

(Almost Heaven) Health & Heritage Adventure Academy

2014 Catalog for

Customized Sessions (Academic & Extra-Curricular)

Choose your topics of interest and type of session.

Academic Sessions are more formal and include specific behavioral objectives and evaluations.

Extra-Curricular Sessions are less formal. Objectives are more general and student achievement of objectives is not evaluated.

Instructors will be paired with your group to bring you customized sessions, based on the topics of your choice. Sessions vary in price up to \$100 per session per group (regardless of group size), unless otherwise determined (ie. Full day sessions may have a higher rate). Session rates are determined by each instructor and will be communicated to you shortly after you have chosen your dates and session instructor availability is known. We look forward to working with you to prepare your adventure!

HEALTH

(physical, spiritual, social, emotional,
and intellectual well-being)

- Hiking
- Bicycling
- Running & Exercise (Yoga, too!)
- Water Sports & Fishing
- Archery
- Bird Watching
- Science
- Food & Nutrition
- Natural Home & Body Products
- Farming & Gardening
- Team Building
- Camping & Survival

HERITAGE

- Civil War Battles
- Civil War Weapons
- Civil War Causes & Consequences
- Civil War Era Economics & Commerce
- Civil War Era Culture
- Civil War Era Farming, Gardening, Cuisine
- Civil War Era Arts & Crafts
- Civil War Era Architecture & Furnishings
- Civil War Era Music & Art
- Civil War Era Transportation
- Civil War Era Politics
- Civil War Era Literature
- Civil War to Civil Rights: Black History
- Museum Tours
- Historical Tours
- Ghost Tours
- Religion & Philosophy
- Sociology & Psychology
- Reading & Writing
- Music
- Drama
- Dance
- Photography & Film-Making
- Arts & Crafts (jewelry, pottery, quilting...)

Non-Customized Sessions (Extra-Curricular)

You may contact the directors of the below area workshops and events to arrange your own extra-curricular sessions during your stay at the Academy. Further details can be seen on the websites shown or by contacting the given organization. For a 10% administrative fee, we will happily arrange your visit to these workshops / events during your stay at the Academy. Enjoy the area!

SPRING 2014

March 11

6:30pm - 9:30pm

CraftWorks: Community Music-Making (www.wvcraftworks.org)

Basics of Hand Drumming for the Drum Circle

\$25

March 11, 19, 24

5:00pm - 7:00pm

Two Rivers Treads Spike Nite (www.tworiverstreads.com)

Get ready for Spring Track with training and racing gear. Get advice and free fitting on footwear.

March 13

7:00pm

Backcountry Film Festival (www.backcountryfilmfestival.com)

Who needs Sundance or Cannes... The coolest film festival in the world comes to Shepherdstown.

March 18

6:30pm - 9:00pm

CraftWorks: Drum Circle (www.wvcraftworks.org)

A free musical jam session for all ages and levels of skill!

March 19

7:00am - 9:00pm

Pancake Breakfast (March for Meals Campaign)

Breakfast Provided By: Hollywood Casino at Charles Town Races (304-725-4044)

Jefferson County Council on Aging (JCCOA) is proud to be participating in the 2014 March for Meals Campaign, in which all of the proceeds from this event will be used to support the nutrition program at JCCOA. The national March for Meals Campaign is used in conjunction with Meals on Wheels to raise awareness of senior hunger and to encourage action on the part of local communities.

Pancakes. Sausage. Biscuits & Gravy. Fried Potatoes. Baked Apples. Juice / Coffee.

\$3 (age 60 & over)

\$4 (age 50 & under)

March 23

11:00am - 4:00pm

Craftworks: **Polymer Clay & Mixed Media Group** (www.wvcraftworks.org)

A free monthly gathering for community artists working in polymer clay/mixed media to be able to work together and learn from each other.

Ages 12+

March 25 & 27

6:30pm - 9:00pm

CraftWorks: **HERBS - Grow, Eat and Heal** (www.wvcraftworks.org)

Ages 12 to adult.

