

# WORKSHOP DESCRIPTIONS for APPALACHIAN SPRING 2015

Revised 4/2/15

## TUESDAY

### All Day Session (off site)

- EXPLORE, LUNCH, AND LEARN AT THE FOXFIRE MUSEUM where DR. WHITTEMORE will present: *APPALACHIA: GEOLOGY, GEOGRAPHY & SETTLEMENT PATTERNS*
- **As we tour the pioneer village at the Foxfire Museum, we will hear faces from the museum staff and Dr. Whittemore about the lives of the people of Appalachia in the 1800's, how the area was settled, and what the earliest settlers found in these mountains that lured them to stay. We will picnic on the grounds of the museum.**

## WEDNESDAY

### Morning Session

- *RELIGION IN APPALACHIA: BRING YOUR OWN SNAKE* — **Dr. Whittemore will give an overview of the religious traditions, past and present, in the mountains**

### Afternoon Sessions

- APPALACHIAN FOLK MUSIC FESTIVALS - Nestled along the mountains from Alabama to Virginia, there are small towns and gathering places where Old Time and Bluegrass music thrives, and music festivals abound. Bill Harouff has been attending the Oak Grove Festival for many years. He will talk about the festivals, the music, and the musicians past and present who are preserving traditional mountain music.
- TRACING THE ROOTS OF APPALACHIAN MUSIC – When you hear an Appalachian folk tune, it has it's own identity. But how did the music, singing styles, and instruments, in Appalachia develop, and what other music influenced it? That's what Bill Harouff will be sharing with us in this workshop.
- CRAFTING and COOKING ARTS IN APPALACHIA – There will be an exhibit of art in the Treehouse, and a number of projects available for people to work on, including a hands on demo of hand quilting and how to make wooden toys. Kathee Williams will teach folks how to make old fashioned cat head biscuits and gravy.
- HIKE on CHEROKEE TRAILS AND PATHS – Lamar Marshall, noted local mapper of Cherokee movement brings stories of their trading and hunting in the immediate area of The Mountain as he leads us on familiar and unfamiliar trails nearby. Moderate to easy experience to stretch your mind and your legs with the pleasure of a good hike and learning about the history of the trail as you hike it.

## THURSDAY

### Morning Session

- *WAR AND VIOLENCE: LEGACY AND STEREOTYPE* — Dr. Whittemore will be discussing the legacy and effects of war on the people of Appalachia.

### Afternoon Sessions

- SINGING OLD TIME MUSIC – Ann Whitley is not only a great fiddle player; she sings Old Time mountain songs, and she has been influenced primarily by the Carter family. She will teach you how to sing in the style of this significant group by teaching a few of their songs and explaining how to sing in that style.
- THE BASICS STEPS OF OLD TIME DANCING – Doug Singleton will get us ready for the dance! He will demonstrate and teach simple dance patterns that, when combined, make up the essence of Old Time dancing.
- WILD EDIBLE/MEDICINAL HERB HIKE – Hikers will be guided along the path to recognize wild edible and medicinal plants and instructed on how and when to gather them without endangering their growth.

COME TO  **The Mountain** in Highlands, NC  
RETREAT AND LEARNING CENTER, INC.

FOR A CULTURAL  
EXPERIENCE with

**“APPALACHIAN SPRING”**



**MAY 25-29, 2015**

**PRESENTERS:**

**DR. BARRY WHITTEMORE,**

Lecturer, University of North Georgia and retired UU Minister

**ANN WHITLEY,** one of the Rosin Sisters, singer and fiddler

**DOUG SINGLETON,** Old Time Dance teacher and caller

**BARRY WHITE,** Hike Leader

**SPECIAL GUESTS:**

**BILL AND LORRAIN HAROUFF,**

UU folk musicians, long time friends of The Mountain

**CHEROKEE INDIAN STORYTELLERS**

**CHEROKEE INDIAN TRAIL EXPERT**

Programming begins Monday evening and ends after breakfast on Friday.

Fees include meals, lodging, registration fee, and programming. Total cost: \$495

For programming information, contact Kathee Williams, [kathee.williams@gmail.com](mailto:kathee.williams@gmail.com)

REGISTER NOW!! [www.mountaincenters.org](http://www.mountaincenters.org). Save \$25 by registering before April 30.