

Family Traditions

Book

By: _____

ALABAMA



DEPARTMENT OF
ARCHIVES & HISTORY

Made at the Alabama Department of Archives and History

Family memories are important links to our past. We can learn many things about history and the families who lived long ago from the memories and traditions they left behind. Family history can also tell us a lot about ourselves and where we came from. Your family memories will also help those in the future understand their history. Use this booklet to start gathering and recording your family memories and traditions.

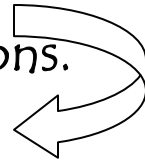
Turn the page to start on these activities:

- ★ Do you know your family?
- ★ Make your family tree
- ★ Draw your family orchard
- ★ Family orchard chart
- ★ Finding out about my family
- ★ Spoken word: how to conduct an oral history interview
- ★ Where have you come from?
- ★ Alabama map family migration
- ★ United States map family migration
- ★ Who do I look like?
- ★ Edible memories



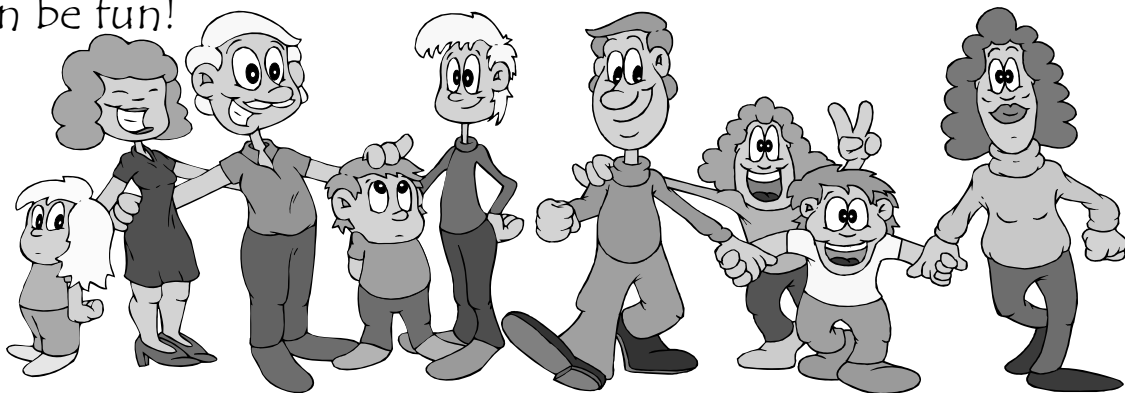
Do You Know Your Family?

Answer these questions.

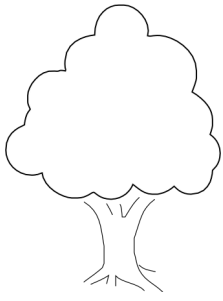


- 1 What is your mother's full name?
- 2 Where was your father born?
- 3 What are the birthdates of your brothers and sisters?
- 4 Where was your mother's mother born?
- 5 What was your grandfather's job?
- 6 Do you know where your great grandparents lived?
- 7 Do you have ancestors who moved from another country? Where?
- 8 Do you look like any of your ancestors?
- 9 Where are most of the old photographs of your family?
- 10 Is there a famous person in your family? Who?

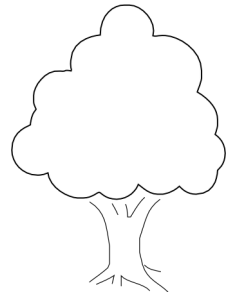
Do you know your family? Maybe it is time for you to find out the answers before it is too late. History of your family can be fun!



