

MAKING A MARK ON THE WORLD



Objectives

- Students will be able to state a career accomplishment of both Carl and Paula Sandburg
- Students will give evidence that becoming “famous” is often the result of hard work and perseverance.
- Students will be able to list ways that show how Carl and Paula Sandburg lived a simple life

Background

“We shall do our best *to do something* -- to leave some *thing* that we have produced here on earth as a bequest! but we’ll remember *the life we live* is more important than *the works we leave.*”

-- Lilian Steichen, 1908 (Niven, p. 164)

Lilian Steichen was born May 1, 1883, in Hancock, Michigan. Her parents emigrated from Luxembourg in 1880 with her older brother Eduard. Lilian was a very intelligent and liberated woman, a woman who was not afraid to give her opinions about such things as politics, woman's rights, literature, and other subjects traditionally off-limits to the opinions of women. Lilian was fluent in French, German, and English. In 1908, Lilian was working with the Social-Democratic Party translating literature from German into English when she met Charles Sandburg. After this brief meeting in January they began writing letters to one another, at first just sharing their views on socialism, but by March they had fallen in love. They were married on June 15, 1908, in a simple ceremony at a friend's house in Milwaukee, Wisconsin. From this moment on they called themselves Carl and Paula Sandburg (“Carl” being Charles Sandburg’s given name and “Paula” deriving from “Paus’l”, the affectionate name given to Lilian by her family).



Carl and Paula and grandchildren

Paula’s education was rare for a woman of that period. She was a Phi Beta Kappa graduate from the University of Chicago where she studied English Literature. Carl Sandburg was a college-educated man, a published writer, and a polished orator. They both shared dreams and expected that their hard work would enable them to purchase the land they needed to attain their goal of “three acres and liberty”. However, in 1909, their dreams were thwarted by an economic reality. The few-and-far-between lecture dates, the once-in-a-while published poetry, and the slow stereopticon sales were not bringing in the needed income to





sustain the dream of owning land. Paula, however, was certain that Carl first and foremost was a poet, and she would not do anything to jeopardize the time her husband needed to develop this “innate” talent. She felt she could survive on peanuts and bread if necessary. (Niven, p. 203)

“The Poems are great, Carl. It would be ‘all wrong’ to give them up. We must give the Poet every chance!...It's only a question of time till we come into our own.” (L. Sandburg)

Indeed! In less than ten years Carl Sandburg was “discovered” by a Chicago magazine called *Poetry* and was picked up by the prestigious New York-based publisher Henry Holt & Company. His first book of published poetry called *Chicago Poems* hit the presses in 1916. The years to come would yield more good fortune from much hard work: *The Chicago Race Riots*, 1919; the *Rootabaga Stories* and *Rootabaga Pigeons*, 1922 and 1923; *Abraham Lincoln: The Prairie Years*, 1926; *The American Songbag*, 1927; *Abraham Lincoln: The War Years*, 1939. By the early 1940s Carl Sandburg won a Pulitzer Prize in History for his four-volume *Abraham Lincoln: The War Years* biography; he was elected into the American Academy of Arts and Letters; he received honorary degrees from Harvard, Yale, Rhodes, and numerous other universities and colleges. Carl Sandburg had become a nationally significant literary figure!

Paula Sandburg did not sit idly by, as she was an ardent supporter of her husband's poetry and instrumental to her husband's success as a poet. She helped edit and type his work and she sent his work to magazines. She was happy to keep these tasks from interfering with his creative process. She also managed the household: the economics, the cleaning, the child rearing, etc.

In 1935, when Paula was 53 years old, she began what was to become her crowning achievement as a career woman. It was an endeavor that started at the “Tom Thumb” farm in Harbert, Michigan, a 5-acre lakeshore farm and one which would lead the Sandburgs to their final home, “Connemara”, a 240-acre farm in Flat Rock, North Carolina, in 1945. For 30 years, Paula Sandburg owned and operated the “Chikaming” goat dairy that produced some of the highest quality dairy goats in the world. Paula Sandburg earned an international reputation for her hard work in the genetic breeding of dairy goats, which resulted in extraordinary improvements of the dairy goat. She wrote articles for several dairy goat periodicals and held the post as



Director of the American Milk Goat Record Association for 20 years.

