

# Hands-On Preparedness Fair Schedule



...in harmony with nature and people.

Grant Miller, developer  
5049 Browns Hollow Road • Tracy City, TN 37387 • 931.442.1444 t  
www.sewaneecreek.com

Date	Time	Length	Category	Topic / Activity	Synopsis	Venue	Presenter(s)
<b>FRIDAY</b>							
7/23	3:00 PM	50 Min	WATER	RWCS Tour and Demonstration	Understand benefits and costs of setting up a Rain Water Collection System	Grant Miller House	Paul Owen and Scott Nature's Tap
7/23	4:00 PM	2 hours	Health Care - Alternative	"Play the Native American Flute for Relaxation & Healing."	<p>This is a 2 hour beginner's workshop that includes a high quality Native American Style Flute you can take home with you. <b>The price for this workshop will be at a reduced rate for this event of \$60.00 per person and will have a limit of 10 students.</b> Contact me at cypressrosewood@mac.com and let me know if you want to take the workshop. If you have your own flute the price would be \$20.00 for the workshop.</p> <p style="text-align: right;">TOPICS</p> <p>DISCUSSED:</p> <p>Overview of Flute Mechanics and History Basic Fingering Creating Melody Developing Rhythm Breath Control 5 &amp; 6 Hole Flutes Flute for Meditative Relaxation Flute for Personal Healing Choosing a Flute Care of the Flute</p> <p>The mission of this workshop is to introduce this most ancient of musical instruments, flute, to as many new people as possible, therefore creating more harmonious and healing sounds out into the universe. This gives each person a new way to express their emotions while enhancing their well being and it satisfies that inner urge to play music everyone has, whether experienced or newcomer.</p>	Indian Rock House on Lots 20, 21	Tony Gerber
7/23	5:00 PM	45 Min	Intro to the Village	Village Tour	Guided Self-Sufficiency Tour: Lots of projects (some finished some not). Solutions for water, food, power, alternative construction and community. Start at the Miller home, then to the waterfall, power shed, the greenhouse and orchard, and on to the Commons and the Amphitheater.	From Grant Miller House	Grant Miller
7/23	6:00 PM	45 Min	Community	<i>Paradigm Shifters: Transitioning from I to We - towards community minded mentality</i>	<p><i>A new paradigm is emerging. The visionaries who guide us towards this new paradigm must trust that they are moving in the right direction. There is collective motion occurring globally among the paradigm shifters that is fueling a greater acceptance of the realization that we are in deed in a time of social change and of a shifting paradigm. As we become aware of this change and for those far enough ahead of the shift who embrace the change, we are beginning to think out loud. As this is occurring global conversations are beginning. We are beginning to connect with others who have silently had very similar thoughts and visions. And as we are beginning to speak, the realization is that among the shifters, there is a remarkably consistent vision that provides a common vision that is the picture of the emerging paradigm.</i></p> <p><i>This Intensive Learning Opportunity (ILO) will discuss</i></p> <ul style="list-style-type: none"> <li>* Who the players are in shifting paradigms</li> <li>* Group leadership and governance</li> <li>* Organic models of healthy communities during and after a paradigm shift</li> <li>* Formula for transformational change</li> <li>* How to live life fully in an emerging paradigm</li> <li>* Developing new communities for the new paradigm</li> </ul> <p><i>The aim of this ILO is to provide community leaders with the social tools vital for building life embracing communities</i></p>	Stage	LaRahna Hughes
7/23	7:00 PM	2 hours	Eat	Supper	<b>BRING YOUR OWN FOOD AND DRINKS - Potable water and barbecue facilities (both wood and propane fired) are provided.</b>	Commons, Amphitheater	Participants
7/23	7:30 PM	50 Min	FOOD, HUNTING	Hunting for Food	Round Table on Local hunting opportunities and methods Discuss hunting techniques that work in the local woods for turkey, squirrel and deer. (calls, guns, etc.)	Village Commons Gazebo 1, optional: hike	Bob Blackburn
7/23	7:30 PM	50 Min	Musical Performance	Native American Flute Performance		Amphitheater Stage	Tony Gerber
7/23	8:30 PM	2 hours	Education, Movie	Movie @ the Amphitheater -	Educate about the reasons for the need for mental and spiritual preparedness. Family enjoyable	Amphitheater	Grant Miller
##	10:00 PM	10 hours		Camp Out	Benediction & Good Night		

