

Events Calendar

Fall Color Weekend	October 19-21, 2012
Nativity Play	December 9, 2012
Centennial Event – Food for Thought – in Frankfort	March 20, 2013
Pine Mountain Wildflower Weekend	April 19-21, 2013
Centennial Event – Dinner and Organ Concert – at PMSS	April 27, 2013
Black Mountain Wildflower Weekend	May 3-5, 2013
Centennial Event – Centennial Garden Luncheon – at PMSS	TBA
In the Footsteps of Lucy Braun	June 5-9, 2013
Community Youth Day Camp (K-6 th grades)	June 17-21, 2013
Community Youth Day Camp (7-12 th grades)	June 24-28, 2013
Reading Camp	July 14-27, 2013
Community School Reunion & Alumni Homecoming	August 10-11, 2013
Creech Family Reunion	August 11, 2013
Centennial Event – PMSS 100 th Birthday Celebration	August 31, 2013
Fair Day	September 7, 2013
Centennial Event – Folkdance and Cookbook Release	September 7, 2013
Centennial Event – Literature & Arts Event – offsite	October 5, 2013
Fall Arts Weekend	October 11-13, 2013
The Art of Building Dry Stone Walls Workshop	October 11-13, 2013
Fall Color Weekend	October 18-20, 2013
Community Fall Party & Hayride	October 26, 2013
Nativity Play	December 15, 2013

For more information or to make an on-line reservation, please visit our Website at www.pinemountainsettlementschool.com or call (606) 558-3571 between 8 a.m. and 4 p.m. Monday through Friday. You may also write to: **Pine Mountain Settlement School, 36 HWY 510, Pine Mountain, KY 40810-8289** or e-mail: office@pinemountainsettlementschool.com.

Fall Color Weekend on October 19 through 21

Eastern Kentucky's natural areas are especially beautiful in fall, when the hardwoods display their true colors amid the evergreens. Make plans to attend the Settlement School's Fall Color weekend. Activities will include hikes, leisurely drives atop Pine Mountain, and a presentation by naturalist Mary Carol Cooper on "Attracting Fall and Winter Birds to the Backyard Habitat." Registration information is available on the School's website: www.pinemountainsettlementschool.com.

Kentucky Historical Marker

The Pine Mountain Association of Alumni and Friends is contributing \$2500 to purchase a Kentucky Historical Marker for the Settlement School. The marker will be placed during the School's centennial year in 1913. Thanks to alumni who made this milestone marker a reality.

NOTES FROM THE PINE MOUNTAIN SETTLEMENT SCHOOL

PINE MOUNTAIN ~ HARLAN COUNTY ~ KENTUCKY

A tradition of education and service since 1913

FALL 2012



September 2012

Dear Friends,

We are in the midst of harvest time here. Corn ears are full, tomato plants bend under the weight of red fruit, beans bulge in long pods that hang from 10-foot-tall vines. Squash and zucchini fill our cooler, waiting to be frozen for later use. In many ways, this season represents the normal pattern of life at Pine Mountain. In other ways, this growing season marks a turning point.

For some time, we have tried to make small modifications to our menus for visitors. Our progress toward healthier meals, however, has not been consistent. Too often, I find that we revert to old ways. This summer, we set out to make real, dramatic change.

Visitors will see some of our usual dishes: green beans, corn, green salads, baked chicken, mashed potatoes and Pine Mountain's whole wheat bread. Visitors will note these changes: we will be serving less meat and including more bean-based dishes instead. New offerings will include bean burritos, pasta with marinara sauce, cauliflower-based macaroni and cheese, vegetable pot pie, loaded vegetable pizzas with less cheese, black bean burgers, quinoa-based side dishes, spinach salads with sprouts, dried fruit, and nuts.

This concerted effort toward change in our food offerings has prompted much discussion and some complaints from staff. The most common complaint I've heard is: "If it isn't broken, don't fix it." Herein lies the problem: sometimes we are so comfortable doing things one particular way that we don't take the time and effort to examine whether new thinking and new methods might be better. Change requires that we see that new ways can be better. It requires us to believe a more sustainable future is possible and that our work is important to reaching that goal. It requires that we modify our habits.

In the month since we began trying new recipes, I have seen a positive shift in attitude toward change. Kitchen staff have received many compliments on the new dishes and many requests for recipes. They are enthusiastic about finding ways to improve recipes and being innovative about how to use vegetables in new ways. Our Zapple Pie recipe, which uses zucchini in place of apples, is a favorite.