Carl Sandburg was often called a goat farmer. In reality, he had nothing to do with the running of the dairy, but supported Paula in her endeavors. He was the first to credit his wife for her achievements in the dairy goat industry. Frequently, he mentioned goats' milk in his lectures. Paula called him the best goat milk advertiser in the country!

Carl and Paula Sandburg had a marriage and a family based on mutual respect and admiration. They chose to take advantage of life's serendipitous nature and not to take for granted the simple treasures that life gives to every person every day. Carl and Paula lived life together this way for 59 years, until Carl's death on July 22, 1967. His last word was "Paula". Her words upon his death were "...now he belongs to the world."

Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line, with a small pencil icon at the top right.



Paula Sandburg received numerous recognitions and awards for her scientific development of dairy goat herds.



Subjects

Social Studies
 Geography/Earth Science
 Math

Materials

- maps of the United States
- rulers
- drawing paper
- pencils
- calculators
- internet access
- weather maps
- resources on the causes of air pollution

Teaching Techniques

-  Writing assignment(s)
-  Class discussion
-  Additional research
-  Internet search

CONNEMARA**Background**

The Sandburgs moved from Harbert, Michigan, to “Connemara” (formerly known as Rock Hill) in Flat Rock, North Carolina, in 1945 not to escape the *heat*, but the *cold*. Paula Sandburg was in search of a place with a *mild* climate and more pastureland for her prize goat herd. Connemara had rolling hills and over 30 acres of pastureland with dramatic rock outcroppings. Summers were warm and moderately dry; winters were cold but not harsh.

The village of Flat Rock has often been referred to as the “Little Charleston of the Mountains” as, since 1827, it had been the summer retreat for the rich rice plantation owners of Charleston, South Carolina. The by-product of rice planting -- stagnant water and the hot, humid South Carolina weather -- created a breeding ground for diseases the Charleston society wished to escape. The journey from Charleston to Flat Rock took two weeks and residents generally stayed from May until October.

The large white antebellum style house called “Rock Hill” was built around 1838 by a man named Christopher G. Memminger, a wealthy statesman from Charleston. Like those before him, Memminger came to Flat Rock to escape the heat and disease of Charleston summers, and later to escape the perils of the Civil War during which he was the Secretary of the Treasury for the Confederate States of America. It is ironic that Carl Sandburg, a biographer of the Civil War-era president, would live in the former home of a Confederate officer.

Procedures

1. Using whatever resources are available, have students study the weather patterns that influence the climate of Western North Carolina and southwestern Michigan. Find the climatic data for Henderson County, North Carolina, and Berrien County, Michigan (inches of rain/snow per year, average seasonal temperatures, etc.). Compare the two climates throughout the year.
2. Using a map of the United States, have students locate Harbert, Michigan, and Flat Rock, North Carolina, and mark those two locations. Students will then use the



<p>Subjects Language Arts Science Math Art Social Studies</p>
<p>Materials <input type="checkbox"/> paper and pen <input type="checkbox"/> <i>Selected Poems</i></p>
<p>Handouts <input type="checkbox"/> "Lesson"</p>
<p>Teaching Techniques</p> <ul style="list-style-type: none">  Lecture  Writing assignment(s)  Handout(s)  Class discussion  Small group discussion  Field trip

INSPIRATIONS FOR WRITING

Background

It was Paula Sandburg's intention upon moving to Flat Rock, North Carolina, that her husband's life be free of any impediments that might hinder his writing. She achieved this objective, as the years spent at Connemara were productive ones for Carl. It was here that he published his only novel *Remembrance Rock* in 1948, his autobiography *Always the Young Strangers* in 1953, and several volumes of poetry including the *Complete Poems*, which won the Pulitzer Prize for poetry in 1951.

The natural environment has long been an inspiration to many forms of art. For Carl Sandburg, Connemara was an environment conducive to activities of the mind and spirit. Carl would often take walks on his property during the day and at night, and one can only wonder about the many thoughts that must have filtered through his mind on those walks. What did he see that others may not have seen or could not have seen? Was he collecting images/sensory impressions which would appear in his writing?

