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CATCH THE SPIRIT OF APPALACHIA, INC.

“Our mission is to treasure and preserve our regional Appalachian heritage & traditional music through the arts”

Mountain Folk News

is a publication of Catch the Spirit of Appalachia, Inc.

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Photo by Amy Ammons Garza

Spring 2010: News and Events in Our Neck of the Woods

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Spring 2010

Our mission is to treasure and preserve our regional Appalachian heritage & traditional music through the arts a

Catch the Spirit of Appalachia, Inc.
is publishing local writers by Amy AmmonsGarza



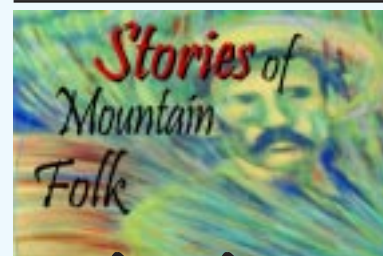
Grandpa told us stories and gave us a mission to save our family's heritage. For the past 21 years, my sister Doreyl Ammons Cain and I have worked through our nonprofit organization, Catch the Spirit of Appalachia (CSA), to find pathways through the mountains of yesterday, today and tomorrow to honor and preserve the unique voices of local extraordinary people. One of these endeavors to preserve the heritage has been to publish written works of those who

live in Western North Carolina today. In 1995, Doreyl and I established the publishing outlet Ammons Communications, with an imprint of Catch the Spirit of Appalachia (distribution by Baker and Taylor), through which we positioned ourselves to assist others, at minimal cost, in getting their words and illustrations out on paper. We have used the publishing knowledge we've learned to get the manuscript into book form. In this way we are providing another avenue for saving our local heritage

before our knowledgeable elders are lost to us. Once the books are cooperatively published, 100% of the rights to the books goes to the author. To help the authors get established, we assist with knowledge about marketing avenues and include the authors in all CSA events. Since we began, we have published 41 books, three since the beginning of 2010, with three more in the works. One of our newest books is "Christmas Blueberry Muffins & Elixir" (\$20.00) by Linda Owen Vinson



To see the complete list of books we've published, go to www.spiritofappalachia.org, and click on "Publishing." To read about the authors who have listed their books for sale, and to purchase their books, go to www.csabooks.com.



**radio show
 moving
 forward**

storiesofmountainfolk.com

CSA is launching a new project called "Mountain Folklife Media" with a goal of reaching 6 Western North Carolina rural counties (population approximately 370,000 people). This project is designed to take our current radio show, "Stories of

Mountain Folk" to a much higher, broader level. Our traditions of spinning, weaving, quilting, caning, and other hand stitchery, mountain music and arts&crafts have survived in the Appalachian culture through the generations, kept alive by those who value these skills passed down to them. In this new age, we wish to assist in saving/sharing our culture through: (1) LIVE internet broadcasts, (2) an interactive training program for volunteer mountain journalists (3) a printed & online news publication, "Mountain Folk News," which becomes a visually stimulating representation of the LIVE internet broadcast show, and (4) to develop and maintain an interactive website to cluster all endeavors together. Catch the Spirit of Appalachia's mission is to treasure and preserve our regional

Appalachian heritage and traditions through music and the arts. To expand and broaden this mission, CSA wishes to share and spread the word about our rich Appalachian heritage through interviewing local community residents on LIVE internet broadcasts, thereby showcasing local citizens, musicians, storytellers & artists and stimulating interest in the talented up and coming youth of the region. Through these endeavors, we are interviewing, recording, and providing a platform to further their talents, while educating the world of their uniqueness. Our target local audience is the 6 western North Carolina counties and a global audience on the world wide web. We are broadcasting locally on traditional radio & podcast, now adding: LIVE internet radio & website, a local news print publication and training new journalists to interview the local people.



Our current radio show (now in it's 2nd year) is weekly, co-hosted by Amy Ammons Garza and Doreyl Ammons Cain. Amy is a writer, storyteller & editor and designs the content of the show, which is then passed on for technical radio-ready production by Neal Hearn of Artistic Recording and Production. Doreyl hosts "Creative Corner" where she interviews regional artists & musicians and Amy interviews the mountain folk, encouraging them to tell their own story. Each show has original stories and mountain music each week.

**Unique guests
 on Stories of Mountain
 Folk radio show**

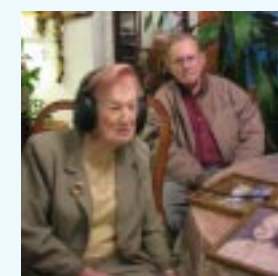


Doreyl interviewing the Nikwasi Dulcimer Group for Creative Corner



*So Much Talent,
 Such Rich Heritage!*

Co-hosts, Amy Ammons Garza & Doreyl Ammons Cain are constantly amazed with the mountain wisdom & creativity of the folks of Western North Carolina.



