

Tales & Travel Adventures: Let's visit...California

With Mary Beth Riedner

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Interactive Literacy Activities for those Living with Dementia

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Let's start by reading "A Peck of Gold" by poet Robert Frost*

Dust always blowing about the town,
Except when sea-fog laid it down,
And I was one of the children told
Some of the blowing dust was gold.
All the dust the wind blew high
Appeared like god in the sunset sky,
But I was one of the children told
Some of the dust was really gold.
Such was life in the Golden Gate:
Gold dusted all we drank and ate,
And I was one of the children told,
'We all must eat our peck of gold.'

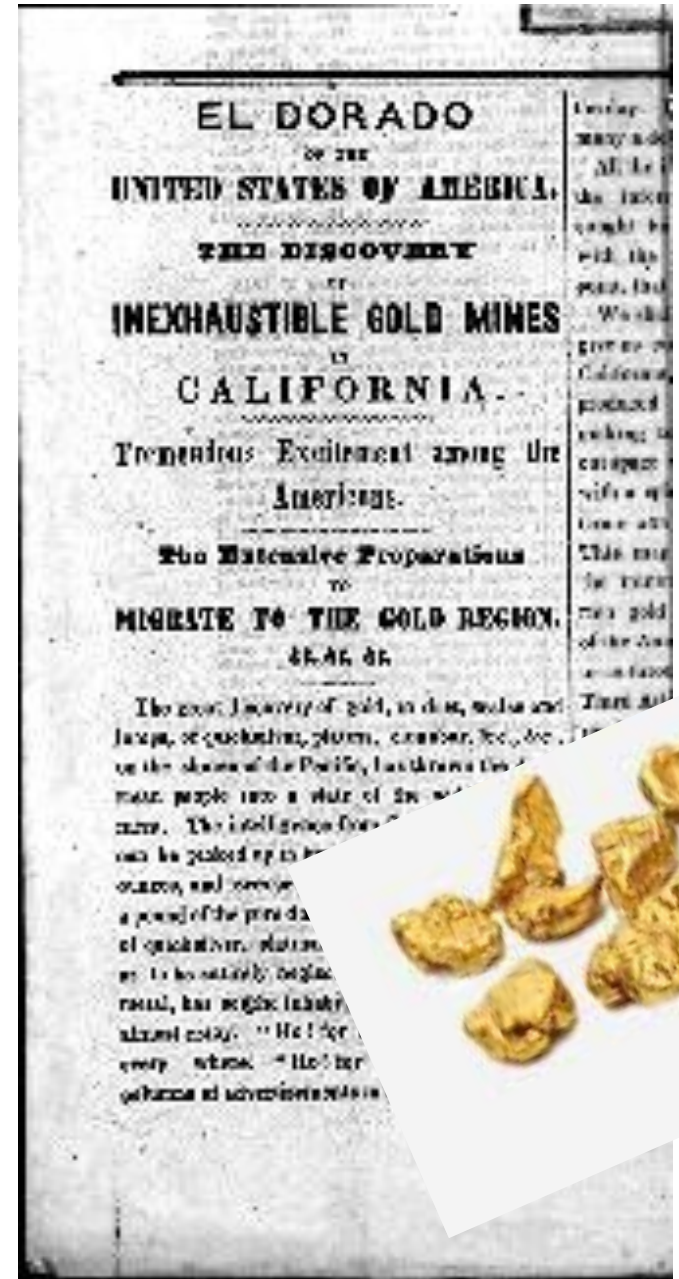
* Robert Frost was
born in San
Francisco in 1874.

[poemhunter.com/poem/a-peck-of-gold-2https://www./](https://www.poemhunter.com/poem/a-peck-of-gold-2)

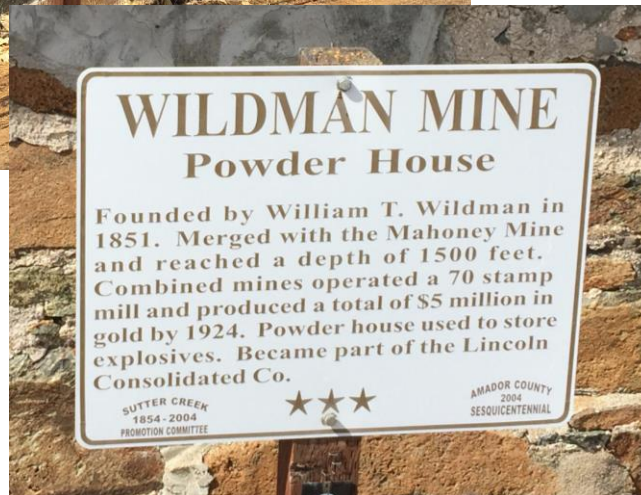
California is known as the Golden State for many reasons – for its golden sunshine, for fields of golden poppies in the springtime, and for the Golden Gate Strait leading into San Francisco Bay, which got its name in 1846 long before the famous bridge was built. But also...



