





A NOTE TO CAREGIVERS...

We hope that you and your child enjoyed the Junior Historian experience. These activities were designed to introduce young explorers to the natural wonders of Sky Meadows State Park. There are many other opportunities for self-guided exploration every day at the park.

Make the most of your field explorations with our Discovery Backpacks. These backpacks are stocked with the guides and tools you'll need to spend a day of self-guided discovery at the park.

We have 3 different Discovery Backpack themes that allow you to explore the various natural and cultural wonders of Sky Meadows State Park:

-  Beginning Birding
-  Insect Investigation
-  Woodland Wonders

Each Discovery backpack includes field guides, maps, activity cards and other tools that will help you enjoy a day of exploration.

Backpacks are available at the Visitor Center on a first-come, first-served basis. There is no charge to check out and use a Discovery Backpack, however, an adult 18 years or older must be present to sign for the backpack.

For more information on the programs, events, and services available at Sky Meadows State Park, please visit our website at www.virginiastateparks.gov or call the park at (540) 592-3556.

Sky Meadows State Park
11012 Edmonds Lane
Delaplane, VA 20144

Sky Meadows State Park

Junior Ranger Program

Historian Activity Booklet For children ages 8-12





SKY MEADOWS STATE PARK JUNIOR RANGER PROGRAM

Welcome to our Jr. Ranger– Historian booklet! By opening this book, you begin your journey to becoming an official Sky Meadows State Park Jr. Ranger. After completing this booklet and attending one history program, bring your completed book to the Visitor Center and present it to the Ranger. They will review your book and issue you your official badge!

Good luck in your journey and remember to tread lightly on the land, practice Leave No Trace principles at all times in the park and, most importantly, have fun!

Leave No Trace Principles

1. **Plan ahead and prepare:** Learn about the park rules. Check the weather before you come. Bring enough water, sunscreen, and bug spray with you. Dress for the weather.
2. **Travel and camp on durable surfaces:** Stay on the trails.
3. **Dispose of waste properly:** Don't litter. Take your trash with you when you leave.
4. **Leave what you find:** Don't pick flowers or leaves. Don't take home rocks, pinecones, or any other souvenirs.
5. **Minimize campfire impacts:** Fires are only allowed in certain areas. If you build a fire, keep it small and make sure that it is completely out before you leave.
6. **Respect wildlife:** Watch all wildlife from a safe distance. Do not try to touch or feed any wildlife. If you have a pet with you, keep it on a leash and under your control at all times.
7. **Be considerate of other visitors:** Be kind to other people in the park. While on the trails, keep your voices quiet so that you and other people can enjoy the sounds of nature.



RANGER-LED HISTORY PROGRAM

Now, that you are done with the activates in this booklet attend a program, take a house tour, or speak with a ranger. Ask the Ranger to sign their name on the line marked "Ranger Signature." Once you are done with this page return your booklet to the Visitor Center to receive your badge!

Program Attended: _____

Date: _____

Time: _____

Two things that you learned from the program that you did not know before:

1.

2.

Ranger Signature: _____

* For a complete listing of History Programs, check the Visitor Center or visit our online Calendar of Events at www.virginiastateparks.gov



A MOUNTAIN MANOR

Mount Bleak was not the only 19th Century farm located on land that is now the park. In the early 1800's Snowden Manor was built on this 500-acre farm located next to the Boston Mill Road. Hike to the **Snowden Ruins**, located at the low end of the **South Ridge Trail**. Carefully examine the chimney and the foundation remnants. Draw a picture below of what you think Snowden Manor and its surrounding buildings looked like. Imagine you lived here. Why would you build a house here?



CONNECTING WITH THE PAST

The story of Sky Meadows State Park does not begin with its opening in 1983 and it does not begin with the Mount Bleak Farm in 1843. It does not even begin with George Washington working as a surveyor here in the 1750s. The story of this park begins before Europeans ever came to the New World. It begins with the Native Americans who used this area for traveling through the valley and for hunting. They were the first people to shape this land and for generations, man has been leaving their mark.