So, when I think about this summer at Pine Mountain, I think that it is a growing season in more ways than one. We are growing and learning.

Think about joining us soon for our programs and our food! We look forward to seeing you.

In the spirit of Pine Mountain,



Nancy Adams, Executive Director

Cover photo: Grow Appalachia workshop leader, Jennifer Hockenberry and daughter, Adrianna, admire the beautiful jars of pickles they preserved during a popular canning and pickling class.

How You Can Help

Income to operate Pine Mountain's programs and maintain the physical plant comes from three sources: interest income from the School's endowment fund, earned income, and contributions. From time to time, we seek grant funding to help with particular projects, equipment and building repairs.

We appreciate all contributions and are prudent in our use of financial resources. Your financial contribution makes it possible for Pine Mountain to carry out its mission and to continue to be a strong institution in an underserved area.

Pine Mountain Settlement School exists to serve people in the local community and beyond. To accomplish this, we strive to:

- Teach others about the natural environment and promote protection of ecosystems
- Incorporate into our operation energy conservation, renewable energy sources, local materials and healthy food, and share this knowledge with others
- Provide supplemental educational experiences for local students which strengthen, enrich, and extend their academic education
- Protect and maintain the natural lands and historic structures at the Settlement School
- Celebrate, interpret, and promote the cultural heritage of central and southern Appalachia
- Serve as a center for recreation, fellowship, and lifelong learning, welcoming all who come

Pine Mountain is a private, 501(c) (3), non-profit corporation. Contributions to Pine Mountain are tax-deductible as allowed by law.

Pine Mountain accepts online contributions through Network for Good. Please see our Web site for more details.

NEEDS LIST

Those interested in helping with these items may contribute part or all of the cost.

Large tent \$600	Washer \$600
Vacuum cleaner \$350	Dryer \$600
Hand Truck \$180	Color laser printer \$500
Generator \$340	Towel/washcloth sets \$10 each
Portable Torch \$300	Twin sheet sets (white) \$20 each
Fencing materials \$750	Donations toward a farm truck

Because of the generosity of contributors, we are shopping for a new van for our environmental education program! We acknowledge the financial help from Alpha Sigma Tau National Foundation whose \$11,000 contribution in June helped move us more rapidly toward our goal. Other contributors were Benny Allen, Doris Anderson, and Allen Long. The students who participate in our environmental education program, local day camp children, and adults who attend our forest study workshops and wildflower weekends will benefit from this new van for many years to come. Thanks to all!

Community



The parachute game was a favorite activity at Summer Day Camp for children in kindergarten through sixth grade.

Celebrations, sports, and summer camp have kept the Community Program swirling with activity this year. The annual Easter party in early April drew dozens of children and their parents to campus to search for eggs filled with candy. The ever-popular Pine Mountain Baseball games in April and May entertained players and on-lookers alike. Two weeks of day camps for local children in June included crafts projects, hikes and storytelling.

Reading Camp



For the eighth year, Pine Mountain joined with the Episcopal Diocese of Lexington to bring Reading Camp to the mountains. The staff and 39 volunteers helped 37 students receive an educational, confidence-building experience that we hope will allow them to succeed in academic studies.

Every camp has moments that are rewarding. This year, we remember especially the student who came to his first Reading Camp three years ago unable to read and classified as unteachable. This year, he progressed so much in his reading abilities that he asked to read the bedtime story to other students.

We want to thank Christ Church in Harlan for the fundraiser in March that brought in \$6,000 toward needed expenses for this year's camp. We also want to thank Glenna Rice for allowing us to use \$2,000 from the fund she set up for Reading Camp, and the Berea College Appalachian Fund.

Campus News

New Staff Member at Pine Mountain

This year, the School welcomes Bucky Field to the environmental education staff. Bucky grew up on a 1,400-acre farm that borders the Licking River in Falmouth, in Pendleton County, Kentucky. "I had the whole world as a kid," he says. By the time he was 5, he was learning to hunt and to drive a tractor around the farm. He had daily chores, from feeding the hunting dogs to pitching chopped corn out of the silo to feed farm animals. After working as a service technician, he decided to pursue his passion for the environment and enroll in environmental science classes at Bluegrass Community and Technical College. He received an associate degree from BCTC and a B.S. degree in environmental studies from Eastern Kentucky University. Bucky worked for two years as a seasonal guide at Lilley Cornett Woods in Letcher County and was a seasonal guide for five years at Salato Wildlife Education Center in Frankfort, Kentucky.



