

Leave your mark!

Community Toolkit

Voices of
Appalachian
Women



What's in this Toolkit

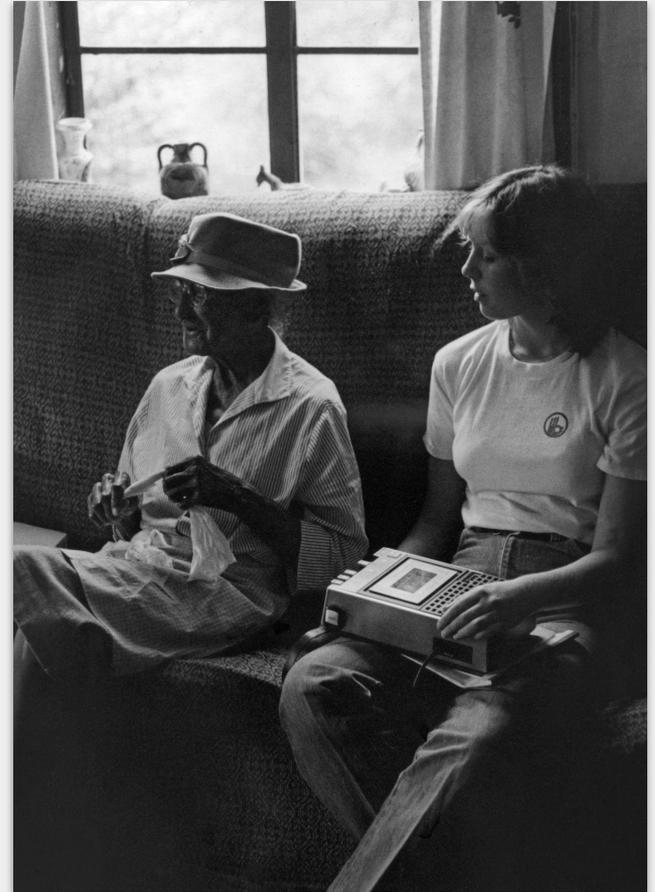
- What this project is and why it is important
- Just exactly what an oral history is
- Tips and tricks for capturing your stories
- How to submit your materials
- Where you can learn about others' experiences

The Project

History is made up of stories shared by people from all walks of life. Help us expand the narrative of Appalachian by sharing your experience in this region.

“It seems to me that women now have the lead in more things than they’ve ever had before.”

-Carrie Stewart (pictured with student Connie Wheeler)





Impact

Your story will become part of the digital archives at Foxfire. These stories, images, and artifacts will be used for outreach, education, and research.



Impact

Your contribution has the potential to be featured on [Foxfire's podcast "It Still Lives"](#) or published in the [Foxfire magazine](#).

Oral History: What is It?

Oral history is the sharing of personal or community-based experiences through stories, songs, narratives, folklore, etc. As historians and journalists, we have a responsibility (and interest!) to capture history as it happens around us.

In simpler terms, an oral history is just a recorded interview, conversation, or testimony from you or others you know.



Setting Up

- What to record with:

- Phone
- Tablet
- Hand-held recorder
- Video camera

- Where to record:

- Find a quiet space, preferably inside.
- Make sure you are away from appliances (air conditioning/heating units, refrigerators, dishwashers, etc.)
- Turn off the television, radio, stereos--even if they are in other rooms!
- Find a comfortable seat where you won't be moving around
- Place your recording device on a sturdy surface, about equal distance from each participant

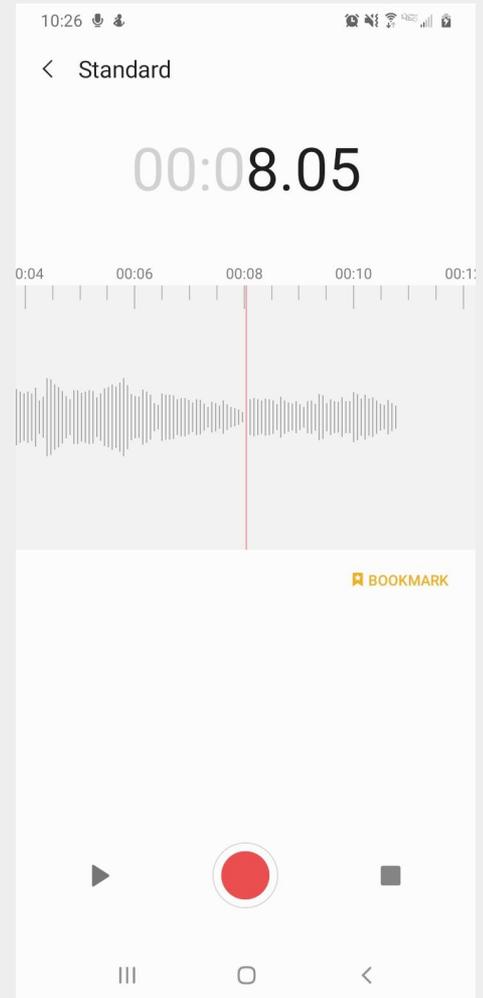


How to Record

This process will vary depending on what device you are using!

Follow these instructions for an Apple or Android device:

- Open your voice recorder app (for Android devices, you may have to install a free recorder like [this](#))
- Do a test recording. Place the recorder equally between all speakers. Press record. Have each person say their name. Stop the recording and playback. Check that everyone can be heard properly and there aren't any distracting noises in the background.
- Time for the real deal! Press record and begin your conversation.



Now...What to Say?

Often when we get in front of a recorder, our minds go blank! Here are some suggestions to get your conversation started:

- Who you are, where do you live and work?
- Do you consider yourself Appalachian? What does that identity mean to you?
- Share a memorable story about your own experience or a woman you know in Appalachia.
- What was your childhood like in the mountains?
- How has the culture of Appalachia changed?
- How have women's roles changed in your lifetime?
- What do you love most about living in this region? What's one thing you would change?

Now...When Can You Do An Interview?

Anytime! Here are some suggestions of when to talk with your community and loved ones:

- When you are at long family event (with a quiet corner)
- On the phone
- On a family vacation
- Outside - At the lake, the beach or camping
- On the porch
- After a meal together
- Anywhere - don't overthink it!

How to Share Your Story

- Compose a new email to foxfire@foxfire.org, subject heading “Appalachian Women Oral History Project”
 - Upload your recording (you may need to compress or zip the file if it is large)
 - Complete a digital [permission to use form](#)

Visit foxfire.org/appalachian-women-oh/ to learn more about the project!

Here are some additional references for the toolkit:

- <https://libguides.libraries.claremont.edu/ohtoolkit>
- <https://library.duke.edu/rubenstein/uarchives/transfer/oral-histories>
- <https://library.unc.edu/wp-content/uploads/2018/08/Oral-History-and-Archive-Toolkit-2018-06-22.pdf>