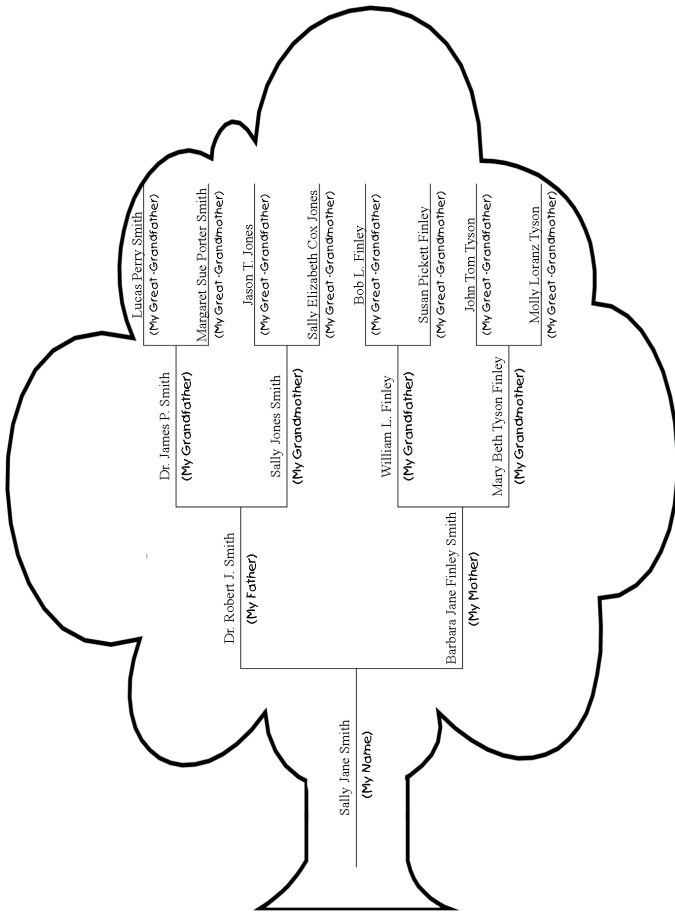
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Make Your Family Tree



A good way to help keep up with grand parents, great grandpar-
ents, and great-great grandparents is to draw a family tree.



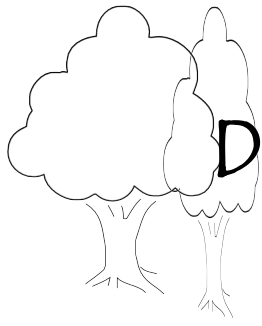
You will need a piece of white poster paper. Draw a large tree. Place your name at the bottom and work up. List your parents and then their parents. Continue until you can no longer find the names.

You may want to list dates of births and deaths if you can find them. Ask relatives to help you finish your tree. On a separate page you may want to write down a "neat" fact about each person.

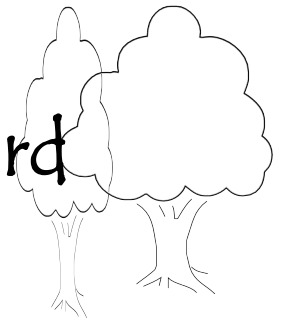
Where did Sally Jane Smith get her name?
Which of her relatives were farmers?
How far back did she draw her family tree?