William "Bucky" Field

Centennial Celebration

In 2013, Pine Mountain Settlement School will celebrate its 100th year of education and service. Pine Mountain's Centennial Committee has planned several events to commemorate important parts of the School's rich history.

Complete details will appear in the 2012 Winter Notes and on the School's website and Facebook page. We hope that you will want to join us for fun and special events. Below is a partial list of planned events and publications.

- March 20, 2013 Lecture on Pine Mountain Settlement School History
Kentucky History Center - Frankfort, KY
- April 27, 2013 Special dinner followed by organ concert by Patricia Griffith - PMSS
- Spring 2013 Dedication of Historical Marker (date to be announced)
Lecture and reception at Lexington Library on PMSS architect Mary Rockwell Hook (date to be announced)
- Summer 2013 Release to the public of on-line Pine Mountain archival photos and documents (date to be announced)
- Aug. 31, 2013 Birthday Party! - PMSS
- September 2013 Pine Mountain Cookbook release
- October 2013 Higher Ground Artplace performance on the Dancing Green - PMSS
- December 2013 Christmas at Pine Mountain: traditions from the early years of the School and presentation of the annual Nativity Play

The committee has also planned to commission a design for a Centennial Garden that will become a permanent feature on campus. The garden will include native plantings and benches. We hope the garden will be a place for relaxation and contemplation.

Grow Appalachia Update

This season, PMSS is working with 39 families in the Grow Appalachia program. Our gardens are growing well, and we are on track to harvest more produce than we have in previous years!

Our focus for this growing season has been to explore the impact that Grow Appalachia has on the way that our participants prepare their garden produce. Our healthy cooking workshop in May was taught by Jenny Williams, co-host of "What's Cookin' Now" on community radio station WMMT. Jenny helped participants prepare simple, vegetable-filled recipes, discussed which cooking oils were the most healthful and how to incorporate more whole grains into diets. Jenny will return for another cooking workshop in September.



Grow Appalachia funder, John Paul DeJoria, visited with Grow Appalachia participants at a picnic in July in London, Kentucky. (From left) Geneva and Sonny Maggard, Grow Appalachia participants; Maggie Ashmore, PMSS Sustainability Coordinator; John Paul DeJoria, Andrew Whitehead, summer garden intern; Kathleen Powers, AmeriCorps VISTA agriculture coordinator.

This growing season marks the third year that Pine Mountain Settlement School has participated as a host site for Grow Appalachia. Funded by John Paul DeJoria, co-founder and CEO of John Paul Mitchell Systems, Inc. Grow Appalachia is an outreach education and service project administered by Berea College. Through Grow Appalachia we work with families to grow gardens, preserve the harvest, and sell produce. Grow Appalachia feels like a family to us.

Our educational workshops this season have included shiitake mushroom cultivation, garden planning, chicken tractor construction, healthy

cooking organic garden maintenance, and food preservation. Our annual Seed Swap in March drew more than 60 people, some of whom traveled from as far away as Louisville. Bill Best of Sustainable Mountain Agriculture Center in Berea and seed saver expert Frank Barnett gave presentations at the Swap.

Our Local Food Potlucks are always a fun time with delicious food. Over the past few years we have noticed that attendees make sure that their dishes are filled with as many local ingredients as possible. These potlucks have proved to be a chance to try new recipes and share new ways to cook vegetables.

After our food preservation workshop in July, led by Grow Appalachia participant Jennifer Hockenberry, attendees have called to report that they have used pressure canners and food dehydrators for the first time. Grow Appalachia participants are also trying new canning recipes. This kind of involvement and enthusiasm lifts our spirits and inspires us to dream about where Grow Appalachia will lead in the future.

Find out more about Grow Appalachia at www.growappalachia.blogspot.com.

Preservation Training

In the fall of 2009, artist Jeff Chapman-Crane and his son, Evan, participated in Pine Mountain's dry stone wall workshop led by Richard Tufnell, a world-renowned stone mason.

During the workshop, Jeff and other participants received hands-on experience in how to build a strong, secure and beautiful dry stone retaining wall. After the workshop, Jeff set out to build a retaining wall in front of his art gallery in nearby Letcher County. Starting in the spring of 2010, he began gathering stones along roadsides where the winter freeze-thaw cycle had caused some rocks to break loose and tumble down. He also scouted out abandoned stones from the ruins of old buildings and chimneys.