Amy interviews Irene Hooper for Stories of Mountain Folk



Triple King, Bryan McDowell Eighteen year old Bryan McDowell was interviewed on Creative Corner for the March 20, 2010 *Stories of Mountain Folk* show. From Canton WNC, he is making Bluegrass history. Bryan made Winfield, KS history at the 2009 38th Annual Walnut Valley Festival's National and International Competitions. He competed in fiddle, mandolin, and flatpick guitar and took 1st Place in all three! This was the first time anyone had ever won three Winfield competitions in the same year.

Bryan takes home "another" triple win at "Georgia's Official State Fiddlers' Convention" in Hiawassee, Georgia. Bryan has attended and competed there for several years, but never did he expect the outcome of this year's competitions. Bryan competed in the flatpick guitar, mandolin, fiddle, and bluegrass band categories soon become the 2009 Georgia Flatpick Guitar Champion, 2009 Georgia Mandolin Champion, and 2009 Georgia Junior Fiddle Champion as well as the 2009 Georgia Fiddle King.



CSA brings young talent
 to Greening up the Mountains Festival, Sylva, WNC- April 24, 2010 from 10am until 12:30pm. The contests include: Vocals, Instrumental, Dance, Poetry/Prose/Storytelling.

Youth Talent- Music, Poetry, Dance

This year CSA's talent contest will be held on the Founder's Stage in the SunTrust parking lot next door to the new Signature Brew Coffee Company on Main Street Sylva, WNC.. Along with cash prizes offered for each category (sponsored by CSA and local individuals), the Jackson County Recreation Center will also provide the following prizes: Every contest

participant will receive: "Day Passes" to the Sylva Pool. Winners of each of our 7 categories will receive 5 "Day Passes" to the Sylva Pool. Best of Show Prize is: Individual Season Pass to the Sylva Pool (worth \$80). Entry forms are available at the Jackson County Recreation Center, and the Jackson County Chamber of Commerce, online at spiritofappalachia.org or call Amy at 828-631-4587. There is no entry fee.





Quilting, Crafts & Entertainment- June 5 9am-4pm

at the Jackson County Recreation Center, 88 Cullowhee Mountain Road, Cullowhee, NC. Call 828-293-3053

The traditions of spinning, weaving, quilting, caning, blacksmithing, sewing, hand stitchery, and other folk arts have survived in the Appalachian culture through the generations, kept alive by the hands of those who value these heritage skills passed down to them. At the Patchwork Folk and Fabric Festival presented at the Jackson County Recreation Center in Cullowhee on Saturday, June 5th, these skills are showcased and honored, demonstrated and shared by members of our community. Products will be available for sale. This year, during the week before the festival, June 1-4, the sponsors of the festival have taken the arts

and crafts a step further by offering classes to the public. Not only is this an opportunity for interested people to learn an old-time craft, but also share time and tales with the instructors, for they are part of the essence of a culture that is fast disappearing. Pat Purdy will make available the art of Red Sock monkey dolls, Dot Conner takes you to yesteryear with old-fashioned tin punching, Judy Rhodes will be teaching the skill of ballad singing, Nan Smith shares crocheting, Judy Chliger's students will quilt a "Rail Fence" wall hanging; Krista Robb will teach cross-stitching from "Seizing the Moment," (a book of stitchery showcasing wild

flowers found on the Blue Ridge Parkway); and in the art department, Betsey Sloan teaches gourd art and Doreyl Ammons Cain will be leading a botanical drawing class, encouraging wild-flower art; and Ron Yount will teach wood carving. And then on Saturday morning, during the festival on June 5th, the talented Anne Lough will teach a two hour class on the dulcimer. The students will assemble a sample dulcimer and learn to play (call 828-399-0958 to register for any of these classes). Appalachian Homestead Farm & Preserve will also host an offer school "Children's Cultural Activities" class from 3:15 until 5:15 each day June 1-4.



Annie Lee Bryson, age 88, will be teaching corn shuck doll making

(call 828-293-1013 to register). All products produced during all of the classes will be exhibited during the day long Patchwork Folk & Fabric Festival on June 5th, from 9am-4pm 293-3053 for more information.

