

Events Calendar

Family Fun Night (6 pm)	the 1 st Friday of each month
Woodcarving Class (5-7 pm)	Every Thursday - March through November
Homemakers Meeting (10 am)	3 rd Tuesday of each month
Yoga Retreat	Mar 27-29, 2015
Easter Egg Hunt (1 pm)	Apr 4, 2015
Little League Baseball Sign-up (5-7 pm)	Apr 17, 2015
Pine Mountain Wildflower Weekend	Apr 17-19, 2015
Spring Clean-up (10 am - noon)	Apr 18, 2015
Black Mtn. Wildflower Weekend	May 1-3, 2015
Mother's Night Out Dinner (6 pm)	May 9, 2015
In the Footsteps of Lucy Braun	Jun 10-14, 2015
Meet the Mariettas (the new PMSS Director & family)	Jun 13, 2015
Day Camp (K-6 th grades)	Jun 15-19, 2015
Family Camp	Jun 19-21, 2015
Day Camp (7-12 th grades)	Jun 22-26, 2015
Family Camp	Jul 6-9, 2015
Reading Camp	Jul 12-18, 2015
In the Footsteps of Lucy Braun	Aug 14-16, 2015
Fair Day	Aug 29, 2015
PMSS Community School Reunion	Oct 3, 2015
Fall Arts Weekend	Oct 9-11, 2015
Fall Color Weekend	Oct 16-18, 2015
Fall Party and Hayride (1 pm)	Oct 31, 2015
Appreciation Luncheon	Nov 21, 2015
Nativity Play	Dec 13, 2015
PMSS Homemaker's Christmas Party (6 pm)	Dec 17, 2015
Children's Christmas Party (6 pm)	Dec 18, 2015

For more information or to make an on-line reservation, please visit our Website at www.pinemountainsettlementschool.com or call (606) 558-3571 between 7:30 a.m. and 3:30 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.



Volunteers folkdancing

Appreciation Luncheon

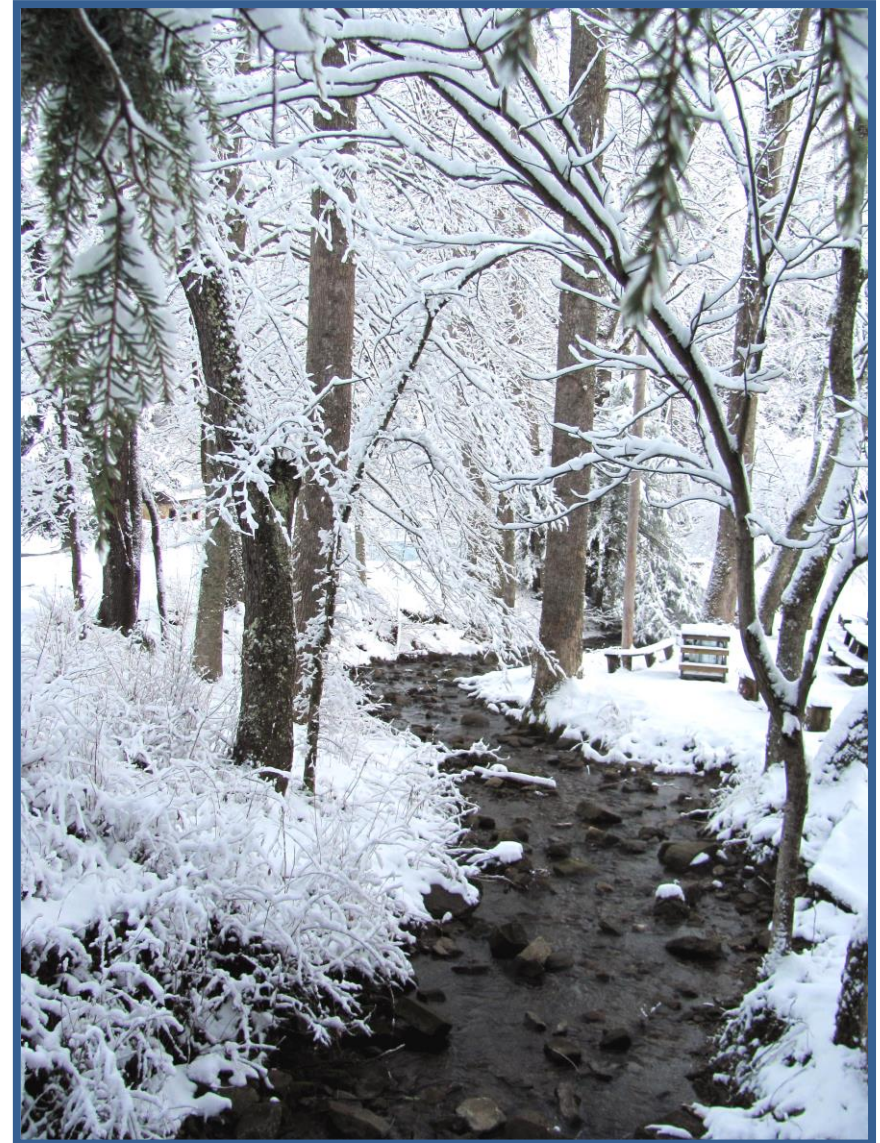
Pine Mountain Settlement School hosted the first annual Appreciation Luncheon in recognition of those who have donated their time, knowledge, strength and expertise to perform service work for the School. More than fifty people including Alpha Sigma Tau sorority members, Challenge Academy cadets, trustee members, trail workers and friends from the local community were able to attend the luncheon and enjoy a folkdance in November 2014. We look forward to giving back annually to these folks who have given so generously of themselves.

