

# Mountain Folk News

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Spring 2011



*Catch the Spirit of Appalachia, Inc.*

catchthespiritofappalachia.com • spiritofappalachia.org • storiesofmountainfolk.com • csabooks.com

*"Planting the Seeds of Heritage through the Arts"*

## Mountain Folk News

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Spring 2011



Photo by Doreyl Ammons Cain

## Spring 2011: News and Events in Our Neck of the Woods

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*"Planting Seeds of Heritage through the Arts"*

- Youth Scholarships •Festivals
- Creativity Workshops

*Catch the Spirit of Appalachia, Inc.*

- Heritage Alive Storytelling & Art •Book Publishing

*Catch the Spirit of Appalachia (CSA)* Cofounders Amy Ammons Garza, mountain storyteller, & Doreyl Ammons Cain, visual artist, a team known as The Ammons Sisters, are dedicated to reaching every person they can with the message that they are creative, can achieve success and have the heritage background that will sustain them throughout their lives.



*CSA has a participatory Board of Directors and Advisors who believe in the mission of the organization and extend themselves, bringing the goals of CSA into their private lives.*



In this photo, on January 2, 2011, Catch the Spirit of Appalachia, Inc. thanks Camellia Scopelite (center) for sponsoring our nonprofit organization since 1989. We have declared her our "Friend of Distinction." Representing the Board of Directors for CSA are Judy Rhodes and Doreyl Ammons Cain.



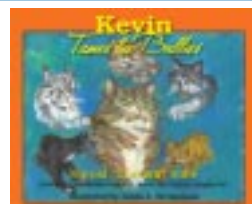
## CSA's New Books

### NEWS FROM CSA PUBLISHING:

#### Coming Soon:

#### "Kevin Tames the Bullies" by Harold "Catman" Sims

"Kevin Tames the Bullies" is the story about how other cats teased and bullied him when his upper canine teeth started to protrude, making him look like a vampire cat. Find out how he overcame this problem.



#### "Reader's Guide to Laughter Was Gods Idea" by Chaplain Jack Hinson

The Reader's Guide is a supplement to Laughter Was God's Idea. It is designed to augment the principles of the healing power of humor through group interaction and personal development. It provides step-by-step instructions, discussion questions and group activities.



#### "Lillie's Smile" by Sara Doolittle

Based on Sara's grandmother, this children's book delves into life as it used to be for children in the Great Smoky Mountains.



## Giving to Our Youth

Catch the Spirit of Appalachia's main endeavor is to draw attention to the need to conserve and protect the natural & human heritage of the mountain people in our region. We accomplish this through cultural education in the primary grades and by involving the community in honoring local heritage through publishing local writers, festivals, art exhibits, art & craft demonstrations, heritage celebrations, visual art workshops, writing workshops, and youth talent contests.

**Your contribution helps our mountain youth realize their dreams through the Youth Scholarships CSA awards annually.**

Friend \$25.00

Frontier \$100.00

Balladeer \$250.00

Mountaineer \$500.00

Name \_\_\_\_\_

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

## Heritage Alive! Mountain Youth Talent Contest at Greening Up the Mountains April 23

by Amy Ammons Garza

Since 1997, beginning with the first "Greening Up the Mountains" spring festival in downtown Sylva, Catch the Spirit of Appalachia (CSA) has produced a talent show for children called "Heritage Alive Mountain Youth Talent Contest." Funded by local businesses, individuals, county agencies, CSA board members, and others, each child who ever entered the contests has walked away with a monetary prize or trophy, amid many accolades and loud applause.

During these thirteen years, youth from the age of 5 to 18, have had the opportunity to showcase their talent before large audiences in vocal, dance (clogging, Scottish folk, Cherokee folk), instrument (including banjo, fiddle, guitar, mandolin, keyboard, flute), and poetry/prose/storytelling. "Best of Show" winners have been chosen from all the participants of the contest, receiving additional prizes. Each year these contestants have had the opportunity to grow, not only in talent but in the experience of performing before the public. The talent shows during the festivals have also provided excellent heartfelt entertainment for the festival goers.

In the beginning, CSA only produced one talent show a year at the Greening Up the Mountains festival each April in Jackson County. In 2002, the second talent show was added to the Mountain Craft Fair section of September's Great Smoky Mountain Railroad Railfest in Bryson City—Swain County. In 2006, Western Carolina University's Mountain Heritage Day chose to honor the "Best of Show" winners (one from each contest) with a dedicated spot on their Heritage Stage. Two years ago, in July 2009, CSA was asked to bring the talent contest to the Franklin Folk Festival in Macon County, giving all our local youth the opportunity to enter one or all three contests each year.