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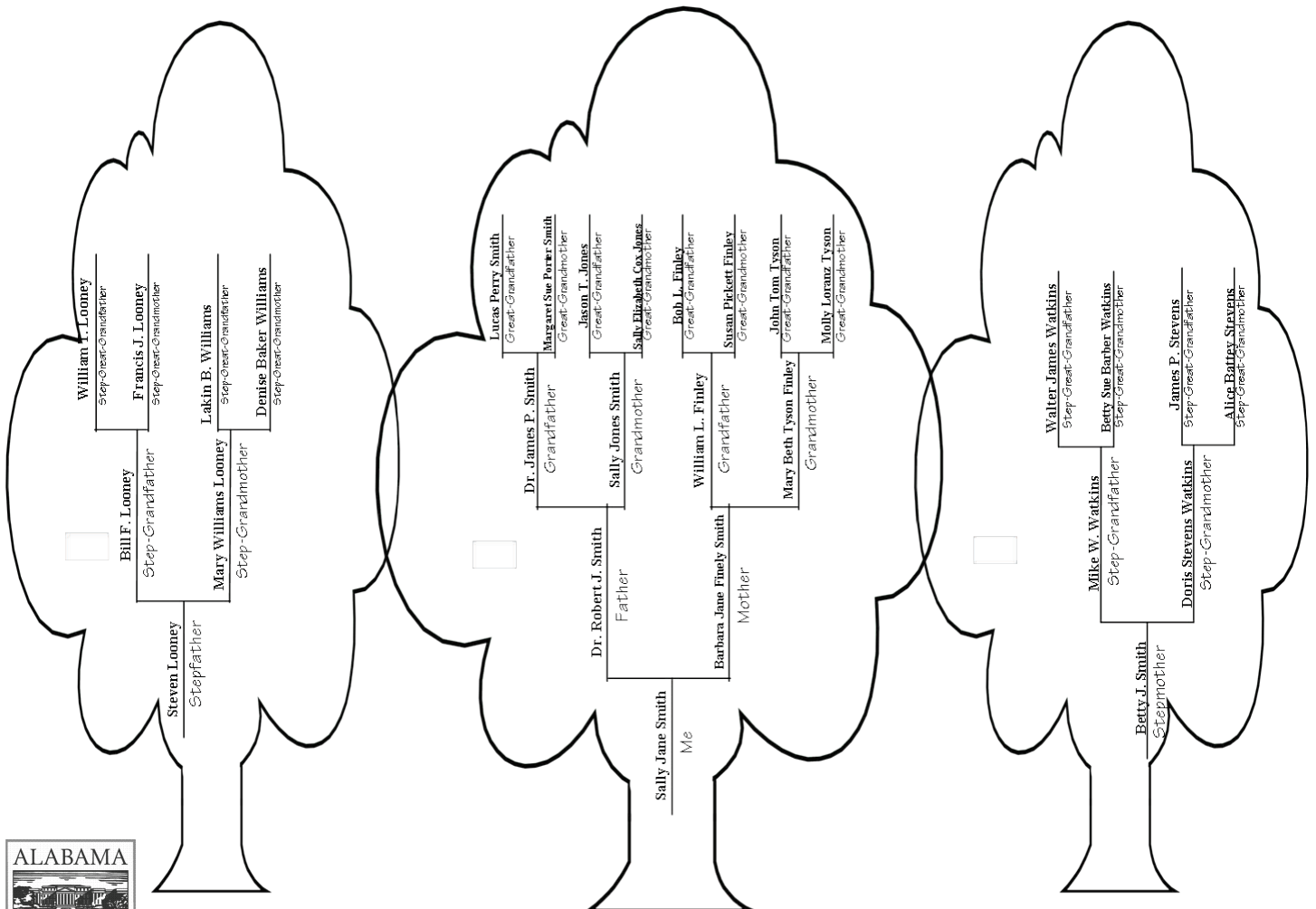


