

C.L.L.E.

council for life long engagement

December 2010

What did you do this morning when you awoke? Did you brush your teeth? Wash your face? Have breakfast? If you did, it was probably all done in the warmth and comfort of your home. If you were a 7th grader in Colonial America your experience would have been different! Mrs. Cowan showed the students at Nativity School how that experience was different and even let them experience some of that life themselves!

Mrs. Cowan showed them that teeth were brushed with sticks and wet cloths and only done maybe only a few times during the week. She had the students get water from the "spring" and use the ladle to fill their basins for which they washed their faces. She showed them the soap that was used and demonstrated that the soap was made from "ashes" from the fireplace. Breakfast consisted of bread that was toasted using "green" sticks so they didn't burn. What was put on the toast? Why, butter of course. Mrs. Cowan had the students pass around the container that contained the whipping cream that would make butter by the end of the 40 minute session. The container was passed and shaken between each student for the entire session and by the end, they had butter! Everyone had a taste and the outcome was, "it tastes like real butter!"

Mrs. Cowan also demonstrated how colonial children helped with baking, sewing, candle-making, and other household chores.

Students were engaged and quite "shocked" by how rugged life was during the Colonial times. Mrs. Cowan was impressed by how engaged and enthusiastic the students were! This was a joy for Mrs. Cowan who summed up her presentation by saying, "I can't think of a better way to spend the day!"

Encourage and enable elders to share their knowledge and talents with school children to reverse any negative aspects of ageism.



Mrs. Cowan helps the students understand life in Colonial America. Jack Benken is being measured for flannel pajamas by other students.

Upcoming sessions:

- Article on "Math in Real Life" presented by a panel of MPL and DH residents
- Coming in January: Career Day

If you are interested in getting involved in CLLE, call Laura Lamb at the number listed below.