Construction on the upper terrace wall began in the summer of 2011 and was completed in March of 2012. "I never could have created this wall without the excellent teaching of Richard Tufnell," Jeff says. "Evan took the 2010 workshop as well, and served as my 'quality control expert.' He was constantly reminding me to use the proper techniques in packing the back of the wall with broken stones, a vital component to building a strong, durable wall."



After taking a dry stone workshop at the Settlement School, artist Jeff Chapman-Crane built this 120-foot, terraced retaining wall in front of Valley of the Winds Art Gallery on State Route 806 in Eolia, Kentucky.

Education

Environmental Education

Pine Mountain maintains an active schedule for its environmental education program. The program introduces students to the natural world in one of the most special landscapes in Kentucky. Our forest, streams and fields serve as our primary classrooms. The hands-on lessons learned on field trips to Pine Mountain stay with the students and provide building blocks for understanding the importance the environment plays in our lives.

We are listing the groups and schools that have visited Pine Mountain this year and those who plan visits this fall. Thanks to all for their efforts to offer special educational opportunities to students.

North Oldham Middle School (Goshen, KY)	Field School (Louisville, KY)
Crab Orchard Elementary (Crab Orchard, KY)	Coleridge Taylor (Louisville, KY)
Kentucky Country Day (Louisville, KY)	Moore Traditional (Louisville, KY)
Providence Christian Academy (Georgetown, KY)	St. Mary School (Paris, KY)
Danville Christian Academy (Danville, KY)	Harlan County Christian (Putney, KY)
Sharon School (Nicholasville, KY)	Transylvania University (Lexington, KY)
Community Montessori Charter (New Albany, IN)	Miami Valley School (Dayton, OH)
Nature's Way Montessori (Knoxville, TN)	Louisville Collegiate (Louisville, KY)
Danville Montessori (Danville, KY)	St. Leo School (Versailles, KY)
St. Francis Elementary (Goshen, KY)	Eisenhower Elementary (Louisville, KY)
Providence Montessori (Lexington, KY)	Southside Elementary (Versailles, KY)
Hogsett Elementary (Danville, KY)	Jennie Rogers Elementary (Danville, KY)
Hite Elementary (Middletown, KY)	Clays Mill Elementary (Lexington, KY)
Bayside Academy (Daphne, AL)	Owen County Elementary (Owenton, KY)
Green Hills Elementary (Bledsoe, KY)	Cowan Elementary (Whitesburg, KY)
Eastern Kentucky University (Corbin, KY)	Rosa Parks Elementary (Lexington, KY)

Intervention Program

Pine Mountain's Intervention Program teachers for the 2012-2013 school year are Quinna Hall and Marshall Tolliver. Quinna will be at Leatherwood Elementary in Perry County, where she taught until she retired. Marshall, who is a student at Lincoln Memorial University, will help out at Green Hill Elementary School in Harlan County.



Quinna Hall and Marshall Tolliver

Quinna and Marshall work with first- and second-grade classroom teachers to help students who struggle to read. Sometimes, they work with the same students throughout the school year. In some cases, the students are able to catch up with temporary help.

Alpha Sigma Tau National Foundation set up a fund to help pay for this program and has made contributions to keep the fund growing. We appreciate this commitment from the women of Alpha Sigma Tau National Foundation to help children of this area to have a better chance at success.

Preservation Projects

In June, we were finally able to make needed repairs to Laurel House roof. Laurel House is the School's central building and the one that most visitors will use during their stay. The School contracted with Mortenson Roofing Company, Inc. from Frankfort, IL to perform the work. They replaced broken and missing tiles, installed a ridge cap on the entire building, and cleaned moss from existing tiles. The repairs will add an additional 20 years of life to the original roof. Matching funds were provided by a Save America's Treasures grant. We want to thank the following individuals for their contributions to this project:



Barbara Allen
Doris Anderson
Diane Bailey Boulet
William Schultz Jr.
Greta Fields
William Howard
Kurt Johnson
Melissa Johnson
William Johnson Jr.
Allen Long

John Mobley
Pikeville Family Medicine
Daniel and Barbara Rice
Eileen Wilson
Jack Spadaro
Joan and Richard Stallard
E.J. Thielen
Merle and Linda Westbrook
Pine Mountain Assoc. of Alumni & Friends
Thomas Dupree (National Christian Foundation
of Kentucky)



For 10 years, Pine Mountain has offered preservation workshops to address common repair needs for historic buildings. This summer, we hosted two window repair workshops. At left, participants remove old glazing from steel windows in Draper Building at the June workshop. At right, students remove masking tape from Chapel windows that have been primed and painted. The third preservation workshop, a weekend dry stone masonry class, will take place during the Fall Arts Weekend on Oct. 12 through 14.