Procedures

1. Read the introduction to *Selected Poems* in order to understand the influence of Imagists such as Emily Dickinson on Carl Sandburg. Have students read Sandburg's "Lesson" with a partner. Have them discuss the following questions: What three seasons are described in this poem? What images allow you to infer the seasons? What message is the speaker trying to communicate to the reader/listener of the poem in the final stanza? How do the images in that final stanza communicate the message? Discuss the student responses to the poem and questions. The teacher should emphasize the use of imagery in poetry during the discussion. Also, the teacher should communicate to students that writers collect images from the world around them, which are often used to communicate a wide variety of messages in their writing. Carl Sandburg may have collected the images in this poem during one of his walks.



Lesson

In early April the trees
end their winter waiting
with a creep of green on branches.

In early October the trees
listen for a wind crying,
for leaves whirling.

The face of the river by night
holds a scatter of stars
and the silence of summer blossoms
falling to the moving water.

Come clean with a child heart.
Laugh as peaches in the summer wind.
Let rain on a house roof be a song.
Let the writing on your face
be a smell of apple orchards in late June.

-- *Honey and Salt*



LILIAN “PAULA” SANDBURG, CAREER WOMAN

Background

In the history of any career field there is some person who was the “first” person ever to “do” that particular job. These people are called “pioneers” within their career field. Paula Sandburg was a pioneer in the American dairy goat industry.

In 1935, the Sandburg family had moved to Harbert, Michigan. Helga, the youngest of the Sandburgs’ three daughters, wanted a cow as a pet. Her father, feeling that a cow was too big an animal, suggested that they buy a goat instead. Mrs. Sandburg and Helga visited a nearby goat dairy, tasted the milk and found it surprisingly delicious. They purchased three of these goats. At the time, Paula Sandburg was having problems with her gall bladder but soon discovered that goat’s milk did not hurt her gall bladder. Many times, she credited goat’s milk with curing her gall bladder and cited this as one of the reasons for her subsequent work to promote and improve dairy goats. The Sandburgs named this fast growing goatherd “Chikaming”, an Indian word meaning “by the waters”.

In 1945, the Sandburgs bought a farm in the Blue Ridge Mountains in the rural community of Flat Rock, North Carolina. They wanted better pastureland and a milder climate than that of Michigan. Paula had discovered the area during a vacation. Arrangements were made for the two railroad boxcars, one filled with books, the other with goats, to be moved. The shipments of goats arrived safely and, shortly after the move, Paula and Helga began increasing the herd.

When the Connemara Dairy first began operation, the Sandburgs advertised in the local paper and processed, bottled, and sold the milk directly from the farm. Later, when state laws were passed which required all milk sold commercially to be pasteurized, they decide to distribute their raw milk to the larger local dairies that processed and sold Connemara’s milk to the public. One dairy was the renowned Biltmore Dairy located in Asheville, North Carolina.

Paula Sandburg’s work with dairy goats greatly contributed to the foundations of the dairy goat industry in America. The

Subjects

English
Communications
Art
Science

Materials

- 8” x 10” or larger art paper
- markers
- computer access, if possible

Teaching Techniques

-  Lecture
-  Writing assignment(s)
-  Class discussion
-  Small group discussion
-  Additional research





results of the Chikaming breeding program were high-producing dairy goats that improved the Toggenburg and Nubian breeds. Paula's Toggenburg goat Jennifer II set the "all breed" world milk production record of 5750 pounds; Jennifer II became the most famous goat in the herd. This accomplishment established the Chikaming herd and Paula's breeding program as a model for other dairy goat farmers. Paula wrote many articles for dairy goat periodicals and her knowledge and expertise in the dairy goat field was so respected that she authored the encyclopedia entry for "Goats" in the *Encyclopedia Britannica*.

Paula Sandburg was a great contributor to her family, to the dairy goat breeding world, and to the world at large. She has been described as "a mountain flower, frail and lovely to the eye, yet sturdy as the mountains themselves."