\$30 + \$10 materials fee

March 29

1:00pm - 4:00pm

Industrial History: As American as Apple Pie (www.harpersferryhistory.org)

Join Historic Foodways Educator, Susan Journell, to step back in time and make pie the new modern 1860 way. Enjoy a slice of hot fruit pie that you've made in the newest Victorian kitchen gadget: a cast iron oven. Learn how the industrial revolution changed forever the diversity and nutritional value of American apples.

\$25

March 29, 30

11:00am - 4:00pm

"Necessity: The Mother of Invention" (www.harpersferryhistory.org)

Meet Harpers Ferry's industrial workers and citizens at special exhibits featuring the technological advances in 19th century clothing innovations, health, food preservation, and arms production.

March 29

9:00am - 1:00pm

CraftWorks: **Babysitter Safety** (www.wvcraftworks.org)

Ages 11-15.

\$40

March 29

2:00pm - 5:00pm

CraftWorks: Pet Safety & First Aid (www.wvcraftworks.org)

Provides pet owners/caregivers the basics of pet nutrition, safety, first aid, disaster planning.

Ages 8 to adult.

\$30

April 5

8:00am - 12:00pm

Volunteer Opportunity: Civil War Trust Park Day

Volunteer Crews will mulch hundreds of feet of battlefield hiking trails at Cavalier Heights Parking area and School House Ridge South Battlefield.

Park Contact: Steve Lowe, Landscape Architect, 304-535-6260

Meet at Cavalier Heights Parking and Park Visitor Center in the Parking Lot.

Dress: boots, long pants, long shirts, NPS has work gloves if you need them

April 5

This Race is for the Birds (www.raceforthebirds.org)

7 mile, 4 mile, 2 mile, and kids run.

April 6

Reach the Finish Line Family Run (www.imathlete.com)

Boonsboro, MD

Half Marathon, 10K, 5K (themed), and 1-Mile

April 5 - 6

10:00am - 4:00pm

"Tinware for the Masses: Bright, Shiny, Decorative and Useful" (www.harpersferryhistory.org)

Today, most American homes boast a wide array of plastic house wares versus one hundred and fifty years ago when tin ware ruled supreme. Tin ware utilitarian items burst upon American markets offering affordable cookware, drinking vessels, and tinned canned foods. Join Living History Ranger, Scott Devers, for this two day workshop. Make your own traditional tin ware with period methods & tools.

\$100

April 6

1:00pm - 3:00pm

CraftWorks: Audubon Nature Sketching Workshop (www.wvcraftworks.org)

The Potomac Valley Audubon Society will sponsor a Nature Sketching Workshop at CraftWorks in Jefferson County on Sunday, April 6. It will be taught by Susan Brookreson, of Martinsburg, who is an experienced arts educator and Master Naturalist. It will be aimed at those with little or no drawing experience although all skill levels will be welcome. It will focus on teaching drawing techniques that quickly capture as much information as possible about subjects being observed in nature. This type of drawing is routinely used by field biologists. If

weather permits, some drawing will be done outside; participants should therefore dress accordingly. They should also plan to bring their own pencils and a small portable sketchpad.

Pre-registration required at www.potomacaudubon.org.

\$15 or \$10 for members and students of the Society's Potomac Valley Master Naturalist Program

April 12

Miana Stewert Scholarship 5k Bunker Hill.

Run for the memory and legacy of a special youth who left us too soon.

(<https://www.facebook.com/pages/In-Memory-of-Miana-R-Stewart/>)

April 12

8:30am - 5:30pm

CraftWorks: Experienced POLYMER CLAY enthusiasts spend the day with celebrated polymer clay artist MONA KISSEL for her REVERSIBLE CUFF BRACELET CLASS. (www.wvcraftworks.org)

In this comprehensive one-day workshop, Mona Kissel will personally teach and guide you in the techniques to create a your own unique reversible bracelet.

\$76.50 members

\$85 non-members

April 15

6:30pm - 9:00pm

CraftWorks: Drum Circle (www.wvcraftworks.org)

A free musical jam session for all ages and levels of skill!