...because gold was discovered at Sutter's Mill in California in 1848. Newspaper headlines (like this one on the right) spurred 300,000 gold seekers from around the world to try their luck as gold prospectors. The '49ers, as they were called, extracted \$2 billion worth of gold during the Gold Rush which peaked in 1852.*



*<https://www.britannica.com/topic/California-Gold-Rush>



Most of the gold was found in northern California on the western slopes of the Sierra Nevada Mountains. This Powder House for the “Wildman Mine” can be found in the town of Sutter Creek today. Forty-niners used gun powder as explosives because dynamite had not yet been invented.

Sutter's Fort, in Sacramento, was built by John Sutter, the same man who owned the mill where gold was discovered. It was built in 1839 when California was still part of Mexico. The fort is now a state park with demonstrations of what life was like in California in the mid 1800's.





Sacramento is located at the northern end of California's Central Valley. More than half the fruits and vegetables grown in the United States are grown here. Heading south from Sacramento, you will find the town of Lodi. While not as well-known as Napa Valley, you can find numerous vineyards in the Lodi area.

Let's take a walk in this vineyard to see what kinds of grapes they grow here. There are signs for Zinfandel, Chardonnay, Merlot, Cabernet Sauvignon, and Pinot Gris. If you drink wine, do you prefer red or white?





Or perhaps you'd like something sweeter? Lodi, CA is home to A&W root beer. Roy Allen sold his first frosty mugs here for 5 cents each in June, 1917 for a World War I homecoming parade.

Today the Lodi restaurant boasts a small museum of A&W souvenirs & collectables...and delicious root beer floats!



Let's continue heading south to the southeastern part of the state. There you will find the General George S. Patton Memorial Museum in Chiriaco Summit. It's located on Interstate 10 near the entrance to Camp Young, a desert training center for soldiers during World War II.





As we head west towards the Pacific Ocean, let's stop first at the Joshua Tree National Park. While not as famous as Yosemite, the Park has fantastic views of tumbled rocks and twisted, spiky Joshua trees. Be careful - they're prickly!

We've finally made it to the Pacific coast in San Diego. Mission Beach is very crowded today. This two-mile long peninsula has wonderful smooth, sandy beaches perfect for sun worshipers.





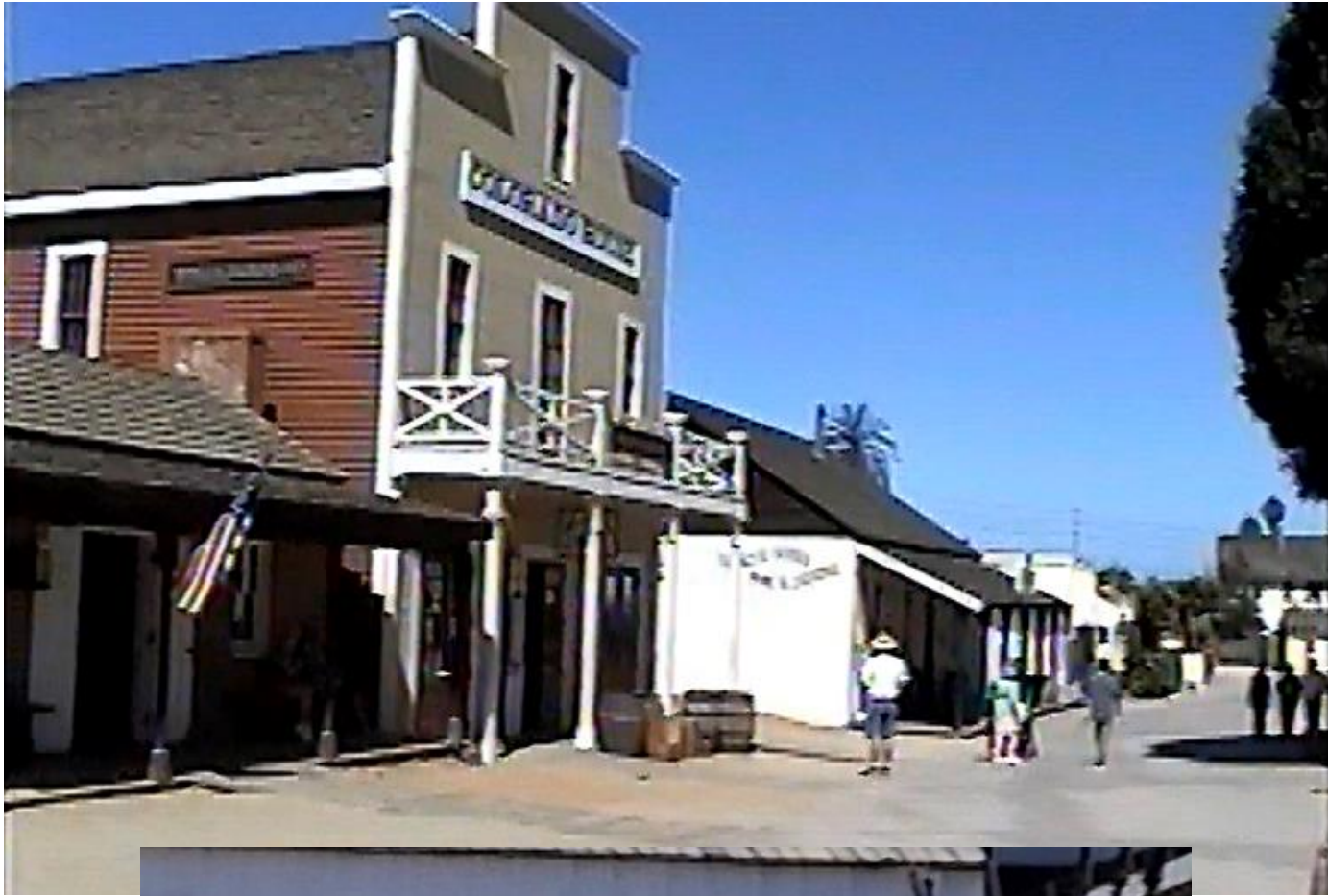
And it looks like the surf is up today, too! What a way to cool off! Maybe we should listen to some songs like “Surfin’ USA” by the Beach Boys or “Surf City” by Jan and Dean.