Procedures

1. Discuss in groups a career vs. a job – preparations for, benefits of, differences between, etc. Have students interview family members and/or adult friends on how they chose their careers. How did they find their job? Was it chance or was it a decision made and a path chosen? What advise would you give a student?
2. Have students talk about and research some career options. Discuss orally and write on paper some reasons for a career choice (individually or as a group). Provide paper and art supplies for the students to create a Venn diagram of their different career choices, overlapping the similarities between the choices. Have students give examples of people they know in a similar career choice. If students do not know anyone in a career field of their choosing, set up a meeting with a community person within that student's career choice. Research and report to class the steps needed to get from point A "school" to point B "the career of my choice" in a visual, tangible manner such as a play, poster, or written report.



DAIRY GOATS

Background

In 1935, Helga, the Sandburg's youngest daughter, wanted a cow for a pet. Carl Sandburg convinced her that a goat would be more practical because it would be easier to feed and to transport plus you could still benefit from its milk. Beginner's luck would introduce Helga and Paula Sandburg to their first three goats, sired by a top Toggenburg buck from one of the best dairy goat herds in America at that time. The Sandburgs named this fast growing herd "Chikaming", an Indian word meaning "by the water".

Toggenburgs originated in the Toggenburg Valley in eastern Switzerland. They were the first recognized breed in the United States and were used as family milk suppliers in early America. They are medium-sized goats of various shades of brown with distinctive white markings. They have upright ears and straight or dished faces. They are very adaptable, but produce best in a cool climate. They produce a good quantity of milk with moderate butterfat and moderate protein. Their milk is less preferred for drinking because it can develop undesirable flavors easily. It is most often used for cheese production.

In 1936, Paula expanded her herd to include Nubians. Carl preferred the taste of Nubian milk products above all others. Nubian goats were developed in England by crossing English dairy goats with African and Oriental goat breeds. They are large and can be any shade of black, brown, red, or white; some with spots or two-toned effects. They have long drooping ears and an arched or convex face. Because of their tropical ancestry, they prefer warmer climates for maximum milk production. They produce smaller quantities of milk than other breeds, but the milk is higher in butterfat and protein and better tasting for drinking. It also produces a high yield of cheese due to the higher protein content.

In 1946, Paula added a third breed, Saanens, to her herd. Saanans originated in the Saanen Valley in Switzerland. They are large and white or light cream colored with erect ears and straight or dished faces. They are hardy and cold-resistant and produce a large quantity of milk of moderate butterfat and protein content. Although most goat breeds only produce well enough to be used for a 10-month interval before a rest from

Subjects
Biology
History
Geography

Materials
 maps of USA and world

Handouts
 diagram of goat upper digestive tract
 vocabulary list
 photos of the three goat breeds

Teaching Techniques

-  Lecture
-  Writing assignment(s)
-  Handout(s)
-  Class discussion
-  Small group discussion
-  Field trip
-  Additional research





production, Saanens could often continue up to 22 months before being rested.

The Sandburg's choice of goats for the sandy, harsh environment of their "Tom Thumb" farm in Harbert, Michigan, was appropriate. Goats, with their *ruminant* digestive system and limited nutritional requirements, were suited to the small acreage and low quality pasture available. Ruminants, with their four-chambered upper digestive tract, can gain nutrients from fibrous plants which simple stomachs cannot digest. Plants are ingested, chewed, swallowed, and enter the *rumen*, a large fluid-filled chamber where the material is broken down by microorganisms into small nutrient molecules (sugars and proteins) which can be used by the ruminant. Undigested fibrous material is collected in the *reticulum* for regurgitation and remastication. Converted material is strained through the *omasum* which returns most of the water to the rumen and concentrates the nutrients which then pass into the *abomasum* which functions like our own stomachs. Goats are even more efficient at converting coarse, fibrous plants than cows, and thrived at the Sandburg home.

Paula Sandburg wished to improve the qualities of milk production in dairy goats that are attained with dairy cows. She accomplished this through her scientific breeding methods. Paula advocated and participated in milk production testing of her herd from 1936 until 1967 when her last goats were sold. Her breeding program required her to have a large herd and to carefully measure and record milk production of her does. So in 1941, plans were made to relocate the operation. After World War II, in 1945, the Chikaming Herd was moved to Connemara. It was at Connemara that Paula expanded the herd and applied her scientific breeding methods to improve the milk production of the Toggenburg and Nubian breeds. Her many awards prove her success.