In the production of these talent contests, it has been the mission of Catch the Spirit of Appalachia to honor our local musical heritage and encourage through the youth it's continuance.

It is with great pleasure Catch the Spirit of Appalachia announces for 2011, those children who enter any of the "Heritage Alive Mountain Youth Talent Contests" in Jackson, Swain, and Macon counties will now be eligible to go even further with their talent. Jackson County 4-H Youth Development will be assuming the production of all three contests, thereby giving the youth the opportunity to participate in "4-H Entertains" at the district level and state level in Raleigh.

4-H Entertains is not your typical competition activity. At District and State, awards are given for participation, not placement as in first, second, third. At District, acts will be video taped and a State committee will select one act per district for State 4-H Congress. The acts are selected for skill, content, entertainment value and to create a well rounded show. County 4-H District Activity Days and State 4-H Entertains is presented during State 4-H Congress.

Amy Ammons Garza, cofounder of Catch the Spirit of Appalachia, will be assisting Heather Gordon, Extension Agent-4-H Youth Development, NC Cooperative Extension, to facilitate a smooth "passing of the gavel." The CSA Board of Directors will also assist in fundraising to help fund the prizes for the talent contests.

To enter the first Heritage Alive Mountain Youth Talent Contest for 2011 slated for the Greening Up the Mountains spring festival in downtown Sylva on Saturday, April 23, go to <http://jackson.ces.ncsu.edu/> or [www.spiritofappalachia.org](http://www.spiritofappalachia.org) to download an application. Applications are also available at the 4-H office at the NC Cooperative Extension office, and the Jackson County Chamber of Commerce. For more information, call 828-586-4009.



2003, Anna Iugbill, age 6



2005, Best of Show, Kevin Bryson



2009, Rye Holler Boys

## CSA Events

June 4th • 9am until 4pm *CSA's Fabric Festival*

**April 23, 2011 Talent Show Only-Greening Up the Mountains Festival, Sylva 10am-11:15** At the Tuckasee State (Bridge Park Pavilion), located just off Railroad Avenue, hosted by Heather Gordon, 4-H Youth Development, assisted by Amy Ammons Garza, Catch the Spirit of Appalachia, will present the Heritage Alive! Mountain Youth Talent Contest from 10am until 11:15am, featuring our local youth up to age 18. An application for the mountain heritage talent contest, can be found online at <http://jackson.ces.ncsu.edu/index.php?page=home> or [www.spiritofappalachia.org](http://www.spiritofappalachia.org), or at the Jackson County Chamber of Commerce. For more information, call Heather at (828) 586-4009.



Youth create at Fabric Festival

**July 16, 2011 Talent Show Only-Franklin Folk Festival-Downtown Franklin, NC 1:30 -3pm** Heritage Alive! Youth Talent Contest. Presented by Jackson County Youth Development, with assistance from CSA (youth up to age 18 participating).



**Downtown Sylva, NC  
October 22rd • 10am-4pm**

Regional Western North Carolina fine artists gather on the sidewalks of Sylva to create their works of art for you to see and experience, while local musicians set a backdrop of harmonious notes. Come and enjoy the art, music, restaurants and hometown shops.  
**spiritofappalachia.org**  
828.293.2239 • Vendor Application: 2011colorfestartistapp.pdf  
Produced by Catch the Spirit of Appalachia, Inc., sponsored by the Jackson County Chamber of Commerce & TTA, the Jackson County Visual Artists Association and Jackson County Arts Council *who believes that a great country needs great art.*

**Sept. 17-18, 2011 Great Smoky Mountain Railroad's RAILFEST - 10am-12noon** Depot at Bryson City, NC, featuring Mtn Craft Fair Vendor Application:  
[RailfestApplication2011.pdf](#)

**Talent Show** Heritage Alive! Youth Talent Contest. Presented by Jackson County Youth Development, with assistance from CSA (youth up to age 18 participating).

**Sept. 24 2011 Talent Show** Best of Show Winners—**Mountain Heritage Day** -WCU in Cullowhee, NC

**Nov. 2011 CSA Writers Performance**—Jackson County Library, 7pm Main Street, Sylva, NC -Catch the Spirit of Appalachia's writing program will open with stories, poetry and song in a fast-paced production, showcasing the creative talents of local & regional writers. Immediately following will be the booksigning and reception with refreshments.