April 25-26

American Odyssey Relay (www.americanodysseyrelay.com)

Gettysburg to DC

Not too late to gather 12 teammates for this epic adventure.

Midway is Shepherdstown where midnight pancakes are served at the Bavarian Inn by local Boy Scouts.

April 26

8:00am - 11:30am

Sam Michael's 5K Obstacle Challenge

Here is the adrenalin rush you have been waiting for!! On Saturday, April 26, 2014 Jefferson County Parks & Recreation Commission and For the Love of Children, The Outdoor Education Center will be sponsoring a 5K Obstacle Mud Run. The 5K run with 10+ obstacles along the course is designed to test your stamina, strength, and mental fortitude. For more information, contact Jennifer Myers at jmyers@jcprc.org or visit our website at www.jcprc.org.

April 26, 27

10:00am - 6:00pm

3rd Annual Bolivar-Harpers Ferry Art Walk

steamathf.wordpress.com

Art exhibits will be displayed at various locations in Bolivar and Harpers Ferry.

Price: FREE

April 26, 27

10:00am - 5:00pm

Tour: 59th Annual Berkeley/Jefferson County House and Garden Tour

<http://shenandoah-potomacgardencouncil.org>

(various locations in Jefferson and Berkeley Counties)

Price: \$20

April 26, 27

11:00am - 4:00pm

Harpers Ferry and the USCT Recruiting Station (www.harpersferryhistory.org)

This event will commemorate the 150th anniversary of Harpers Ferry's role in the recruitment of United States Colored Troops during 1864. Activities will include living history and ranger conducted programs.

April 26 - May 25

10:00am - 5:00pm on weekends

Art Exhibit: Eric Holstine Solo Exhibit

steamathf.wordpress.com

Steam at Harpers Ferry

180 High Street. Harpers Ferry, WV 25425

Price: Free

April 27

11:00am - 4:00pm

CraftWorks: Polymer Clay & Mixed Media Group (www.wvcraftworks.org)

A free monthly gathering for community artists working in polymer clay/mixed media to be able to work together and learn from each other.

Ages 12+

4th Saturday of every month

2:00pm - 5:00pm

CraftWorks: **Drawing/Painting Workshop** (www.wvcraftworks.org)

All levels welcome; no experience necessary!

\$25

All Year

Exhibit: The US Colored Troops the Spirit of Freedom Exhibit

Harpers Ferry National Park, John Brown Museum, 2nd floor

Kim Biggs kim_biggs@nps.gov 304.535.6024

harpersferryhistory.org/events.html

Price: Park Entrance Fee

FALL 2014

November 8 - 9

10:00am - 4:00pm

“Tinware for the Masses: Bright, Shiny, Decorative and Useful” (www.harpersferryhistory.org)

(Harpers Ferry Park Historic Trades Academy - a two day workshop)

Instructor: Scott Devers, Living History Ranger

Workshop Fee: \$100.00 per person

Class Size: Limited to 8 participants

Description: Today, most American homes boast a wide array of plastic house wares versus one hundred and fifty years ago when tin ware ruled supreme. Tin ware utilitarian items burst upon American markets offering affordable cookware, drinking vessels, and tinned canned foods. Join Living History Ranger Scott Devers, for this two day workshop. Make your own traditional tin ware with period methods & tools.

November 15 and January 17, 2015

Level 1: 8:00am - 1:00pm

Level 2: 1:30pm - 2:30pm

CraftWorks: **Certified First Aid and CPR** (www.wvcraftworks.org)

Level 1 - First Aid and CPR

Recognition and care for breathing and cardiac emergencies in adults, children and infants; and an introduction to AEDs. We will deal with a few major categories of accidents, soft tissue wounds, like the typical bruises, cuts and scrapes of everyday life, along with the non-so-typical, more life threatening accidents. Burns, from mild sunburn to third-degree, poisoning, choking, and, of course, "natural" encounter - bee stings, poisoning and the danger of anaphylactic shock will be thoroughly covered.