NOTES FROM THE PINE MOUNTAIN SETTLEMENT SCHOOL

PINE MOUNTAIN ~ HARLAN COUNTY ~ KENTUCKY

A tradition of education and service since 1913

WINTER 2015



Dear Friends,

The snow is falling gently this morning, softening an otherwise stark landscape. The carpet of hardy little snow drops beside the patio at Far House give me great joy and remind me of the beauty hidden in unexpected places all over this campus.

Those of us working at Pine Mountain Settlement School are delighted with the Board's choice of Executive Director, Geoffrey Marietta. Geoff, his wife Sky, and their boys Harlan and Perry (Yes, they were named for the counties) will begin their work on June 1. Geoff and Sky were married at Pine Mountain and their family members have worked here and in Harlan County. They are not strangers here. Their skills and talents will benefit Pine Mountain and they genuinely want to be part of building the future for this community. You will learn more about them in the weeks to come.

The work at Pine Mountain Settlement School continues. We made the decision to remain open during January and February to begin building a winter program for college classes, retreats and meetings. Our first Yoga retreat was particularly successful and more than 60 people made reservations to attend our Valentine's Day Dinner. We plan to continue our popular Wildflower, Lucy Braun and Fall Color Weekends and expand our program by adding a Winter Naturalist and Winter Arts Weekend to the calendar in 2016. Winter is a great time for a quilting workshop, singing and storytelling by the fire or a class field trip to investigate animal tracks and survival strategies of local wildlife. Let us know what you would like to do.

Since few school groups visit during winter, we use this time to tend to the tasks that are essential for maintaining 100-year-old buildings. Our maintenance staff has renovated space at Hill House to increase capacity and, with help from the kitchen ladies, applied a fresh coat of paint inside West Wind dormitory. Zande House and Creech Farm House porches and roofs have been upgraded.

Environmental Education staff revised the curriculum to align with the Next Generation Science Standards and they are visiting schools to talk with teachers about the outstanding educational program offered at PMSS. We are delighted with the high level of interest in our programs and amazed that there are people in our surrounding area who have never heard of Pine Mountain Settlement School. They are surprised and delighted when we tell the story.

Pine Mountain staff and Geoff have been working on grants that will allow us to upgrade technology, improve facilities and provide scholarships for teachers. There is a renewal of public awareness that Harlan County is part of a region rich in people, culture and natural resources. For over 100 years, Pine Mountain Settlement School has been a leader in education, health care and preservation of the land and history. We expect to have an important role as catalyst for future growth.

This is an exciting time. We invite you to share the Pine Mountain Settlement School story. Visit us and bring a friend or friends. If you are able, share your talent and treasure to insure that the story continues.

In the spirit of Pine Mountain,



Miriam "Mim" Pride, Executive Director

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 make contributions toward part or all of the cost.