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<b>SATURDAY</b>							
7/24	9:00 AM	30 min on generation partners + 20 min Q&A	ENERGY - Electricity Generation & Storage	Alternative electricity generation options.	Understand available options, pros & cons of each, cost / KWH range, personal work cost, etc. Understand options for grid tie vs. local battery storage. View, touch and feel various electricity production options including water, PV, Diesel Generator, Wood Gasification.	Grant Miller Home Theater, Power Shed	<b>TVA-Les Hartman</b> + Grant
7/24	10:00 AM	2 HR Workshop including tour of residential Solar Array + Q&A	ENERGY - PV Electricity & Off-Grid Storage	Power from the Sun (Photovoltaics)	Learn the Basics of Producing Electricity from the Sun and Why There has Never Been a Better Time to Go Solar. Whether you want to lock in your energy costs for life, clean and green the world, have backup security when the grid goes down, or see solar as a revenue generator for your family or business, with the price reductions of nearly 50% for solar in the last two years, coupled with incentives in the form of grants, tax credits, and TVA's Generation Partners payments, now is the "perfect storm" of opportunity to install a solar array.	Sparacio House, Sparacio PV System & Office	Micah Sparacio + <b>George Horrocks</b>
7/24	10:00 AM	50 Min	FOOD, GROWING	Permaculture Design	Putting it all together through Permaculture: Permanent agriculture / Permanent Culture Explains the philosophy and practical application of permaculture to food, water, community. Tour and Q&A gardens, Greenhouse, Orchard & Chicken Coop Permaculture is a design science that takes a whole-ecosystem approach to sustainable development. The term, Permaculture, means permanent agriculture and permanent culture. Permaculture developed in Australia in the late 1970s, by Ecologist David Holmgren and Natural History Professor Bill Mollison, and has since spread throughout the world. Leaders of the sustainability movement are applying Permaculture principles and design methodologies to everything from gardens, home sites, village designs, businesses, and entire regional economies. Participants will be introduced to a unique tool that incorporates natural design systems into problem solving on multiple levels. Design Resource will offer future classes with in depth studies on topics like energy, food, healing aspects of the landscape, community networking and financial permaculture BACKGROUND: Kevin Guenther is a registered landscape architect, Leed AP professional and certified permaculture designer who has focused his consulting business (Design Resource) on sustainable design issues. FOLLOW UP: Kevin is organizing and teaching a full length permaculture class in the Nashville area on Aug 12th - 24th. Contact him for more details at 615 793-7694 or email kevinguenther@comcast.net	Grant Miller Home Theater followed by a tour of the Village Gardens & Hike	<b>Kevin Guenther</b> , Becky Miller, <b>Bob Blackburn</b>
7/24	11:00 AM	3 Hours	FOOD - Preparing It	Whole Wheat Bread, Fruit Preserves (Freezer Jam), Home Made Yogurt	Show, Tell, Sample - Bread from wheat, Yogurt from Milk, Jam - TRY AND BUY	Commons Lot	Selina Miller
7/24	11:00 AM	50 Min	FOOD, GROWING	Foraging and Gathering Food and Meds	Hike: Foraging for food and Medicine 2nd hour of permaculture presentation I work very much hands on, and each location I visit is different. There are a few guidelines common to the practice of safely interacting with anything in nature, whether it is wild plants, wild animals, weather, the elements in general, and ones approach to them. Includes a general document that will help clarify these things. I will also include a list of items that are useful learning tools such as a good small notebook with pen, or pencil for drawing and describing plants in their element. This same notebook can be used as a nature journal for keeping track of such things as time of year, environmental conditions, weather, terrain, and many other aspects, all important to correctly identifying a plant at any given time of year, and under varying conditions. I will look at not only edible and medicinal plants, but also poisonous plants, and plants that have other utilitarian uses for such things as firestarting, cordage, shelter, and other things.	Sewanee Gulf Trail from Triple Castle Rock - Meet @ Amphitheater	John Rose