Draw Your Family Tree Orchard

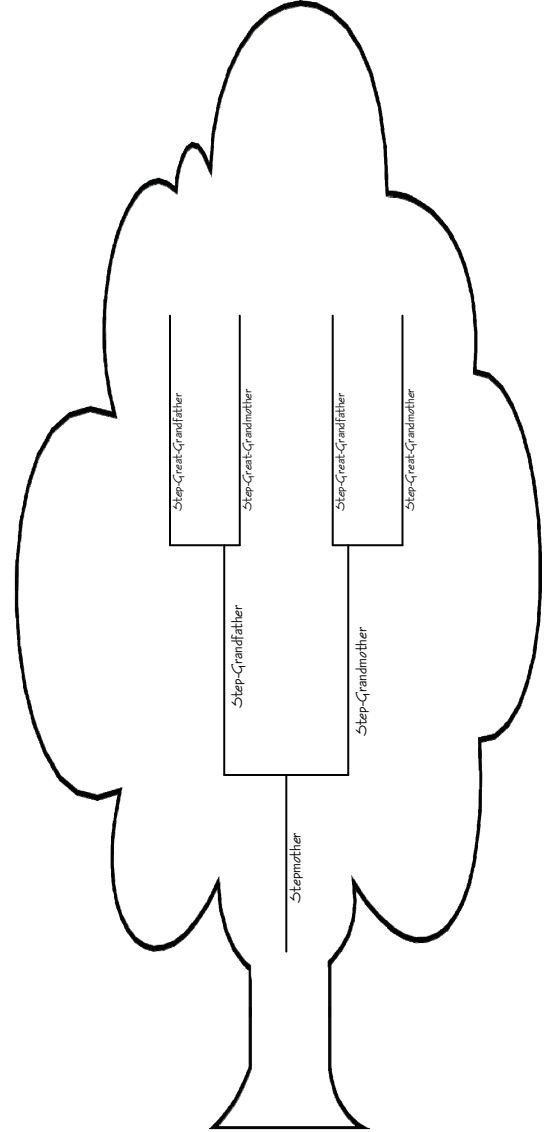
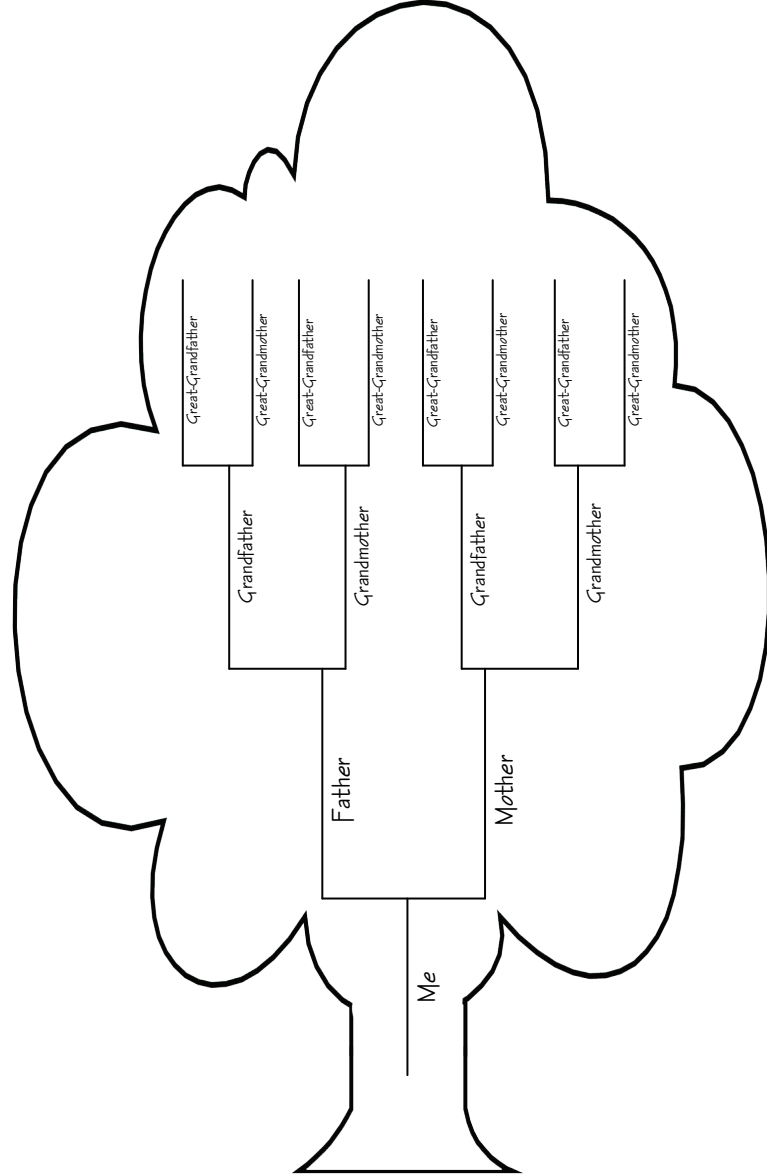
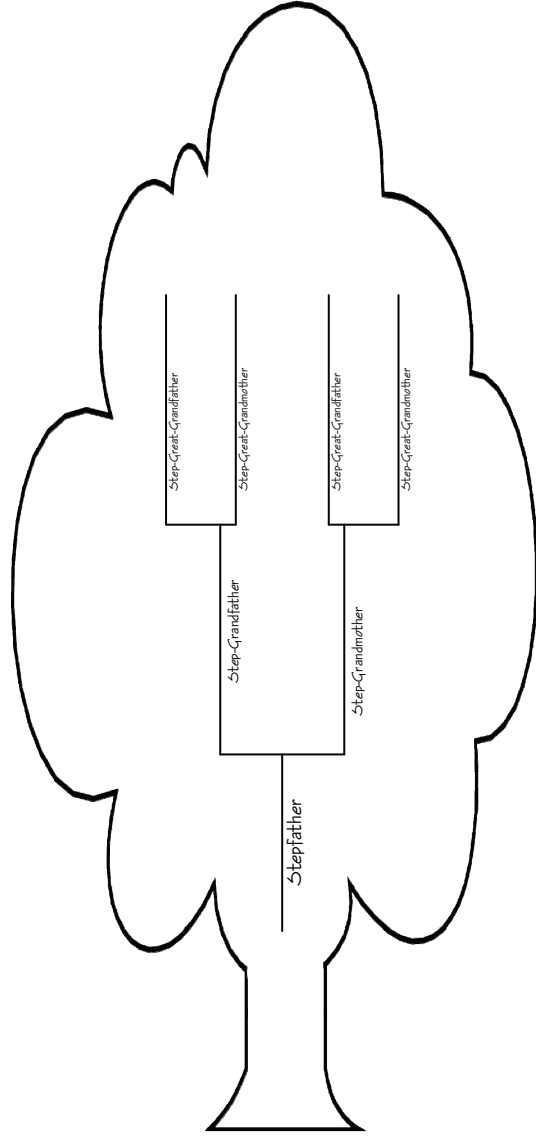


Many children today have divorced and remarried parents. If you are one of these children then you need more than a family tree. You need an orchard of trees...