Refrigerator	Heavy Duty Washer	Heavy Duty Dryer
Vacuum cleaner	Towel/washcloth sets	Hand Truck
Air compressor	Reciprocating saw	Lopper/pruners
Generator	Pruning saw	3 pt. hitch disk harrow
40 hp tractor	Twin and full sheet sets (white)	Blankets
Potato plow w/3 pt. hitch	Water/soaker hoses	10 hp rear tine tiller
Storage unit for playground equipment		Standard size pillows

Featured Folks

Employee Spotlight

In October 1984, Sophia Turner wanted to find a job that was close to home so she applied at Pine Mountain Settlement School. She was hired in the kitchen and housekeeping department under the direction of Carol Urquhart, wife of Executive Director Jim Urquhart. Thirty years later, she ranks as the longest serving among our current staff.



Sophia Turner

Sophia was born in Perry County, Kentucky to a family of 9 siblings. When she was around eight years old, her family moved to Big Laurel where she has lived most of her life. She and her late husband, Ralph, raised four children – two sons and two daughters. She enjoys spending time with her children, eight grandchildren and a fairly new great-grandson. Sophia attended Pine Mountain Settlement School during the early years of the community school era. Her two eldest children attended PMSS before the County consolidated and closed the elementary school at Pine Mountain in 1972. Sophia's favorite part of going to school at PMSS was listening to Mary Roger's storytelling in the Burkham School building. According to Sophia, "Mrs. Rogers could keep you interested and quiet – you could hear a pin drop – and then at the end of the story she would give a loud holler and make everyone jump! That is my favorite memory of going to school at Pine Mountain."

Before coming to work at PMSS, Sophia worked one year with KIP, a state program serving underprivileged families. She prepared nutritional meals for children as part of that program. She fondly remembers how the children enjoyed those meals that were prepared for them. When asked what the children that visit the School today like to eat, Sophia said, "they really like Pine Mountain's food, especially pigs-in-a-blanket and pizza – we make our own dough." Sophia's favorite meal to prepare at home for her family is roast beef, mashed potatoes, green beans, cole slaw, rolls, and her favorite dessert, peach cobbler with ice cream.

Sophia plans to continue employment at Pine Mountain as long as she is able to work because she enjoys working with the staff and meeting all the people who visit the School.

Environmental Education

Environmental Education Director Appointed



Susan Brown

As I reflect back on my first few months as a member of the Pine Mountain community, I am overwhelmed with all of the positive experiences I've had so far: Fair Day, hundreds of visiting elementary school students, the Nativity Play, and so many friendly folks and scenic landscapes. A native to Kentucky, I have always been in love with the rolling mountains and beautiful forests of this region, but there is something special about Pine Mountain, which stands as a rich reminder of its people's history.

Almost every day I hear a new story of how Pine Mountain Settlement School has impacted someone's life. This school has a great legacy of serving local and regional communities in many ways, and I am honored to continue and expand upon that tradition through our education programs. As

Environmental Education Director, I plan to carry on the mission of the School by continuing to provide unique, place-based, and transformative experiences to students of all ages.

In the spirit of furthering connections between students and their own cultural and environmental surroundings, we will strive to increase the number of students, both locally and from across the region, who take part in the Pine Mountain experience. As they hike the trails, weave on the looms, and listen to the stories of the mountain and its people, these students will return to their own communities with a deeper understanding and appreciation for nature and for Kentucky heritage.

The education staff is also looking forward to hosting a number of new programs this year. In addition to our annual Wildflower Weekends and Lucy Braun forest study programs this spring and summer, we will also offer family camps, hiking retreats, and courses on traditional Appalachian arts, such as weaving, stained-glass, and folk dancing.

I would also like to thank the PMSS staff and board members, the northside community, and all of our Pine Mountain friends and family for welcoming me into the community, and I look forward to celebrating the tradition of Pine Mountain with all of you.

**Submitted by Susan Brown
Director of Environmental Education**

Today's Lesson

White Oak

Quercus alba (Beech Family)

White oak is one of the pre-eminent hardwoods of eastern North America. Located in every county of the state, white oak is quite possibly the most important wildlife tree in Kentucky. The acorns are eaten by a large variety of wildlife. White oaks contain less tannin than red oaks and are the most palatable of all oak species. White oak acorns simply taste better than other types of acorns. White oak acorns have no dormancy so they germinate quickly. Therefore, they are quickly eaten by squirrels and are not generally stashed. Acorns, in addition to protein, contain fats that are essential to many animals in preparation for winter. Acorns provide between 40% – 60 % of white tail deer sustenance during October and November and deer prefer white oak acorns over other types. Black bear that do not put on enough fat reserves before winter will not give birth to cubs. White oaks also provide browse for mammals and game-birds in addition to providing cover and nesting sites.