### *Old Time Quilts, Tatting and Spinning Demonstrations at the Patchwork Folk & Fabric Festival*

Cullowhee, NC. The 6th annual Patchwork Folk and Fabric Festival is scheduled for Saturday, June 4th, 2011, once more inside the gym at the Jackson County Recreation Center in Cullowhee, from 9am until 4pm.

"I remember as a child when my aunts would drop a quilt from the quilting rack on the ceiling," says Amy Ammons Garza, co-organizer, "and quilt for days on end until the quilt was completed. Well, this year, we will once more have some special local quilts hanging from the ceiling on display...hand pieced quilts with stories behind them."



More quilts will be displayed as members of Dogwood Crafters once again share quilt stories in a "Bed Turning" display which will happen every hour on the hour during the day.

Demonstrators this year will include tatting, corn shuck doll making, caning, wood carving, and other such folk arts such as rug braiding, rug hooking, spinning and carting, folk dolls, weaving, quilting, crocheting, knitting.

One of the highlights of the festival will be the opportunity to purchase homemade food for lunch, made by the board of directors of Catch the Spirit of Appalachia led by Mary Jo Cobb and Gail Nolen.

Presented by Catch the Spirit of Appalachia, Inc. (CSA), the Appalachian Homestead Farm & Preserve, and the Jackson County Parks & Recreational Department, this inside folk and fabric festival has drawn crafters in traditional dress from the region to showcase these old-time traditions. The Patchwork Folk and Fabric Festival exemplifies a culture that has grown up and persevered throughout the years.

Come join the nonprofit organizations as they honor our local roots, our customs, our love of nature, our love of people. Jackson County Recreation Center is located at 88 Cullowhee Mountain Road in Cullowhee. Coming from Sylva, Cullowhee Mountain Road is on the right just past the 4th traffic light beyond WCU University on Route 107. Call the Recreation Center for more information at 828-293-3053.

**Vendors Needed:** If you'd like to be a part of the Patchwork Folk & Fabric Festival, go to [www.spiritofappalachia.org](http://www.spiritofappalachia.org) to download an application, or call 828-293-3053. Applications are also available at the Jackson County Recreation Center in Cullowhee, or the Jackson County Chamber of Commerce in Sylva.

### *Cakewalk Murals placed at the new Jackson County Library for the June 11, 2011, official opening Celebration*



*In-Progress-Art Panel #3 of the Cakewalk Mural*



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" depiction of our rich heritage is being 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.

*Doreyl Ammons Cain's technique of painting murals is demonstrated on her Art Blog:*  
<http://yurtstudio.com/myblog/blog1.php>

### *Storytelling Performances & Creative Residencies with The Ammons Sisters*



*The Ammons Sisters travel to schools, libraries and community events throughout the Southeast performing "Heritage Alive!"- a storeytelling tribute to the creativity and heritage of the human spirit.*

*On March 26, 2011 The Ammons Sisters will be performing storytelling & spontaneous visual art and conducting a storytelling workshop for the Southern States Lama Association at the Forest Hills Mountain Resort and Conference Center near Dahlonega, Georgia.*

*Locally the Ammons Sisters will be performing at the Growers Fair at Full Spectrum Farms in Cullowhee WNC on April 16*

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.

Go to [spiritofappalachia.org](http://spiritofappalachia.org) to find out more.



*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.*



## Radio Show Spotlight... Brenda McAfee

Introduction and Conclusion by Doreyl Ammons Cain

Creative Corner has had the privilege of a fine songwriter's presence once a month for the first three months of 2011, Brenda McAfee. During these interviews it became apparent that her noteworthy songs come from a great passion for her mountain heritage and a desire to preserve our precious natural environment. Injustice of any kind also finds its way to her writing, calling out for a better way. It takes a lot of courage to present what you deeply feel and share it with so many people and Brenda has enough courage to spare.

A lifelong native of Buncombe County, Brenda McAfee started young with a fascination for rhyme. Mostly a poet in the beginning, it became a grounding mechanism for her in a family with very little structure. Making people laugh with limericks was her first attempt at poetry. She attributes that to Uncle Remus and Mother Goose.

Her brother won a guitar in a poker game with the neighborhood gang of miscreants. She laughs about it now but that guitar provided her with the means to learn to be a songwriter. This was a magical time, learning that words from her poems could be worked up into a song. At age eleven her lifelong love affair with songwriting began.