Procedures

1. Review the background of Paula Sandburg and her involvement with dairy goats.
2. Show pictures of dairy goats.
3. Discuss and answer questions on the ruminant digestive tract.



VOCABULARY LIST

abomasum - the fourth segment of the ruminant upper digestive tract which performs the same function as the non-ruminant stomach

ADGA - the American Dairy Goat Association

butter fat - the portion of the milk which is high in fat (the cream) which is used to make butter and cream products

buck - an adult male goat

Chikaming - an Indian word meaning "by the water" , also the name of a township near the Sandburg's home on the shore of Lake Michigan

dam - mother

dished face - a face which is concave or slightly curved inward

doe - an adult female goat

kid - a young goat, usually less than 6 months old

mastication - the process of chewing

microorganisms - bacteria and protozoa

omasum - the third segment of the ruminant upper digestive system which strains the converted material and presses out the extra water

regurgitation - the movement of food from the stomach or upper digestive tract back to the mouth

remastication - chewing again

reticulum - the second segment of the ruminant upper digestive system which collects undigested fibrous material and returns it to the mouth for remastication

rumen - the first and largest segment of the ruminant upper digestive tract where fibrous plant material is broken down into usable nutrients by microorganisms in the fluid-filled chamber

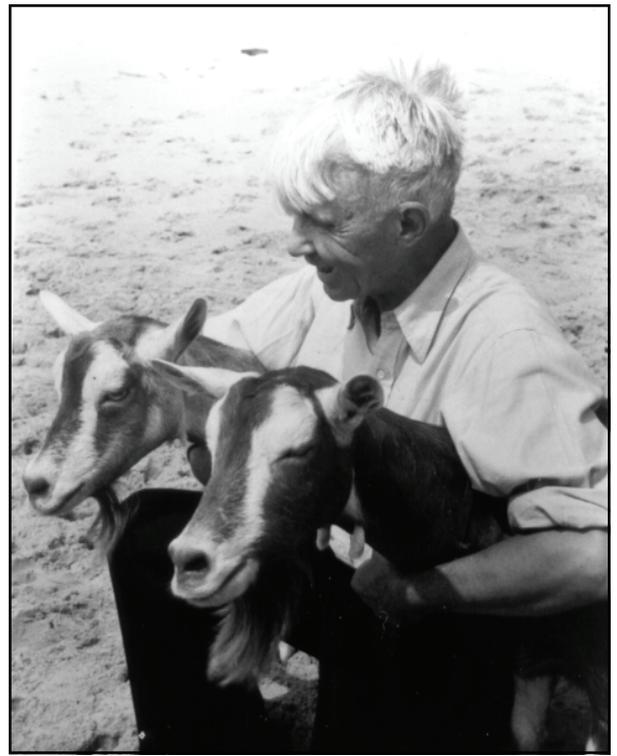
sire - father





June Glenn, Jr.