Thinning around the tree can boost its diameter and increase its value as an important wildlife tree.

Because of its deep root system, white oak can tolerate a range of environmental conditions, but is hard to transplant because it is tap rooted. With age this well-developed tap root may disappear and be replaced by a more fibrous root system. It is fairly drought resistant,

but is sensitive to flooding. It grows in a variety of soils but does best in deep, well drained, moist and slightly acidic soils. It is however sensitive to coal smoke and fly ash on soil generally associated with these mountainous regions. White oak is attacked by several insects to which it is resistant, but it is very sensitive to disturbances in the root system. If these root disturbances are severe it can be mortal.



White oak is a large tree that can reach 100 feet in height and may live between 300 – 600 years. Young white oaks are shade tolerant, waiting for sunlight and their chance to reach towards the sky. This tree usually becomes dominant because of its ability to persist for long periods in the understory, and its ability to respond well to release. It becomes less shade tolerant as it ages. White oak is considered a climax tree.

Submitted by William Field
Environmental Education Instructor

Reading Camp



“Tell me a little about Reading Camp?” This simple question got me thinking about my connection with Reading Camp. In case you're not familiar with Reading Camp, it is a camp about - you guessed it- reading! The focus is to improve a child's reading skills, but it is also about learning, independence, adventure and building lasting friendships. Pine Mountain began hosting Reading Camp in 2004 and I have had the opportunity to be involved with it for the past 10 years!

As an Environmental Education teacher at PMSS, I have the privilege of leading hikes with the campers and teaching them about tree species, mosses, lichens, and how an acorn will grow into a huge oak tree.

One of my favorite memories during camp was a trip to Sand Cave, a small sandstone cave on the crest of Pine Mountain. On this beautiful summer afternoon, we hiked into the cave and had a wonderful time looking at bats, learning about grouse habitat, and generally enjoying the day. After a snack, we loaded into the van to return to campus. As we rounded a curve, a large tree had fallen across the road. Upon inspection and even trying to move the tree ourselves, we realized it could not be moved and called for help. In short order, PMSS maintenance staff arrived with a chainsaw and were greeted by a crowd of cheering students! While we were only “stranded” for 15 minutes this event became the talk of camp and a special radio program was produced to tell the other campers of our great adventure!

For two years, I had the opportunity to serve as a reading camp instructor, teaching a specific skill in one of the stations of the reading center. The skill stations include pleasure reading, writing, and reading strategies, just to name a few, and students rotate through the reading stations each day. These were two of my favorite summers because I could teach the students about reading in the morning and lead Environmental Education classes in the afternoon.

Reading Camp also gave me my only opportunity to teach with my grandmother, Opal. “Gran” was my first grade teacher and, in some ways, I guess I followed in her footsteps. One summer, she volunteered to teach at Reading Camp. In the afternoons, Gran would participate in the Environmental Education classes with the students and she would always put in little tidbits of information to “help me” with my class!

In working with Reading Camp through the years, I have had the privilege of watching campers grow into counselors, counselors grow into directors, and directors grow into teachers! Just like Pine Mountain, Reading Camp is a family. I only get to see the camp teachers once a year, but we pick up right where we left off last year - telling stories of being stranded on the Cave trip, petting the same snakes, walking the same trails and learning new things... just like family and coming home!

Submitted by Valerie Osborne
Assistant Director of Environmental Education

Fall Arts

The 2015 Fall Arts Weekend at Pine Mountain Settlement School will offer workshops in weaving and woodcarving, nature photography and dry stone masonry with activities beginning at dinner on Friday, October 9 and continuing through lunch on Sunday, October 11. The chair weaving workshop is a three-hour workshop on Saturday.

The Art of Building Dry Stone Walls

For the ninth year, award-winning dry stone mason Richard Tufnell will be returning 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 on the School's 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. 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 embrace all skill levels. Class size is limited to 15.