The Mission Beach boardwalk is great for bikers, skaters, runners and anyone just out for a stroll. There is always plenty of action and things to see.



As the sun starts to set, we can watch people launching themselves off the cliffs north of the city in their hang gliders. I'm told that the air is more stable and smooth in the late afternoon. And a view of the sunset would be spectacular from a hang glider.





Before we leave San Diego, let's stop at the Old Town San Diego State Historic Park to see some of the historic buildings from 1820 to 1870 that have been preserved. San Diego was the first Spanish settlement in California, established in 1769.

Driving north along the coast, we come to Santa Barbara. It's cooler here and there are fewer people on the beach and the pier. Let's take a walk to the end of the pier.





Here is the view from the end of the pier.
Let's stop at one of the restaurants. I think
it's time for an "umbrella" drink, don't you?

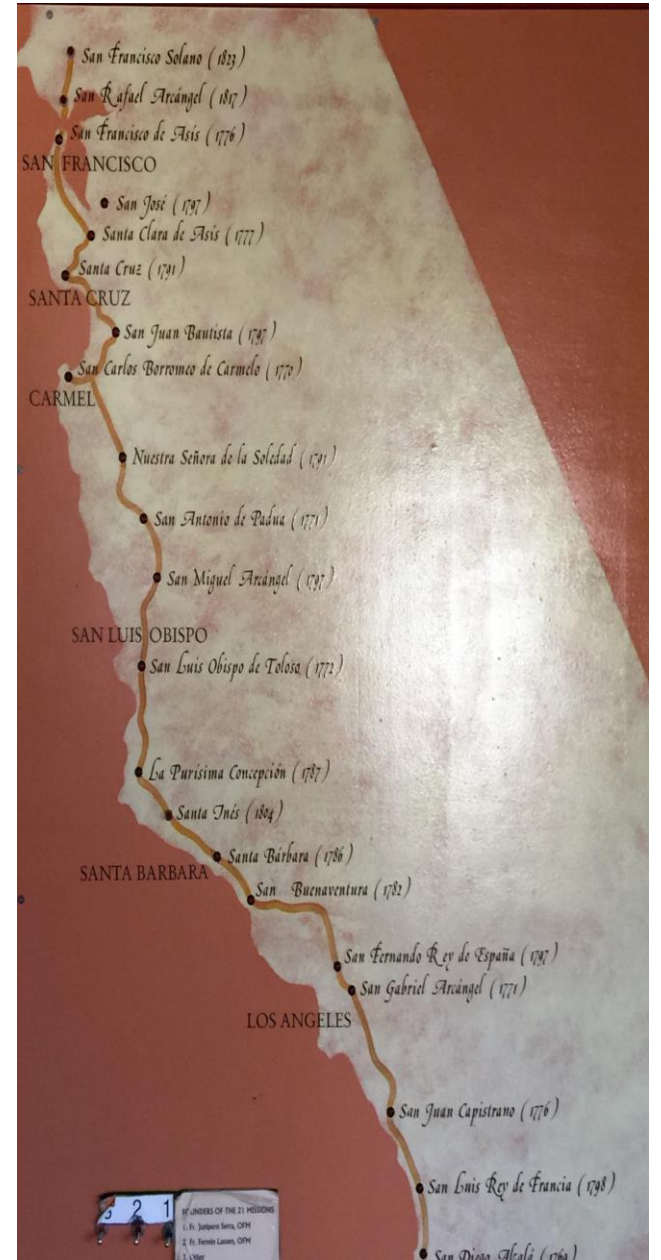


In the hills above Santa Barbara, we find the Santa Barbara Mission established in 1786. The current church was completed in 1820. An earthquake in 1925 damaged the towers but the interior has stayed almost the same since 1820.





Commemorative bell markers, such as this one (on the left) at Mission Santa Barbara mark the historic “El Camino Real” or “The Royal Road”. It’s a 600-mile trail that links 21 Spanish missions up and down the California coast, as you can see in the map on the right.



As we continue driving through the Santa Rita Hills above Santa Barbara, we find more wineries. The Pacific Ocean is only a few miles away and vineyard owners



claim that this makes their California wines unique.

Are you hungry
for lunch?
Let's stop at
Pea Soup
Andersen's in
Buellton for
their famous
split pea soup!
A sign says they have been "splitting
peas since 1924".





Our last stop in California is San Francisco. Soon we'll be driving across the Golden Gate Bridge from the north into the city.

Pier 39 is a part of the famous Fisherman's Wharf district. It's a popular tourist spot with shops, restaurants and entertainment for the whole family. You can see the city proper from the pier.