Start by drawing your center tree just like you did on the activity sheet "Make Your Family Tree Today." On each side draw a smaller tree for your step mom's family and/or step dad's family. Connect the trees by their roots.



My Family Orchard



Finding Out About My Family

Directions: Complete these ideas to help you find out about the life of someone in your family!

I call this person _____ but

his/her name is really _____.

He/She is my _____.

His/Her favorite color is _____.

His/her favorite pet was/is a _____. The name of his/her favorite pet was/is _____.

He/she grew up in _____ and was born on _____.

The name of his/her school when he/she was my age was _____
_____. His/her favorite subject in school was _____
_____ and his/her favorite teacher was _____
_____ who taught _____.

His/her best friend's name was _____ when he/she was my age. His/her favorite game was _____

_____ when he/she was my age. His/her

mother's name was _____ and his/her

father's name was _____. His/her

parents lived in _____. His/her

grandmother's name was _____ and

his/her grandfather's name was _____.

His/her grandparents lived in _____.

Spoken Word

How to Conduct an Oral History Interview

Oral or spoken history is an important way of learning about the past. Speaking with people who lived through important historical events, such as the civil rights movement, will allow you to learn about history through their memories of the event. Oral history is a great way to learn about family history and where you come from. Conducting an oral history interview can preserve and save these important memories.

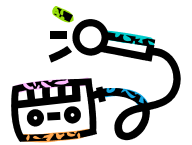
Conducting an oral history interview can be fun. It's like being a reporter. First, you have to decide who you want to interview. A great place to start is by asking your parents and grandparents!

Follow these guidelines for conducting an oral history interview:



Step one: Set a place and time to interview your subject. Choose a convenient time and comfortable place for you and the person you are interviewing. Schedule for short sessions of 30-40 minutes. If you have a lot of questions, plan on several interview sessions. They can be very tiring for you and the person you are interviewing.

Step two: Learn how to use a tape recorder. Practice using it with friends. Make sure you have enough tape and batteries to last during your interview. When you're ready to start the interview, begin your recording with your name, your subject's name, the time, and date. Don't worry if you don't have a tape recorder. You can also take oral history by writing down the person's responses in a notebook. You may have to ask the person to slow down or repeat to make sure you can write down the whole story!



Step three: Write a list of questions that you want to ask your interview subject. Use questions that require more than just "Yes" or "No" answers. Turn this sheet over to look at some sample questions to get you started on your interview questions.

Step four: Meet your interview subject at the appointed date and time. Don't be late. Practice your manners and interview your subject politely and with respect. It's also important to speak clearly during the interview. Most important, thank your interview subject before you are finished. Remember, you couldn't do the interview without them!



Step five: After the interview collect, your notes. Ask yourself these questions:

What did I learn about history through this interview?

What was one of the most interesting parts?

Why is it important to learn about people's historical experiences?

You may want to use your interview to create a memory book or summary report of your experience. Try drawing a picture or writing a poem of an event your subject described. You may even choose to create a full-fledged family history. Whatever you do, be sure to keep your recording or notes in a safe place. You have recorded important, perhaps even irreplaceable, history.



Try asking your subject these questions to help the interview get started.

Be creative and think of more questions to ask!

What do you really want to know from your interview subject?

Where did you go to school?

What was a typical school day like?

Did your family have any pets? What were their names?

What was your first job? Did you enjoy it?

What were your parents' occupations?

How did your family celebrate major holidays?

How many members of your family served in the military? Did they fight in a war, and, if so, which one?

Did you live during a major event in Alabama or United States history (examples: Great Depression, World War II, Vietnam, Civil Rights Movement, or Gulf War)? If so, which one?

What you remember most about this event?

What kind of house did you grow up in? Was it big or small?

What family traditions are important to you?