Nature Photography

Professional photographer and Harlan County, Kentucky native, Malcolm J. Wilson, will lead a workshop in digital nature photography. The workshop will focus on how to take good nature photos including photocomposition, lighting, and the basics of camera settings. Participants will learn how to prepare photos and files for printing, archival display or email. The workshop also includes critiques of student work. Participants must bring their own digital camera and essential equipment. All skill levels are welcome. Class size is limited to 12.

Wilson currently resides in Bristol, Tennessee, where he owns and manages a photography, design and marketing firm. Over 250,000 images from Wilson's early Appalachian documentary work are currently housed in the archives of Southeast Kentucky Community and Technical College in Cumberland, Kentucky. Wilson has used his vision and his art to ensure that the story of Appalachia and its people gets told, and told truthfully.

Appalachian Crafts

Participants of Appalachian Crafts workshop will have the opportunity to weave and do woodcarving at the Fall Arts Weekend. Participants will be able to complete a take home project with the option to create a hand-carved wooden letter opener or butter knife and a woven table runner, placemat or wall hanging. No experience necessary. Class size limited to 10.

The Basics of Replacing a Hickory Bark Chair Seat

"The Basics of Replacing a Hickory Bark Chair Seat" is a three-hour session on Saturday, Oct. 10. Settlement School staff member 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 and includes lunch. Class size is limited to 6.

Grow Appalachia

Community Agriculture Coordinator Chosen



Preston Jones

My connection to Pine Mountain Settlement School began almost eighteen years ago as a local 3rd grade student participating in a field trip. Through the years, my memory has held on to bits and pieces of the activities of that day. In the summer of 2010 I reconnected with PMSS in the form of summer employment. Grow Appalachia was in its first year at PMSS and I was hired to be a garden manager. My most recent relationship with PMSS began when I was hired in September 2014 to coordinate the Grow Appalachia and Sustainability Programs. Pine Mountain truly is a unique place and I count it a blessing to have the opportunity to work here and to do my part in the fulfillment of the hopes expressed by William Creech, Sr.

I am native of Harlan County and graduated from the University of Kentucky in 2010 with a B.S. in Horticulture, Plant and Soil Sciences. During my time at the University of Kentucky, I was employed as a student lab technician in the Soil Microbiology Laboratory, where I assisted with various research projects. For the last four years I have been employed as Lab Manager for a local environmental laboratory. I have been gardening since 2005 and love to work with my wife and two children in the family garden along the Poor Fork of the Cumberland River. I am resolved to continue building on the great work that has been done in recent years pertaining to community outreach, education, energy conservation, renewable energy production and economic development.

The 2014 PMSS Grow Appalachia program saw 35 participant families produce a combined total of 38,000 lbs. of produce. The PMSS Grow Appalachia program for 2015 will expand to include 40 participants and an increased focus on market development for participants interested in selling their produce.

Submitted by Preston Jones
Community Agriculture Coordinator
& Sustainability Program Director

2015 Nature Workshops

Pine Mountain Wildflower Weekend - April 17-19

During mid April, the Settlement School property is a wildflower wonderland, with nearly 100 species of spring wildflowers in bloom. This year, we are dedicating the program to the late Dr. Thomas Barnes, a renowned naturalist, photographer, and beloved friend of the School. The weekend begins at 6 p.m. Friday with dinner followed by a memorial program showcasing the work of Dr. Barnes. Concurrent hikes on the School's campus throughout the day Saturday will follow an early morning bird foray. Saturday night's entertainment will celebrate of Appalachian culture with a traditional folk dance. Sunday's schedule includes hikes on the Galax Trail on campus or along the crest of the Pine Mountain on the Little Shepherd Trail. The weekend concludes with lunch on Sunday.

Black Mountain Wildflower Weekend - May 1-3

Wildflower lovers will enjoy visiting Black Mountain, the highest point in Kentucky and habitat to rare species of wildflowers and birds. Wildflower species exclusive to Black Mountain are: Painted Trillium, Roseate Twisted Stalk and Red-Berried Elder. A 6 p.m. the weekend will begin with a dinner and a presentation on "Kentucky's Flora – the Rare, the Beautiful, and the Weird" by Deborah White, Director of the Woods and Waters Land Trust. A short night hike will follow. Pine Mountain staff will lead hikes at Kingdom Come State Park in the morning and at Black Mountain following a picnic lunch on Saturday. On Sunday, participants will enjoy hikes on the School's campus or on the Pine Mountain ridge. The weekend concludes with Sunday lunch.