Arts & Crafts Workshop Schedule June 1 - 5, 2010

June 1	June 2	June 3	June 4
10:00 - 12 noon Quilting	10:00 - 12 noon Quilting	10:00 - 12 noon Quilting	10:00 - 12 noon Quilting
10:00 - 12 noon Gourd Art	10:00-12 noon Cross-Stitching	10:00 - 12 noon Cross-Stitching	10:00-12 noon Cross-Stitching
1:00 - 3:00 p.m. Crocheting	1:00 - 3:00 p.m. Crocheting	1:00 - 3:00 p.m. Crocheting	1:00 - 3:00 p.m. Crocheting
1:00 - 3:00 p.m. Corn shuck dolls	1:00 - 3:00 p.m. Monkey dolls	1:00-3:00 p.m. Tin Punching	3:15 - 5:15 p.m. Children's Cultural activities
3:15 - 5:15 p.m. Children's Cultural activities	3:15 - 5:15 p.m. Children's Cultural activities	3:15 - 5:15 p.m.. Children's Cultural activities	5:30-7:30 p.m. Botanical Drawing
5:30 - 7:30 p.m. Wood Carving (Limit 5)	5:30-7:30 p.m. Botanical Drawing	5:30 - 7:30 p.m. Ballad Singing Workshop	June 5-10-2 Noon-Dulcimer Workshop



Fine Art & Music on Main Street Sylva, WNC

ColorFest, Art of the Blue Ridge receives recognition

ColorFest, Art of the Blue Ridge has been approved to take part in the 75th Anniversary of the Blue Ridge Parkway Celebration in this year of 2010. This means that ColorFest will gather regional and national attention along with the Blue Ridge Parkway. Starting with an artist's reception on October 1, this month long event spotlights regional Western North Carolina artist's work in shops on Main Street in Downtown Sylva, North Carolina. These selected fine artists

gather underneath store awnings and colorful umbrellas placed along Main Street on the sidewalks of Sylva. In this culminating day long event on October 23 the artists create their works of art for you to witness and experience the magic firsthand. Local musicians also gathers in the restaurants on Main Street to set a backdrop of harmonious notes. You can come and enjoy the art, the music, the restaurants and hometown shops on this special day in Sylva, North Carolina.



Crowds gathered to watch fine artists creating art at the inaugural ColorFest in 2009.

ColorFest will be expanding to Mill Street in the 2010 event, with art students attending Western Carolina University demonstrating their artwork. Plans are to also add a benefit raffle where the participating artists donate a piece of art to be given to the lucky raffle ticket holder each hour of the art festival.



Letters, we get letters

Dear Amy,

I want to introduce myself to you. My name is Mary Kadish Fleming. Patricia and Wallace were my parents. I know by now you are aware of my mother's passing last February, since I informed you this past Christmas. I just needed to say "thank you" for all of your years of friendship with my mother, and your late husband (Phil) with my late father. Both of my parents spoke fondly of you and Phil. I only wished I had the pleasure of meeting you. I just really wanted you to know how much you meant to my mom. Thanks again. Please accept this donation in memory of Mom—**Patricia Kadish, Hobart, Indiana.** —*Mary Kadish Fleming*

Catch the Spirit 2010 Events

April 24, Greening Up the Mountains Festival- Downtown Sylva, NC - 10am-4pm CSA presents crafters/artists/writers dressed in period clothing in the "Traditional Heritage Walk" 10am-1pm CSA presents the 9th annual **Heritage Alive! Youth Talent Contest—#1**
June 1-5, Patchwork Folk & Fabric Classes- Jackson County Recreation Center in Cullowhee, NC, featuring traditional crafts
June 5, Patchwork Folk & Fabric Festival- Jackson County Recreation Center in Cullowhee, NC, featuring traditional crafts- 9am-4pm

July 17, Franklin Folk Festival- Downtown Franklin, NC, at the Gazebo 1:30 -3pm CSA presents the **Heritage Alive! Youth Talent Contest#2**
Aug. 28, Saunooke Village Folk Festival-Saunooke Village, Cherokee, NC, featuring traditional crafts 11am-5pm SPECIAL SHOWCASE: Heritage Alive! Mountain Youth Talent
Sept. 18-19, Great Smoky Mountain Railroad's RAILFEST - Depot at Bryson City, NC-10am-12noon CSA presents the **Heritage Alive! Youth Talent Contest—#3**
Sept. 25, Mountain Heritage Day- WCU in Cullowhee, NC -SPECIAL

SHOWCASE: Heritage Alive! contest winners!