What games did you play as a child?

What songs do you remember?

When did your family come to the United States?

Have you heard any stories about how family members first came here and first settled?

Write more questions below!

Remember, your list of questions is a guideline. Sometimes the person being interviewed has a special story he or she might want to share with you. You may ask directly, “Is there a special story you’d like to have recorded? Would you share it with me?” Sometimes these stories are very funny, sometimes they are sad. Be prepared for the unexpected!



Go to www.archives.alabama.gov for more information

WHERE HAVE YOU COME FROM?

Archives
Adventures!

Have you always lived in Alabama? Statistics tell us that Americans tend to move once every five years!

It is likely that members of your family once lived in another city, state, or even country. Ask your family members about all the places they have lived. You can even ask them why they moved. Many people move for better job opportunities or to be close to family.

Use the maps below to create your **Family Migration Map**.

- Start with your great-grandparents (or further back if you can find information) and mark the city where they lived.
- Then draw an arrow to the next town where they lived. Continuing tracing the moves until you reach the location where you live now!
- Next to each city you mark, write down the names of the people and the years that they lived there. You can also draw a small picture next to each mark to illustrate your map.



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Alabama Counties and County Seats

You can use this large United States map to track your family migration too!

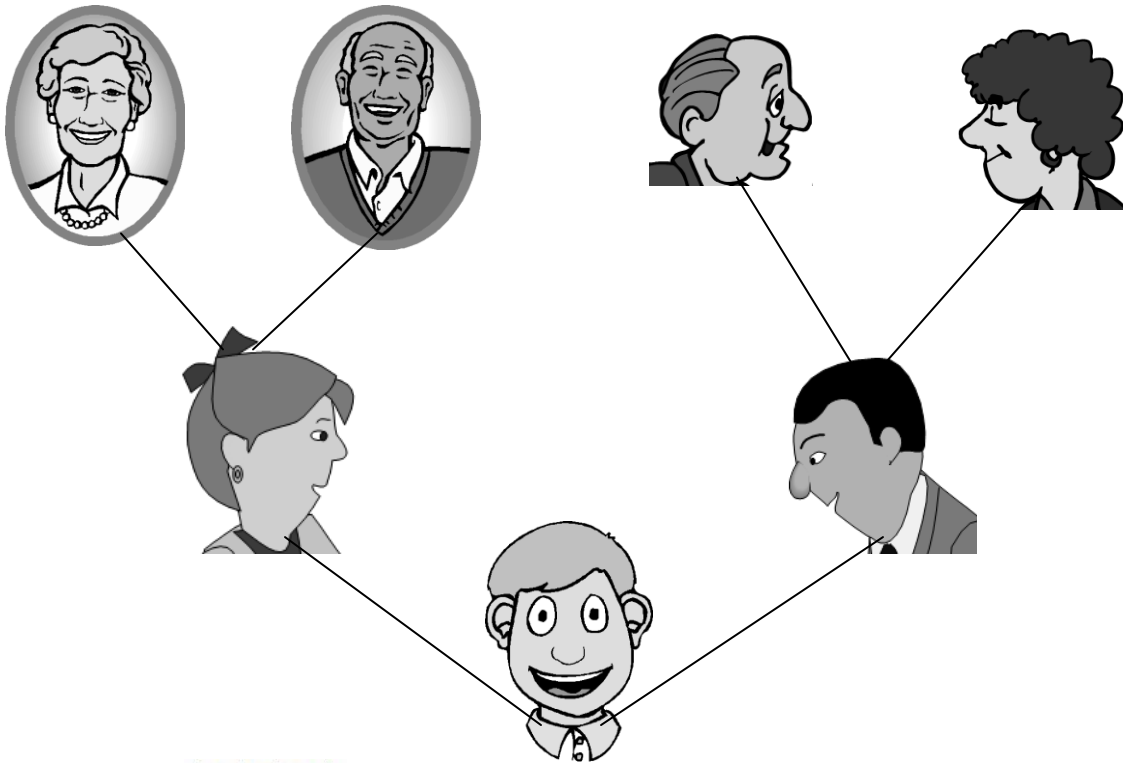


Who do I look like?

Photograph Family Tree

One kind of family tree can be made using family pictures. You will need to look through old photographs. When you find the pictures of your parents, grandparents, and great grandparents, take them to copier or scanner and make copies of the photographs. Carefully put away the real photos and use only copies. This will help preserve the photographs!