In the Footsteps of Lucy Braun Forest Study

The workshops feature field trips, lectures, and multi-media presentations in the study of forest types found in Eastern Kentucky, as inspired by famous botanist E. Lucy Braun. The workshops are geared toward adults.

June 10-14

This 5-day program kicks off with supper on Wednesday evening, followed by a lecture on the life and work of Lucy Braun presented by the Pine Mountain's own Ben Begley. Evening programs feature music and storytelling by local artists, and a naturalist presentation by Tavia Cathcart Brown, Executive Director of the Creasey Mahan Nature Preserve. Each day, field trips will include four-to eight-mile hikes to the locations listed below.

1. Bad Branch State Nature Preserve. This area contains a relic hemlock gorge and a Pine-Oak forest at higher elevations. At the High Rocks area, participants will visit an area where Lucy Braun conducted much of her research on the vegetation of Pine Mountain.

2. Lilley Cornett Woods. Within its 554 acres, Lilley Cornett Woods is one of the largest protected tracts of old-growth forests in the state. At lower elevations, a Beech-Hemlock forest dominates while on the ridges, an Oak-Hickory forest can be found. Several trees are more than 300 years old.

3. Pine Mountain Settlement School. Located on the north slope of Pine Mountain, the James E. Bickford State Nature Preserve harbors sub-categories of forests within a

mixed mesophytic forest: a hemlock cove hardwood forest, Beech, Maple and Oak, and Pine ericaceous shrub habitats.

4. Blanton Forest State Nature Preserve. Blanton Forest is an old-growth forest on the south slope of Pine Mountain. This forest contains several forest types including beech forests at lower elevations and oak-hickory forests on the dry ridges.

5. Black Mountain. The tallest peak in Kentucky, Black Mountain is a high elevation mixed mesophytic forest. Similar to northern hardwood forests, Black Mountain has large yellow birch trees, as well as red-berried elder, mountain maple, and striped maple. Many species of plants and animals here are found nowhere else in Kentucky.

August 14-16

The weekend will begin with supper on Friday night. Evening activities will include a presentation on Lucy Braun's work by Dr. Sunshine Brosi of Frostburg State University and entertainment from local music and storytelling artists. Hikes led by Dr. Brosi and Pine Mountain staff will take place at **Bad Branch State Nature Preserve**, **Pine Mountain Settlement School**, and the **E. Lucy Braun State Nature Preserve**, which is home to scenic geologic features and many rare species of plants.

Family Camps

Families of all ages are welcome to unwind, unplug, and have some fun at Pine Mountain Settlement School's Family Camp! This is a great opportunity for parents, children, aunts, uncles, grandparents, and families of all sorts to connect with each other and with the beautiful landscape of southeast Kentucky.

Spend quality time exploring the trails of our 348-acre State Nature Preserve, enjoying the cultural traditions of Appalachia with storytelling, crafts, and folk dancing, and taking in the scenery on our historic campus at the base of Pine Mountain.

Comfortable lodging is provided in Westwind dormitory, and meals created fresh from our garden are served in the historic Laurel House in the center of campus.

June 19-21 Give that special Father a one-of-a-kind gift and bring the family for the weekend to hike, listen to storytelling, and make crafts. Participants will also enjoy stream investigation, scavenger hunts and learn about the animals of Pine Mountain.

July 6-9 Think outside the box for vacation ideas this summer. Bring the family to PMSS and enjoy hiking the trails and storytelling around the campfire. Learn to make cornshuck crafts, gather knowledge about edible plants; early settlers; stream ecology, join in a folkdance and a family scavenger hunt.

Fall Color Weekend - October 16-18

Fall Color Weekend at Pine Mountain Settlement School offers activities for people of all ages. Features include hikes, multi-media presentations, special music and the opportunity to enjoy some of Kentucky's most beautiful natural areas and stunning autumn foliage. The weekend activities begin with a 6 p.m. dinner in Laurel House and end with lunch on Sunday. Visit our website for specific details as they become available.