Oct. 23, Colorfest! Art of the Blue Ridge-Main & Mill Streets in Downtown Sylva, NC—Local Visual Artists Demonstrate in Street Festival
Nov. 9, CSA Writers Performance- Jackson County Library, Main Street, Sylva, NC
Dec. 4, Live Nativity- Saunooke Village, Cherokee, NC 6pm

"Cakewalk" mural art for new Jackson County library

In keeping with the historical character of the new Jackson County Library in Sylva, NC, new artwork which reflects the heritage of our mountains has been commissioned. The new library will be an extension of the old courthouse, built in the early 1900's. One of the chosen art concepts is the visualization of a well known, yet under documented, local mountain folk tradition- the "Cake Walk." This pioneer event tells a story of neighborly support and concern for the common good, a characteristic that still runs like a river through the mountain people of today. This "Cakewalk" art design

depiction of our rich heritage will be created by Doreyl Ammons Cain with the use of the finest archival acrylic paint with an over-coating of clear protectant that guarantees rich color for hundreds of years. The art mediums require only a soap and water cleaning once a year to maintain the clarity and beauty of the artwork. Wood is the most suitable surface for these 'state of the art' acrylics. Doreyl Ammons Cain spent most of her life painting the culture of the Blue Ridge Mountains. She is a native of Jackson County who as a child roamed the hills and valleys along the shores of the Tuckasegee River. As

she grew up here she experienced the Cake Walks, Decoration Days and stories & front porch music of our region. Her depiction of these events comes straight from the heart.



On the road with the Ammons Sisters' Storytelling & Art



This spring the Ammons Sisters travel to schools throughout the Southeast performing "Heritage Alive!", a tribute to the creativity and heritage of the human spirit.

In April they'll be at Westcliff Elementary School in Greer, SC and Dawkins Elementary in Spatenburg, SC. To the strings of mountain music Amy tells her authentic Appalachian stories as Doreyl paints a mural that spans up to 8 feet. The Ammons Sisters sing & dance their steps while the audience plays a tune with kitchen utensils (called their Canhouse Band) Amy takes the audience on a journey back in time to her mountain childhood, bringing both tears and

laughter to a modern day world.



Doreyl steps to an 8' X 6' board where she spontaneously captures Amy's stories in strokes of pastel. The show is great fun yet carries a powerful message of courage and family.

Spotlight on Catman2, a CSA Board of Director

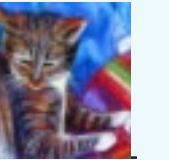


Art by Doreyl Ammons Cain
Story By Harold Simms

Spring has sprung and summer is just around the corner. Time to start thinking about Catman2's Annual "Christmas in July" charitable auction. This year will be the fourth auction, held at Dodie's Auction House in Sylva. All proceeds go to benefit the Catman2 Cats Only Shelter in Cullowhee. The shelter, a one of a kind for Appalachia, is an open shelter where the cats do not live in cages but roam and mingle in large rooms. There are things to climb

upon, places to hide, and large screened porches to get a bit of fresh air. The whole operation is run by volunteers. Catman2 pays no one a salary. Items are needed to sell at the auction. People or businesses interested in making a donation can do so by calling Harold, at the number below. This year's auction will be held on July 24th at 7PM. Credit, and thanks, for donations will be given before and at the sale. Catman2 is a non-profit organization and donations are tax deductible.

The cat shelter is also a Museum of Cat Art. Harold, the President and Founder of Catman2 Inc., obtained the collection by searching yard sales, flea markets, craft shows, and the like. It is an eclectic assortment of every media of art imaginable. Harold buys the art with his own money and no funds donated to the shelter are ever used to add to it. Visitors are invited to view the art and meet the cats. To make an appointment call 828 293 0892. Visit our web page www.catman2.org



On-going Creativity Workshops



CREATIVE WRITING WORKSHOPS

Leader: Amy Ammons Garza's 2010 Theme is "Writing From the Heart"

2nd Saturday of every month • 10am-3pm Place: 29 Regal Avenue, Sylva-Call 828-631-4587 to reserve your spot.

Enjoy Life, Be Creative!

CREATIVE ART WORKSHOPS

Leader: Doreyl Ammons Cain's theme is Pastel Painting Within Nature the 1st Saturday of every month 2-5pm. Call 828-293-2239 for more information.

Place: Nature's Home Preserve, Koi Mountain Lane, Tuckasegee.



Art Workshop at Natures Home

• Contribute •

Become Involved!

• Volunteer •

Send your tax deductible contribution to Catch the Spirit of Appalachia, Inc., 29 Regal Avenue, Sylva, NC 28779. Learn more, visit spiritofappalachia.org

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Your contribution and volunteer services helps our mountain youth realize their dreams through the three Youth Scholarships CSA awards annually.

