you won't.
Please come and help me. Please."

So he went back with her,

and she got one egg,
and put it on one foot,
and she got the other egg,
and put it on his other foot,
because they were
so big

that they could hold the egg safely.

She got the other egg,

and together they moved the baby birds on the other side of the
field.

The men didn't even see them that day, they were safe.

She was so grateful that he had helped her,

she was so proud of his big feet,
she went around and told all the other animals what happened.

And instead of laughing at his feet,

they just wanted big feet too.

And that's the legend about the bird with big feet.

» **Me-Lí and the Mud Dauber**

What's a mud dauber?

And what do mud daubers build?

A house of mud.

They look like little tunnels, don't they?

They're good builders.

A long time ago,

there was a Cherokee girl by the name of Me-Li.

That's Mary.

And she was just beautiful.

All the boys wanted to talk to her.

Every day she just ignored them.

She wouldn't even look at them.

They would jump in front of her,
and they'd turn somersaults,
and they'd try to tickle her and push her,
anything they could do to get her to look at them.
But she never would.
She just went straight down and did her chores.
She'd every day go down to the river
and get water and bring it back,
and she'd have to hurry,
because all they had a long time ago was
tightly woven baskets that would carry water,
and of course they would leak,
so she'd have to run back as fast as she could
so all the water wouldn't come out.
And the boys every day
would try to get her to look at 'em and look at 'em.
Mr. Mud Dauber decided that he really wanted to talk to her,
and he was gonna get her attention.
He was going to get her to pay attention to him—
not the boys.
So every day Mr. Mud Dauber would fly around her face—
th-th-th-th-th-th-th-th—
but she'd just go like that [waves her hand]
and walk on.
Then he'd try to get around her ears—
th-th-th-th-th-th—
but she'd just go like that [waves her hand]
and go on.
And he kept thinking,
"I'm really, really, really,
I'm really gonna get you to pay attention to me today."
And every day
he'd come and zh-zh-zh-zh-zh-zh-zh,
and she'd ignore him and go on.
Well, this day he decided he would fly down her dress.
He flew down her dress,
and she stopped
and screamed

and started going like this [jumping, waving her arms, shaking
her dress]
trying to get him out.
"Get him out of there,
get out of there go on.
Get out. Fly away."
He was so excited,
"She's talking to ME!"
And all the other boys saw that,
and they were so mad
that the mud dauber got her to stop and talk—
never mind that she yelled at him—
but she was paying attention to him,
and he just loved that.
She was dancin' around
trying to get the mud dauber out of her dress—
ze-ze-ze-ze-ze-ze-ze.
She got him out, and she said,
"You listen to me. Don't you ever do that again!"
Oh, he was just excited,
"She's really talking to me now."
And she yelled at him all the way down to the creek.
She got so mad that she said,
"I'll teach you a lesson."
And she went back to his little mud house,
and she grabbed it off,
and she threw it in the creek.
And he thought,
"Ne-ne-ne-ne-na, I'll just make another one."
But she was so mad she stomped off.
And the next day she went back,
and she saw that that mud was still in the water.
She thought,
"Well, that's funny.
How come it didn't fall apart?"
So she picked up the mud, and she looked at it, and she thought,
"I wonder what would happen if I dried this?"
And see if it would fall apart then.

So she was just playing with it,
and she kept playing with it for a couple of days,
and she put it back in the water,
and she'd take it out, and it got harder and harder.
And she put it in the fire,
it didn't destroy it, nothing happened.
And she was really surprised about this,
so she went down to the river and got some mud,
just like the mud dauber made,
and she made a little bowl.
And she put it out in the sun
and let it dry until it got real hard,
and then she tried to put water in it,
after she had put it in the fire and made it real hard.
And sure enough
she could carry more water that way,
without it leaking like the basket did.
So the mud dauber did a lot more that day than bother Me-Li.
He taught her how to make pottery.
And that's a legend
about how the Cherokee people got ideas on making pottery,
from old Mr. Mud Dauber.

» How the World Was Made

This is another legend about mud.
We like legends about mud.
A long time ago,
there were only two people and the animals.
And they all lived together
on a tiny little rock in the middle of the water.
One was a grandfather,
and one was his grandson, a little baby.
And as babies do,
he started to grow.
Can you still wear the shoes that you wore when you were in
kindergarten?
No.