From then until present day, quietly writing songs has given peace and identity to a person struggling to find it. As a child she didn't know the future would provide her with two great sources that would pull it all together. Nine years apart, her daughters are two of the best singers in the region. Her oldest, Jacqui McEntire lives in Union Mills with what Brenda says is, "the best son-in-law on the planet." Ginny lives close to her sister and has made a living for the past twelve years as a solo artist. Both girls are musicians in their own right. Brenda said she

used to jokingly tell them to be sure to marry a good picker. Jacqui has been married to her picker for over sixteen years and not only is he good, Casey McEntire plays many instruments and he teaches music as well. From 1991 until 1998 the three ladies have performed for many venues. The Sourwood Festival in their hometown of Black Mountain was a favorite. Traveling to gigs over a wide region was very gratifying for them.

Brenda says she is too old to keep up anymore, yet continues to write her songs and her daughters put them out there. They also traveled to Nashville several times only to feel as if they didn't fit into that commercialized, all business packaging. They all three say that the music that comes from the heart is far more important than what is made in a "factory."



"We are grateful to 'Stories of Mountain Folk' and 'Catch the Spirit of Appalachia' for their wonderful support and encouragement." says Brenda McAfee.

It's been a pleasure sharing Brenda's songwriting talent with all our listeners of 'Stories of Mountain Folk' radio show. Stay tuned, there's more to come...

## New, Doreyl's Art Blog and Amy's Creative Writing Blog



### Sharing ideas about art, sustainability

and giving a stroke by stroke description about the adventures of painting the new Jackson County Library murals is the vision I have for creating this blog. You can check it out at:

<http://yurtstudio.com/myblog/blog1.php>



### Writing creatively is like sewing

In my creative writing classes, I begin with things every person should know or experience before they begin to write, to tell their stories: Find the rest of the story at:

<http://storyteller.catchthespiritofappalachia.com/>

## Spotlight CSA's Board of Director, Mary Jo Hooper Cobb



By Doreyl Ammons Cain

Our Board of Directors' monthly meetings were extra special this past year, and this trend is continuing on into 2011. No question, the main reason is our gracious hostess, Mary Jo Hooper Cobb, her husband Wayne and their comfortable country home.

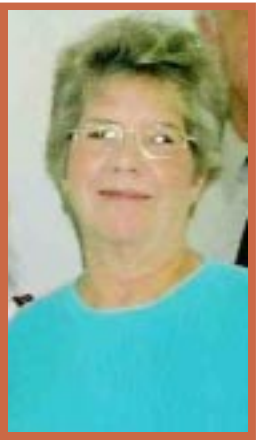
Mary Jo's farm sits on the land she grew up on and her family's homestead still stands nearby. Our CSA Board has tours this wonderful Hooper homestead in Tuckasegee, Jackson County, whenever we can fit the 'journey back in time' into everyone's schedule. Complete with handmade waterfalls and a sturdy turn of the century farmhouse with its own story written throughout its hand carved structure, this place makes for wonderful meetings.

Walking up to Mary Jo's home we're usually greeted by feisty chickens and guineas. Mary Jo loves her fowl and we

get to share in the bounty with fresh eggs and home style cooking. Mind you, Mary Jo would never sacrifice one of her own chickens for a Board of Director's dinner, but she does make some great Sunday afternoon chicken suppers with most everything else she cooks grown in her own garden.

We are so honored to have Mary Jo Hooper Cobb as one of our most prized CSA Board members. With mountain roots that run deep into the Tuckasegge Valley, Mary Jo is also deeply involved in helping her community. Like in the 'good ole days,' she's always available to lend a helping hand.

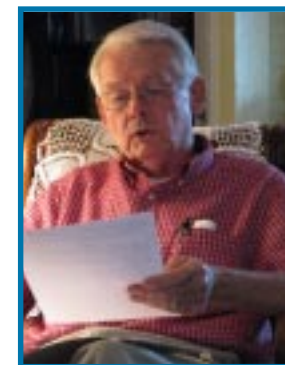
Thank you Mary Jo, from all of us at *Catch the Spirit of Appalachia!*



## On-going Creative Writing & Art Classes

### 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.



Jack Hinson reading in workshop

### 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.



Enjoying a Pastel Painting Class on Waterrock Knob  
Go to Doreyl's Art Blog: <http://yurtstudio.com/myblog/blog1.php>

• 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](http://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.