Paula with Saanen goat kids

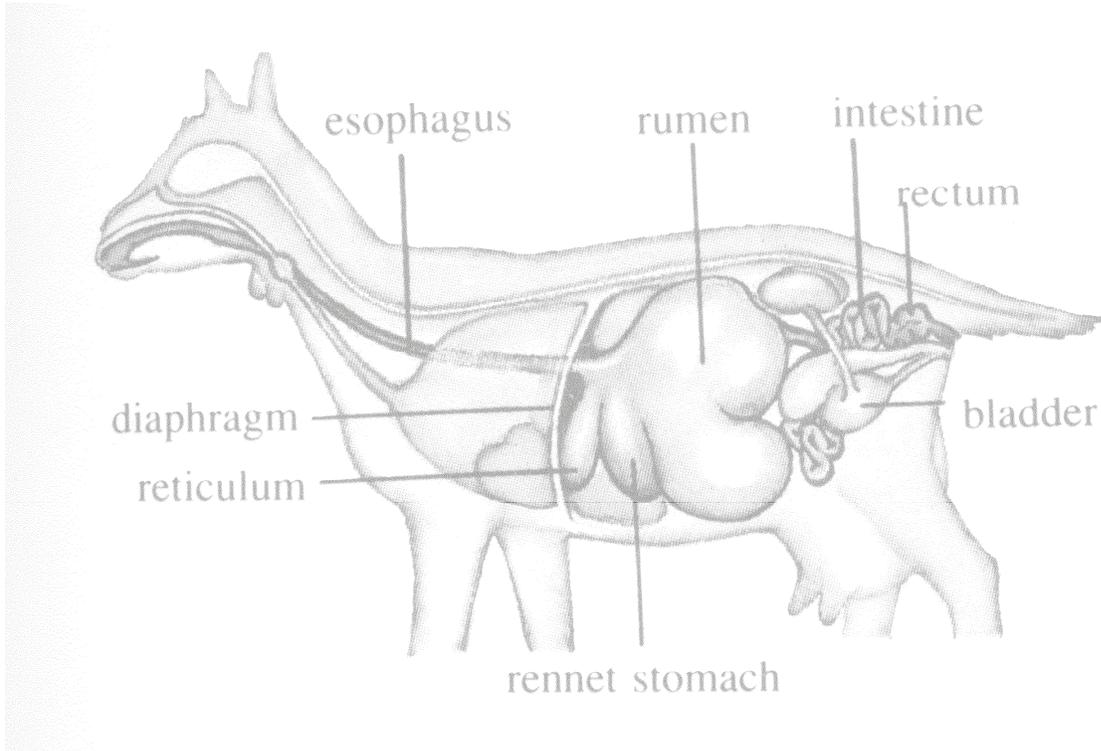


Carl with Toggenburg goat kids



*Paula with a Nubian goat
from her Chikaming herd*





Goat Rumenant System

Illustration by Fritz Kohler reprinted from "The New Goat Handbook" by Ulrich Jaudas



LIVING A SIMPLE LIFE

Background

Three Acres and Liberty, a book written by Bolton Hall in 1907, was a manual on living self-sufficiently and in harmony with the earth. Paula Sandburg wanted to incorporate these self-sufficient ways into the Sandburg family's lifestyle. When Carl and Paula were first married they described their ideal home to include "a roof, four walls, three chairs (one for company), a hat rack, a bread box, a bowl for wildflowers, and a coffee pot". (National Park handbook, p. 8) These two people cared not for material treasures. They enjoyed each other, good books, music, intelligent conversation, good plain cooking, fresh milk, fresh fruit, fresh vegetables, and dark breads.

In 1945 when the Sandburgs moved to North Carolina, their lifestyle in this grand place was as basic as it ever was. They did not buy new furnishings for their new home, although they could have financially. They were happy with the furnishings from the Michigan house, much of which needed re-upholstering or refinishing. Carl, as he always had, used an orange crate or apple crate to set his typewriter upon and found this arrangement quite satisfactory. Any art in the house was supplied by Paula's famous brother, photographer Edward Steichen, or their daughters, amateur painters Margaret and Helga. Earthly objects such as ginkgo leaves, acorns, pinecones, and stones. played a large role in the decor as well. Having purchased an antebellum period house, the Sandburgs had the perfect opportunity to have maintained the manicured landscape that had been so carefully designed by Connemara's previous owners. They chose, however, to allow nature to reclaim much of this landscape. Entertainment in the lives of the Sandburg's did not require complicated scheduling or high expense. They read books and newspapers, shared stories, sang, and watched TV on occasion (although Carl believed a television to be a "thief of time"). They enjoyed listening and observing wildlife, especially birds. Paula once stated that the birds were their only luxury!

Procedures

1. Demonstrate the correct procedures for food preparation labs (i.e., wash hands for a minimum of 20 seconds with

Subjects

Home Economics
Math

Materials

- toaster oven for bread
- electric fry surface for pancakes
- food preparation and serving utensils
- ingredients for selected recipe
- dish cloth, dish towel, sponge, dishwashing liquid
- napkins for serving

Handouts

- Southern Corn Sticks and Swedish Pancake recipes

Teaching Techniques

-  Lecture
-  Handout(s)
-  Class discussion
-  Internet search
-  Additional research



CHEESE MAKING

Background

Man has used milk and cheese from goats for thousands of years. Even today, more people in the world drink goat's milk than cow's milk. It is easy for a family to keep a goat or two because goats are more able than cows to survive on less land and on different types of land -- even on rocky hillsides and in arid areas.