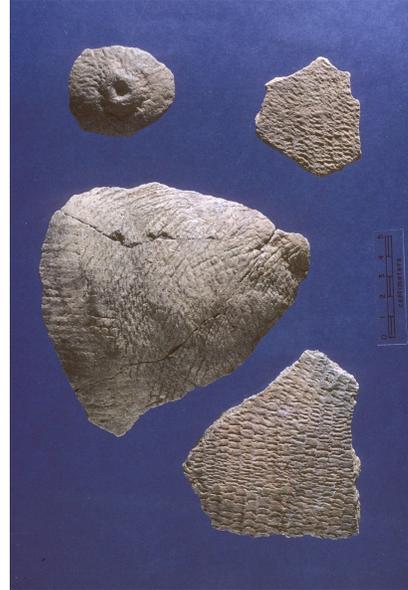
Why?
What happened?
You grew, that's right.
What about, does anybody wear diapers in here?
No.
Because why?
That's just for babies and you got too big, didn't you?
Well, that's what started happening with this baby.
He started growing,
and he started learning to crawl,
and then he started learning to walk,
and then he began to play.
And when he was about your age,
there was no more room on the rock.
He said,
"Grandfather, I really wish I had some more room to play.
I can't do anything, I bump into you, I bump into the animals,
they bump into me,
and I'm still growing."
The grandfather thought,
"You know that is—that's going to be a real problem
because, what's going to happen when he's sixteen?"
So all the animals started talking about,
"This is a real problem. What are we going to do?"
So the animals decided that they would dive down into the water
and try to find some more land.
One tried,
and went all the way down as far as he could
and came back and said,
"I ran out of air. I just can't go any further."
Nobody else wanted to try.
Finally Mr. Turtle said,
"I can.
I can stay on the bottom of water for a long time without air.
Maybe I can find some more land."
So he went down into the water,
and they all watched him go out of sight,
and he was gone for seven days.

Pottery Examples from Long Ago

Below are several examples of pottery made in this region hundreds of years ago. The images come from *Ancient North Carolinians: A Virtual Museum of Archaeology* (<http://ancientnc.web.unc.edu>)



Rims of Pisgah phase (A.D. 1000-1450) pot and jars from Garden Creek Mound, Haywood Co.



Variety of pottery from a village located near modern Tuckasegee, Jackson Co. Note foot from a pot and pieces with corn cob impression and fabric stamps.



Pottery pieces (l) and pottery bowl (r) from a village near modern Tuckasegee. Note Qualla (A. D. 1400 - 1800) pottery with curved lines created by stamping the clay when damp..



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Let's make a Clay Pot

Supplies:

- Clay ball
- Tools for stamping or impressing into the clay
- We've included a nut stamp for you to try but other tools or objects will work well, see image.
- Tool for scoring clay pieces together (your finger will work well too)



Pinch Pot (for small pots)

- Form a small amount of clay into a smooth ball that fits in your hand.
- Press the thumb of the other hand down through the centre of the clay until you can feel pressure in your other hand.
- Use your fingers and crooked thumb to pinch out the shape from the bottom of the ball first. Work in small, pinching movements, rotating the clay in the palm of the hand to even out the marks as you thin the wall.
- It is important to keep the rim of the pot as thick as possible at this stage. This will prevent the wall from flaring out too quickly and tearing or cracking.
- Change the position of your hands so that the fingers are inside and thumb outside, and pinch the wall upward and outward in stages.
- When you're happy with the shape of the pot, work on the rim in small, even pinches to thin it out.

Coil Pot (for small and large pots)

- Take part of the clay and roll it out to ¼" thick.
- Cut this piece into a round disk. This is your base.
- Roll out a coil and place it on the edge of your base.
- Score or smooth the coil onto the base to make sure of a good connection.
- Roll out a second coil and place it on the first coil.
- Score or smooth the coil onto the first coil both on the outside and the inside.
- Continue building as you have clay.
- Make each coil slightly larger than the previous and the pot will get larger.
- Continue smoothing, support the inside as you smooth on the outside.
- Polish the interior with a smooth tool like the back of a spoon.
- Gently stamp the outside of the pot with your tool like the corn cob or nut stamp.
- When finished, leave the pot to air dry for a couple days

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Traditional Craft: Gorget

Native people made medallions or gorgets to wear as decoration or to show status. These were often made from stone or bone like the one below from Swain County.