Fall Arts Weekend – October 12-14

NATURE PHOTOGRAPHY WORKSHOP

Dr. Thomas G. Barnes, award-winning author and nature photographer and University of Kentucky Extension Wildlife Specialist and professor in the Department of Forestry, will lead the nature photography workshop. The workshop, which is designed for beginning and advanced photographers, will include an introductory session on the creative side of nature photography, an all-day field session, a session on equipment basics for nature photography, and critiques of participants' photographs. If time allows, Tom will discuss some post-processing techniques using Adobe Photoshop software.



Tom has written and taken photographs for several books including "Rare Wildflowers of Kentucky," "Kentucky's Last Great Places," "The Wildflowers of and Ferns of Kentucky," and "Gardening for the Birds." His latest book is "How to Find and Photograph Kentucky Wildflowers." Tom's photographs have been used in magazines, calendars, books, and on websites throughout the world. More than 700 of his images appear on the plants.usda.gov and University of Tennessee web pages.

Participants should bring their own digital cameras and related equipment, and a stick drive with five of their photographs. Cost is \$330 and includes tuition, meals, snacks, and lodging.



FROM THE GROUND UP: DRY STONE MASONRY

For the seventh year, award-winning dry stone mason Richard Tufnell will be returning to Pine Mountain to teach the School's dry stone masonry workshop. This workshop will cover the basics of how to construct a dry stone wall. Students will learn how to cut and place stones in a stable and aesthetically pleasing manner. The workshop also includes presentations on

the history of dry stone construction and demonstrations on various styles of dry stone masonry. Students will work on a short stone wall at the entrance to the campus. They will begin with the ground course and end with the capstone.

Richard has worked on dry stone projects in at least 40 countries. In the United States, he has worked on projects in national and state parks. The city of Lexington, Kentucky presented the key to the city to Richard for his work to help create the Dry Stone Conservancy and revive interest in the art of dry stone masonry. This workshop is designed to accommodate all skill levels. Class size is limited to 15.

Cost for this workshop is \$335, which includes tools, safety glasses, tuition, meals, snacks and lodging.

DRAWING FROM NATURE

Betty Beshoar, visual artist, and Heather Housman, former botanist with the Kentucky State Nature Preserves Commission, team up to conduct a nature journaling workshop. During walks on Settlement School property, they will describe and answer questions about trees, plants, birds and insects found on the way. With this information, participants will create their own nature journals, which include writing, drawing and watercolor. Nature journaling is a powerful tool to use in connecting more deeply with the natural world. This workshop is suitable for all skill levels. Beginners are welcome. Cost is \$250 and includes meals from Friday dinner through Sunday lunch, two nights lodging and all instruction. Enrollment is limited to 12 people.



WEAVER'S CHOICE

Pat Begley, Settlement School staff member, will teach the "Weaver's Choice" workshop. Participants can choose to focus on one of three types of weaving: pattern weaving, rag weaving or weaving with loopers, which are cut from the tops of socks. Everyone will work on projects to take home: wall hangings, rugs, placemats, or table runners. All materials are provided. Those who want to work on rag rug projects may bring their own material.

The workshop is for beginning- and intermediate-level students. The cost is \$240, which includes workshop materials, tuition, meals, snacks, and lodging. Class size is limited to six participants.

THE BASICS OF REPLACING A HICKORY BARK CHAIR SEAT

"The Basics of Replacing a Hickory Bark Chair Seat," is a three-hour workshop on Saturday, Oct. 13. Settlement School staff members Matthew Boggs and Paul Creech will teach participants how to weave a chair seat using hickory bark. Participants are encouraged to bring their own chairs or stools to work on. Students should be able to complete their projects during the workshop. This workshop will take place from 9 a.m. to noon. Cost is \$75 and includes all materials, tuition, and lunch. Class size is limited to six.



Workshop registration forms are available at www.pinemountainsettlementschool.com. For more information, call the office at (606) 558-3571 or send e-mail to office@pinemountainsettlementschool.com.