You can also see Alcatraz Island from Pier 39. The Island was home to a lighthouse, an old military installation...and the infamous federal prison, that was open from 1934-1963. Many of us may remember the movie “Birdman of Alcatraz” starring Burt Lancaster. The Island became a National Historic Landmark in 1986.

The most famous residents of Pier 39 are the hundreds of California sea lions that sprawl all over the marina's docks.



It's time to get in line for a cable car ride into the business district near Powell and Market Streets. 23 cable car lines were built between 1873 and 1890. Now only three remain. This popular tourist attraction is the last manually operated cable car system in the world. I hope the wait isn't too long!





The cable cars will take us to the oldest Chinatown in North America. The residents retain their own culture and language. The streets are very steep and walking is quite difficult.





Speaking of steep streets, here is the start of “the most crooked street in the world”. This one-block-long stretch of Lombard Street has eight sharp turns. It was built in 1922 to reduce the road’s 27% grade. It goes only one-way (downhill, of course) and the posted speed limit is 5 mph.

Our trip ends with one last view of the Golden Gate Bridge!



Let's sing...

As we leave California let's sing "I Left My Heart in San Francisco". This song was made popular by Tony Bennett in 1962.

I will play the melody on my flute and you can sing along using the lyrics on the following two screens.

I Left My Heart In San Francisco*

I left my heart in San Francisco
High on a hill, it calls to me
To be where little cable cars
Climb halfway to the stars
The morning fog may chill the air,
I don't care



* <https://www.azlyrics.com/lyrics/tonybennett/ileftmyheartinsanfrancisco.html>

My love waits there in San Francisco
Above the blue and windy sea
When I come home to you, San Francisco
Your golden sun will shine for me



Let's Talk...

- Have you ever visited California?
- Do you have any family or friends from California?
- What do you think of when you think of California?
 - Weather
 - Beaches and ocean fun
 - National parks
 - Entertainment and attractions
 - History
- Anything else?

You are welcome to download and print this puzzle to play offline, or share with friends: <https://thewordsearch.com/puzzle/1290209/>