Image: *Ancient North Carolinians: A Virtual Museum of Archaeology*
<http://ancientnc.web.unc.edu>

Supplies:

- Small ball of clay
- Small cookie cutter
- Tool to press on or cut into clay to create a pattern.

Directions:

- Take a small ball of clay and roll it flat, about ½" thick
- Cut out piece of clay with a small cookie cutter
- Stamp or impress a pattern on the clay
- Punch hole in the rubbing and put a string on it to make gorget/ necklace
- Leave in safe place to dry overnight



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Recipes

These traditional recipes were cooked using pots made by Native Peoples.

Yellow Jacket Soup

- Hunt for ground-dwelling yellow jackets either in the early morning or late afternoon.
- Gather the whole comb.
- Place the comb over the fire or on the stove with the right side up to loosen the grubs that are not covered.
- Remove comb from heat, pick out yellow jackets and place in oven to brown.
- Make soup by boiling the browned yellow jackets in a pot of water with salt and grease added if you like.

Bean Bread (Tsu - Ya - Ga)

Red beans

Cornmeal

Butter or meat fat or drippings (bear, bacon, beef)

- Boil dry beans in plain water until tender
- Pour boiling beans and some of the soup into cornmeal, stir until mixed.
- Have a pot of water boiling on the fire. Make mixture into balls and put into pot.
- Cook uncovered until done. Serve hot or cold with butter or meat fat and wild game.

(both recipes from Cherokee Cooklore, 1951)

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Bean Bread (Variation by Cherokee Nation chef, Nico Albert)

<https://www.pbs.org/food/native-america/discover-traditional-choerokee-bean-bread/>

Ingredients

- 3 cups Masa Harina (This is dried corn cooked with lime water to release the hulls and ground into a dough. It is then dried to create a flour that reconstitutes into a dough when water is added - instant bean bread dough!)
- ½ cup rendered lard (many traditional Native American recipes use fat as flavor and source of vital nutrients)
- 2 teaspoons salt
- 2 teaspoons baking powder
- 1 cup cooked beans (really any type of bean will work but small brown beans are traditional)
- 2 cups hot cooking liquid from beans
- Dried corn husks

Directions

- Set up a steamer on your stove top using a steamer basket fitted over a pot with plenty of gently simmering water.
- Place about 15 corn husks in a bowl and cover with very hot or boiling water. Place another smaller plate or bowl on top of the corn husks to keep them submerged. Set husks aside to soak and soften while you prepare the dough.
- In a large mixing bowl, combine masa harina and lard. Using your fingertips, work the lard into the flour until it is evenly distributed. Add salt, baking powder, beans, and the hot cooking liquid from the beans. Use a spoon to stir mixture until a thick, sticky dough comes together. It will be the consistency of cookie dough.
- Use your hands to scoop ¼ cup-sized portions of dough, working quickly as dough will still be hot from the bean cooking liquid. Shape the dough into a ball and flatten slightly into a 1-inch thick oval, which is your "broadsword." Wrap the broadsword in a corn husk, folding the husk around the dough on all sides to completely enclose it. Place wrapped broadsword folded side down in the steamer basket. Repeat with remaining dough, piling the wrapped broadswords in the steamer as you go. Cover the steamer basket with a tight fitting lid, and allow to cook covered for 45 minutes.
- After 45 minutes is up, check the bean bread- if the corn husk pulls away easily, the broadswords are done cooking.

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Evaluation

**Please fill this out and return to the MHC so we can continue producing
(or adjust) high quality packets for your family.**

Care Giver:

Which activities has your child (children) tried?

What age (s) is your child?

Have the activities and material been appropriate for your child?

Child:

Which activities have you enjoyed?

What have you learned that you didn't know before?

What else would you like to know about people who lived a long time ago?

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