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7/24	11:00 AM	50 Min	FOOD, PRESERVING	"Food Preservation Made Simple, Quick and Easy, By Dry-Pack Canning Method"	<p>CLASS OBJECTIVE: Have a hands-on experience while learning a proven food storage method.</p> <p>PARTICIPANTS WILL...</p> <ul style="list-style-type: none"> <li>-Learn how to properly can foods such as whole grains, legumes, sugar, and other dry foods.</li> <li>-Participate in a step-by-step process for canning and sealing dry food in #10 cans and mason jars without the use of electricity.</li> <li>-See how proper food storage can extend food shelf life for up to 30 years.</li> <li>-Obtain handouts to help you gain the knowledge to build your own food bank and become food secure.</li> </ul> <p>DISPLAYING:</p> <ul style="list-style-type: none"> <li>-Other Food Preservation Methods</li> <li>-Equipment</li> </ul> <p>BACKGROUND: Carolyn Park has had life long experience in gardening and food preservation. Her experience was drawn from three generations of family farming and homemaking. She is the wife of Paul, and the mother of three young children. Recently they have focused on long-term food storage to promote family sustainability and wellness.</p>	Commons Lot	Carolyn Park, Becky Miller
7/24	11:00 AM	50 Min	FOOD, PRESERVING	<b>Smoking &amp; Drying Food:</b> Smoker & Dryer Demonstration - Jerky of Red Meat, Smoked Fish	Preserve red meat and fish by smoking it.	Commons Lot	Carl Snyder
7/24	11:00 AM	50 Min	SHELTER - Modern Green Construction Materials and Methods	Selected suppliers discuss modern green construction techniques and materials	Visit Village green homes. View modular log and pre-cast Insulated Concrete construction. Q&A for potential home buyers/builders to determine best options for building on the mountain.	Meet @ George Miller house, visit Sparacio log house	Blue Ridge Log Cabins, Other Modular, Superior Walls
7/24	11:30 AM	2 hours	FOOD - Preparing It	Dutch & Solar Oven Cooking	Show, Tell & Sample	Commons Lot	Bob Blackburn / Adam Rose
7/24	12:00 PM	2 Hours	FOOD - To Eat	Lunch	Food for Sale - either produced on site through "preparing it" activities, off site or to order (barbecue for lunch)	Commons, Amphitheater, Gazebos	Carl Snyder, Selina Miller,
7/24	12:00 PM	2 Hours	Musical Performance	Country, Blue Grass, Native American, Jam Session	Kick back and ENJOY!	Amphitheater Stage	Tony Gerber & Space Craft, Grant Miller, Mike Headrick?,
7/24	2:00 PM	2 hours	Emergency - DEFENSE	"Choosing and Using a Pistol for Defense"	<p>Class will cover gun safety, types of handguns, how to eliminate "caliber confusion", holsters, lights, and lasers, and a host of other topics. Designed for people considering a pistol, or as a refresher for those who already carry. Perfect for women, youth, or novice shooters. Class will include hands-on instruction, and range time with a certified shooting instructor. Gun and ammo will be available for those without. Children are welcome but must be accompanied by an adult.</p> <p>Bio: Brad Bleasdale is a lifetime shooter and shooting instructor. Blessed with the heart of a teacher, Brad teaches novice and intermediate shooters the basics of firearms safety and competence. Brad has instructed hundreds of people in the safe and effective use of firearms, with specialized classes for women, youth, and church groups.</p> <p><b>\$10/person or \$25 / Family. MUST HAVE: Eye Protection (sunglasses are fine), ear protection, folding chair, notebook, water. Bring your own Handgun and Ammo</b></p>	George Miller House, then to Phase II shooting Range	Brad Bleasdale

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7/24	2:00 PM	50 Min	FOOD, GROWING	Preparing Foraged Foods and Meds	This workshop will teach about preparing foods and meds from the foraged vegetation found on your foraging journey. Preparations of tinctures, teas, salves and syrups will be made and explained. Discussions of the use of different herbs for different treatments will also be discussed. Resources will be provided for further research.	Grant Miller House Kitchen	Dr. Christina Berry
7/24	1:00 PM	50 Min	Health Care - Alternative	Discussion	Alternative methods that have worked for you. Remedies for every day life.	Gazebo # 1	Dr. Clifton Brady
7/24	1:00 PM	50 Min	Intro to the Village	Village Tour	Guided Self-Sufficiency Tour: Lots of projects (some finished some not). Solutions for water, food, power and community. Start at the Miller home, then to the waterfall, power shed, the greenhouse and orchard, and on to the Commons and the Amphitheater.	Start @ Grant Miller house	Becky Miller
7/24	1:00 PM	30 Min	WATER	RWCS Tour and Demonstration	Understand benefits and costs of setting up a Rain Water Collection System	Grant Miller House	Paul Owen and Scott Nature's Tap
7/24	1:30 PM	1 Hour	WATER	Water Purification	Discuss water purification options including filtration, chemical, UV, distillation, etc. This presentation will include a question/answer session which will provide information on the best use of water from various sources, its treatment primarily for drinking, and its storage. Handouts will be provided with additional discussion data and internet links. Come prepared to ask specific questions of concern as it relates to this topic.	Grant Miller Home Theater	George Miller - Via Skype
7/24	2:00 PM	2 hours	FOOD - Preparing It	Dutch & Solar Oven Cooking	Show, Tell & Sample	Commons Lot	Marsha Whitney
7/24	3:00 PM	50 Min	Emergency - General Preparedness	Overview: Disaster Preparedness - 72 hour kit	What could happen? What should be in 72-hour kit, why, where to get it, how to put it together?	Amphitheater? / Commons Gazebo # 1	Gene Walker
7/24	4:00 PM	30 min	Emergency, Finance - Inflation	Presentation and Discussion on avoiding the potholes in a shaky economic environment.	Learn from the experiences of people who went through the Argentine financial collapse and hyper-inflation.	Gazebo # 2	Jeff James
7/23/24 - 7/24/10	Continuous	Continuous	Document	Video the Fair	Document Fair on Film	Everywhere	Jeff James
7/24	Ongoing TBA		Fun	For the Youth	Rappelling Activitiy	Miller's Falls	Jesse Gainer
7/24	Ongoing TBA		Fun	For the Youth	Games for Kids	Commons	Haley Blackburn