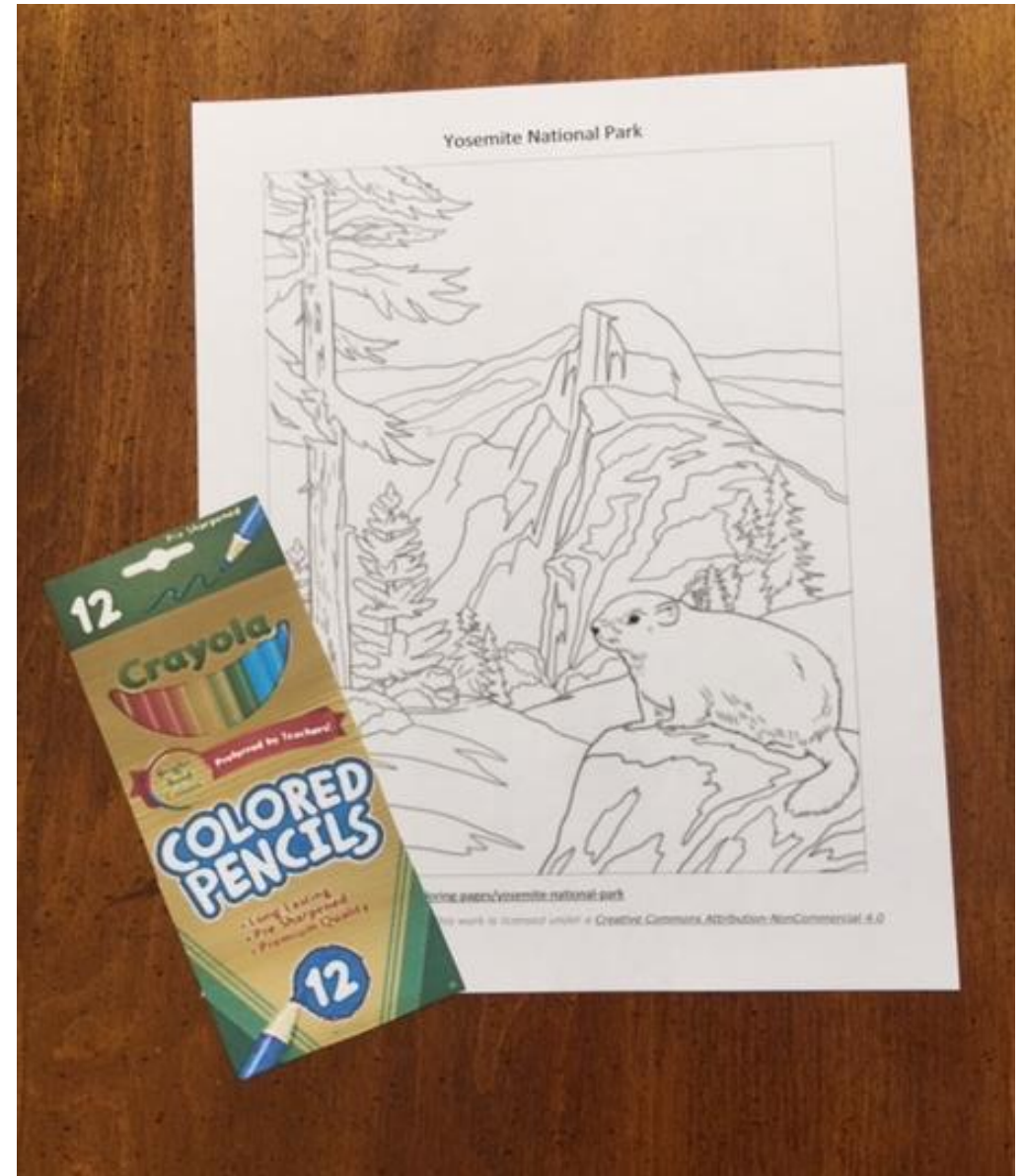
California

I	M	I	N	E	R	S	E	I	S	T	R	L	N
A	N	A	C	L	O	S	A	N	G	E	L	E	S
C	Y	O	S	E	M	I	T	E	I	O	R	A	I
H	H	S	A	N	D	I	E	G	O	C	C	C	E
F	P	L	H	A	C	R	O	E	E	S	C	A	O
I	A	E	O	G	I	C	A	H	E	I	N	B	H
M	C	W	N	N	I	H	S	B	R	C	E	L	A
I	I	I	O	I	M	I	B	H	T	N	A	E	T
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LOS ANGELES
BEACHES
JOSHUA TREE
SURFING
SAN DIEGO
PACIFIC
SAN FRANCISCO
YOSEMITE
LAKE TAHOE
CHINATOWN
CABLE CARS
MINERS
MISSIONS
WINERIES

Play this puzzle online at : <https://thewordsearch.com/puzzle/1290209/>

If you are artistically inclined, you might enjoy finding free coloring pages online. Try doing a Google search with terms such as “free coloring pages California”. Then copy and paste an image into a word processing document and print it.



Thank you for visiting California with me!

- If you have any questions or comments, please contact me (Mary Beth Riedner) at mbeth60605@gmail.com
- Please take a moment to fill out a brief [Google Forms survey](#) about the value of this program.
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