In many Asian, African, and Central American countries, families own 2 or 3 goats that supply them with milk for drinking and for making cheeses. Goat's milk is easier for humans to digest than cow's milk. Goats are milked daily and it is from this milk that cheese is easily produced.

Paula Sandburg made her cheese from milk produced by her prize goatherd. The cheeses were a special favorite of the family and were sometimes given as gifts. She not only wrote articles on her goats, but also on her methods of making Brie (cheese).

Procedures

1. In a 3-quart pan (stainless steel or enamel) warm milk to 86 degrees F. Add buttermilk and allow mixture to ripen for 1 hour (this step can be omitted). Maintain 86 degrees F. without stirring for 30-60 minutes or until milk coagulates and whey separates. *Do not allow temperature to go above 112 degrees F at any time.*
2. Pour curds into cheesecloth-lined colander. Tie the bag of curds and hang to drain for 2-4 hours. Slice into several blocks and sprinkle with 2-4 tablespoons coarse salt. Place slices into a dish, cover, and let stand 24 hours.
3. *** Alternative method:* Place slices into brine solution after draining and omit salting and standing.
4. Makes 3/4 pound of cheese.

Modifications

- Where time does not allow or availability of materials is questionable or where student level is of a primary level, butter can be made by putting whole milk in jars and shaking rapidly until the butter develops. Cheese can be

Subjects

Home Economics
Math

Materials:

- hot plates
- liquid rennet (available at pharmacies)
- gallon raw goat milk (health food store; add 1/4 cup buttermilk if using pasteurized cow or goat milk)
- brine solution (2 cups water with 1 Tablespoon salt)
- cheesecloth
- 3-quart pan
- cooking thermometer
- colander
- large spoon
- string

Handout

- Vocabulary list
- Mild Feta cheese recipe

Teaching Techniques

-  Lecture
-  Writing assignment(s)
-  Class discussion
-  Small group discussion
-  Internet search
-  Additional research



VOCABULARY LIST

brine: water saturated with salt

buttermilk: the liquid left after butter has been churned from milk or cream

coagulate: to thicken into one mass

colander: a kitchen utensil with holes for draining food, separating liquids from solids

curds: milk that has coagulated often caused by spoiling

feta: a type of cheese usually crumbly and strong in taste; best known as a Greek cheese

pasteurize: partial sterilization of a liquid at a temperature that destroys objectionable organisms without major chemical alteration of the substance

rennet: the lining membrane of a stomach used for curdling milk

ripen: to age or cure cheese to enhance flavor, odor, body, texture, and color

whey: the watery part of milk separated from the coagulated part or the curds when making cheese



MRS. SANDBURG'S SEMI-SOFT BRIE CHEESE

Equipment

Large pot and lid
Slotted spoon
Cheese molds*
Cheesecloth
Cooling racks

Ingredients

Milk
water
rennet tablets (or liquid rennet)
salt

Dissolve 1 rennet tablet (or 1/2 tsp. liquid rennet) in 1 tablespoon water. Add dissolved rennet to 2 gallons milk at 80 degrees F. cover and set aside for 4-8 hours to curdle. Use slotted spoon to fill cheese molds* with curds and whey — fill to brim. Add celery, anise, or caraway seeds now to curds and whey if seasoning is desired. Put lids on molds and place on a cake or cooling rack to drain for 3 days. Invert every 12 hours or less. remove cheese from mold, salt on all sides with regular table salt to prevent molding. (Scrape off any mold that might occur.) Wrap cheese loosely in cheesecloth, place on cooling rack to age in a cool place (60 - 70 degrees F). Age cheese for 7 - 28 days, then enjoy!

*Cheese molds can be made from coffee or juice cans, etc. with holes punched on all side, bottoms, and lids from inside out using a nail or ice pick.

When using pasturized milk (vs. raw) with above recipe, add 1/2 cup buttermilk per gallon milk.