Level 2 - First Aid & CPR

The second level is for the adult acting as the first aider for most large events such as festivals, fairs, and bazaars and scouting activities of multiple troops and groups. A Level 2 first aider is required for any Boy or Girl Scout resident camp, family camp or core camp. A Level 2 First Aider is required at day events, overnights and camping events with more than 200 participants.

Brian Kearney is a retired USAF Flight medic with 27 years of experience. Brian teaches CPR/First Aid, EMT, and advanced trauma/medical classes. Brian is also an adjunct professor of science at a local university and works full time as a scientist.

Tuition:

Level 1 - Non-members \$55 Members \$49

Level 2 - Non-members \$25 Members \$22

Level 1 & 2 - Non-members \$70 Members \$63

Lunch and Snack:

\$10 - payable in cash at the beginning of class

December 6

11:00am to 1:00pm or 2:00pm to 4:00pm

“While Visions of Sugar Plums Danced in Their Heads” (www.harpersferryhistory.org)

(Harpers Ferry Park Historic Trades Academy Workshop)
Lower Town, Roeder's German Confectionery on High Street

Instructor: Carol Anderson, 19th century foodways expert

Workshop Fee: \$25.00 per person, children under 6 years of age free with attending adult.

Class Size: Limited to 4 participants per class

Description: Learn the Art and Mystery of the Confectioner's Yuletide trade and treats from Carol Anderson, 19th century foodways expert, to explore the world of sugar work.

December 6, 7

11:00am - 5:00pm

Capt. Flagg's US Quartermaster City: Prospects of Peace (www.harpersferryhistory.org)

(Lower Town Harpers Ferry) Join over 175 living history volunteers as they help present park visitors with a unique window into the magnitude and scope of Captain Flagg's 1864 US Quartermaster city.

December 14

2:00pm - 4:00pm

CraftWorks: Community Holiday Cookie Swap (www.wvcraftworks.org)

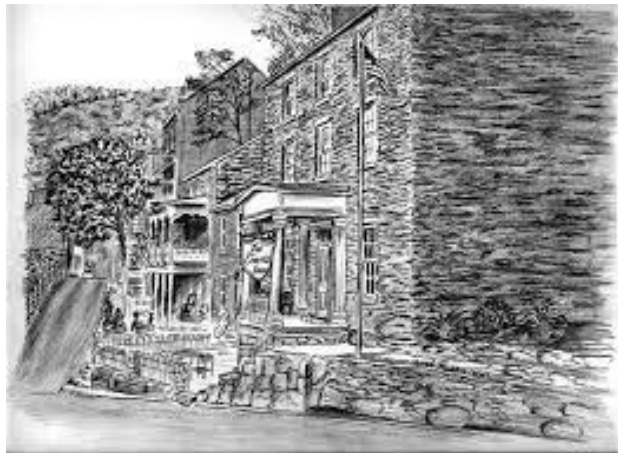
Come and visit with CraftWorks in our beautiful studio - see some old friends and make new ones. Share your culinary sparkle and dazzle! Bring 4 dozen of your best sweets and treats of the season to exchange - Let your imagination go WILD!! Cookies, cupcakes, brownies and sweets of all kinds are welcome.

We've set aside 2 hours to check out each other's goodies and share some warm beverages and a few of our "treats" on what will almost certainly be a frigid day! We have room for 15 folks but you ***MUST REGISTER!!!***

Admission is FREE but please bring a nonperishable food item for those less fortunate!!

Internships

Let us know if you have a student or small group interested in interning for a day or two at a local office, shop, park, farm, kitchen, fire station, police station, etc. Staff of the Academy will gladly arrange these informal internship sessions for you. Lodging and dining can be arranged at the Town's Inn during the internship.



We look forward to having you join us for your adventure and experience in beautiful Harpers Ferry, West Virginia!

*"The passage of the Patowmac through the Blue Ridge is perhaps one of the most stupendous scenes in Nature....
worth a voyage across the Atlantic."*

-Thomas Jefferson