Cut out your picture and glue it to the bottom of a large sheet of white paper. Above your picture glue your mom and dad's picture. Glue their parents about them. Continue until you are out of pictures!



Edible Memories

Recipes and food are an important part of a family's heritage. Handwritten recipes and recipe collections historically were passed down from mother and daughter and from friends to new brides. Many recipes were treasured, jealously guarded, and passed down from generation to generation. Since most people did not use store-bought cookbooks, recipe collecting was an important tradition. Through the centuries recipe styles have changed.

Look at the recipes below. The recipes on the left are old recipes from the 19th century and the ones on the right are new from the 21st century. Compare the old recipes with the new ones. What is different about these recipes? What is the same? Circle the things that are the same with a blue mark and highlight the things that are different with a yellow mark. Turn the sheet over to learn how to create your own recipe collection!

Eugenia McQueen's 1864 Recipe Book	Allrecipes.com 2008
<p>Composite Cake Three pounds (lbs) of flour, 2 ½ lbs sugar, 1 ½ lbs butter, 3 lbs raisins, 3 eggs, 1 quart milk, 2 teaspoons full saleratus dissolved in tea, spice to your taste.</p>	<p>Vanilla Cake</p> <p>1 cup white sugar ½ cup butter 2 eggs 2 teaspoons (tsp) vanilla extract 1 ½ cups all-purpose flour 1 ¼ tsp baking powder ½ cup milk</p> <p>Preheat oven to 350 degrees F° (175 degrees C°). Grease and flour a 9x9 inch pan. In a medium bowl, cream together the sugar and butter. Beat in the eggs, one at a time, then stir in the vanilla. Combine flour and baking powder; add to the creamed mixture and mix well. Finally, stir in the milk until batter is smooth. Pour or spoon batter into the prepared pan.</p> <p>Bake for 30 to 40 minutes in the preheated oven. Cake is done when it springs back to the touch.</p>
<p>Sweet Potato Waffles 2 tablespoons full of mashed (sweet) potatoes, 1 tablespoon of butter, 1 tablespoon of sugar, 1 pint of milk, 4 tablespoons of flour; mix together and bake in waffle irons.</p>	<p>Sweet Potato Pecan Waffles</p> <p>1 cup canned sweet potato puree 3 egg yolks 1 cup milk 1 ½ cups cake flour 1 tablespoon baking powder (tbsp) 1 tbsp white sugar 1 tsp salt 1 tsp ground nutmeg ¼ cup chopped pecans 3 egg whites 3 tbsp butter, melted 2 tbsp pecans</p> <p>Stir together flour, baking powder, sugar, salt, nutmeg, and ¼ cup pecans. Mix sweet potato puree, egg yolks, and milk in a large bowl until well combined. Add flour mixture and mix well. Beat egg whites until stiff peaks form. Fold ¼ of the egg whites into batter. Lightly fold remaining whites and melted butter into the batter. Cook in a hot waffle iron. Garnish with more chopped pecans.</p>

Start your own Recipe Collection!



Make a family heirloom cookbook:

Collect a family recipe-- the older, the better-- and write it on a sheet of paper. Ask your family members about the recipe. Ask the following questions to get you started:

Who were the people who used the recipe and when?

During what special celebrations, if any, is the recipe made?

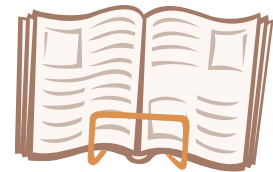
Do you have any special memories associated with this food?

Does the recipe reflect our family's ethnic background?

Who taught you how to cook?

Do you have any techniques or secrets that you would like to share?

Collect many different kinds of recipes from different categories, such as Breads, Soups, Salads, Appetizers, Meats, Vegetables, and Desserts. Put all the recipes and their history's together. Separate them by category and then bind them to create your family heirloom cookbook!



Take it to the classroom:

Have everyone in your class collect at least one family recipe to create a class cookbook. Add color by asking everyone to draw a picture of the completed dish. Copy all the recipes, separate them by category, put them together, and bind them to create a classroom cookbook. This could even be sold as a class project. For extra fun, hold an "eating meeting" where everyone prepares their family recipe (with adult help, if needed.) After the dish is made, show the dish and tell all about its history. Then let everyone taste it! Yum!



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