The names of the park's trails and other features help tell the stories of some of the people who have lived here: Captain James Ball, Corporal Randal Morgan, Abner and Mary Settle, Thomas Shearman, Sir Robert Hadow and many more. However, there are others who lived and worked on this land whose memories live on even if their names have faded over time. These men and women, enslaved African Americans, shaped this land as much as the others. Their stories are still waiting to be discovered. It is the job of the Historian to find those stories and share them so that their legacies will be remembered.

This book belongs to:

Junior Historian In Training



THE FARMER'S FORGE

Blacksmiths were an essential part of frontier life. Need a pair of hinges for a door? If you required nails, an ax head, kitchen cutlery, rims for the wagon, or any repair involving metal, the blacksmith was the person to see.



Take a walk to the **Blacksmith Forge**, which is to the left when leaving the Visitor's Center. Hint: Its located in the **Historic Area** behind the **Dairy Barn**. Look at the tools in the shop. Match the photos below with their name and description on the right.



- A. Tongs: Long-handled tool to hold hot metal while hammering it on the anvil.
- B. Forge: An oven-like tool fueled by coal used to heat metals to the point where they can be easily shaped.
- C. Sledgehammer: Primary tool used to shape hot metal.
- D. Vise: Used in place of tongs to hold large, heavy objects.
- E. Slack tub: A barrel filled with water, or sometimes oil, in which newly-shaped metal objects are dunked to cool them down.
- F. Anvil: Large, heavy tool used as a hammering surface.



FIND YOUR INNER POET

Long ago there once stood a tall poplar tree nearby Ashby's Gap. The poem below was written by Abner Settle and describes the poplar tree. Read Abner's poem and then take a walk on the **Boston Mill Road**. This road dates back to the 1800s and connected the nearby town of Paris with local mills. As you walk on this historic road, notice the things around you: trees, rock walls, birds and other wildlife. In the space below, write a short poem about something that you see.

The Old Poplar

Come, come, my Harp let us hide away
Where the mountain gale is free
Come, let us go where the zephyrs play
In the boughs of the Poplar Tree.

I love this tree, 'tis the same old tree
I marked in my youthful day
And here on the aged side I see
Loved names that are far away

Wind, tempest, and storm, it long hath stood
Like a legend famed of yore
'Tis loved and read, the true and good
Often time and o'er and o'er.

Though the lightning flash, seethed its breast
It's ambient boughs are green.
The anchor robed in its Marshall Dress
Is still on his war horse seen.

Long may it stand, green flourishing gay
Our loved old Poplar Tree.



INSIDE MOUNT BLEAK HOUSE

Historic Mount Bleak House was built about 1843. Walk around the outside and see if you can find the architectural features using the word bank. Mount Bleak is open based on volunteer availability, inquire inside the Visitor Center for a complete tour schedule.



Word Bank













Stone Chimney
Window Sash
Cellar Window
Stone Façade

Dutch Door
Door Knocker
Porch
Gable



ON THE HEARTH

In the 18th and 19th centuries, the majority of cooking was done on an open hearth like the one in the park's **Log Cabin**. Stop by the cabin and look inside. Does it look like your kitchen at home? Do you think that cooks in this kitchen could make the same food you eat? You might be surprised at how similar this kitchen is to yours! Look at the pictures of items from in the Log Cabin and match them with their modern name. To help you, a short description is beside each item.

1.	 Cider Press: Chops and squeezes apples to extract juice.	A.	 Food Processor
2.	 Mortar & Pestle: Grinds herbs and grains.	B.	 Stove Top
3.	 Dutch Ovens: Used to bake all types of food.	C.	 Juicer
4.	 Ice Cellar: A place to store foods to keep them cold.	D.	 Oven
5.	 Hearth and Spider Skillet: Used to fry and sauté foods.	E.	 Rotisserie
6.	 Tin Kitchen: Used for roasting meats.	F.	 Cooler

