

Heritage Life Skills 2019

Instructor Bio



Adam Allman/Christopher Wilson

Allman Energy and C.M. Wilson Inc. are leaders in the solar industry. Our team of Engineers and Design Professionals have successfully designed and installed projects consisting of thousands of solar modules ranging from small grid-tied and off-grid systems, to some of the largest off-grid projects in the world. Our 4th year teaching educational classes at HLS is as exciting as our first, as we have a brand new class focusing on small off-grid solar systems that are actually

capable of meeting the needs for preparedness. Our other class is an equally interactive study of solar solutions that can ensure complete independence.

Kerry Alzner

Retired Special Forces Weapons NCO, 26 years US Army. 14 years as Private Military Contractor, Security Specialist, Executive Protection. Military Special Skills Instructor. Current Certifications in Survival, Firearms Instructor and Force Protection Specialist.

Rick Austin

Rick Austin is known as the Survivalist Gardener, and is a preparedness, homesteading and off-grid living expert. He is the author of Secret Garden of Survival-How to Grow a Camouflaged Food Forest which is now the #1 Best Selling book in Garden Design. Rick is also the author of the Secret Greenhouse of Survival, How to Build the Ultimate Homestead and Prepper Greenhouse.

Rick has been featured on National Geographic Channel's Domsday Castle, Domsday Preppers, the documentary film Beyond Off Grid, as well as in Newsweek, American Survival Guide, Prepper & Shooter Magazine and in Mother Earth News (twice).

You can also hear Rick on his radio show Secrets of a Survivalist where each week he talks with the world's best survival experts that share their own secrets of survival.

www.SecretGardenOfSurvival.com

Eric Bellin

We have decades of experience in Homestead planning and construction. We've been farmers, we've been in the military, we're small business men and women. Among our team, we've been helping people prep for years and can do what's required to help you and your family prepare for an uncertain future.

Check out videos on YouTube, BASE CAMP WNC. Website: carolinahomesteadplanner.com

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Spencer Bolejack

Spencer 'two dogs' grew up on a North Carolina farm and developed a love for the outdoors at an early age - following 10 generations of backwoods Bolejacks before him. After his youth as a tiger cub, cub scout, webelo, and Boy Scout, he spent his high school years (A.C. Reynolds) gaining an appreciation for the native American approach to survival and primitive living. His first professional guide job in 1993 started the LOTSWild vision. Part Cherokee, Spencer honors this tradition by hosting guest teachers in language, lore, crafts and skills native to our area.

An apprentice of the renowned Eustace Conway in 1998/99 on Living Appalachian folk skills, Spencer has studied with and worked for the Turtle Island director over the past 15 years. Putting what he learned to the test he moved into the woods living almost three years without modern convenience deep in the Appalachian wilderness. He has also enjoyed primitive living in the Carribean bush learning with Rastas and roots teachers of the islands.

An NCDPI licensed educator and NC Teaching Fellow (History, Social Studies grades 6-12), Spencer holds instructor ranks in Korean Tang Soo Do (SMAA), Budo Taijutsu / Ninjutsu (Go Dan), Koizumi sword, Qi Gong, Kenpo, multiple stick styles and continues these as well as Integrated Martial Arts with Grandmaster Brian Adams. His 25 years of training has covered many styles and perspectives. Bolejack has taught classes at Appalachian State, Warren Wilson College, UNC-A, Black Mountain, Arden, and area private schools. He choreographed the award-winning Golden Blade series (movie) and specializes in several unusual studies including knife throwing and forging. He does his best to offer classes that are engaging, thoughtful and geared toward a variety of learning types/levels.

Bolejack is a Combat Engineer USAR veteran, has been published in the professional education Best Practices curriculum showcase, received state-wide awards from Veterans of Foreign Wars for his teaching, and has been given numerous other accolades from various organizations including the Asheville Citizen-Times Hometown Hero nomination. An alumnus of Appalachian State and UNC-A, Bolejack taught middle school for four years in Buncombe County where he also served as a wrestling coach.

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Dr. Arthur Bradley, Ph.D.

Dr. Arthur Bradley is an Army veteran and father of four. He holds a doctorate in engineering from Auburn University and currently works for NASA Langley Research Center. Having lived all across the United States, he writes from personal experience about preparing for a wide variety of disasters, including earthquakes, tornadoes, hurricanes, floods, house fires, snowstorms, electromagnetic pulse attacks, and solar storms. He is a licensed professional engineer and is viewed as a national expert in the area of EMP preparedness. Dr. Bradley has

fifteen bestselling books and has been featured in the New York Times, Toronto Sun, Money Magazine, Popular Mechanics, Costco Connection, and numerous blogs and radio shows.

David Burress

David Burress, owner and head smith at Calerin Forge. I have been around metal working as long as I can remember. My Dad had a welding shop in front of our home and a Machine and Fabrication shop in town when I was growing up. My brothers and I all grew up working in the shop and on the farm, and I developed a love for both. I became interested in forging iron in the late '80's having spent several years in industrial welding. I had studied fine arts at Western Carolina University and blacksmithing provided the vehicle to blend my knowledge of metal craft with artistic expression. I have been blessed to spend the last 20 odd years honing the craft that still has more mysteries and discoveries ahead than those I have mastered.

Cecilia Burress

Cecilia Burress has been a canner for 38 years and cans everything from hors d'oeuvres to desserts. She annually cans approximately 1200 jars. She and her husband reared their children using symptom focused treatments and occasional visits to the doctor. She and her husband still rely heavily on natural medicine.

Stephen Cantrell

Steve Cantrell is a curious combination of bookworm and outdoorsman. Steve was born in South Carolina, grew up in Maine, and returned to the south years later – and never regretted it. His professional life is that of a Professional Engineer, registered in the state of North Carolina, and also a project manager certified via Project Management International. He started acquiring his outdoorsman skills in Maine as a Boy Scout, earning his Eagle award in 1971. Steve later became a Scouter (Scout Leader) in 1985, volunteering continuously through 2011 in various positions (scoutmaster, assistant scoutmaster, committee chairman) and

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earned his Wood Badge beads in 1988. During the 1980s, he also became a Registered Maine Guide, earning Master Guide status in decades following; he also was a member of Maine's Wilderness Rescue Team during this time frame, as well as a Hunter Safety Instructor. During this same time, he hiked portions of the Appalachian Trail, including both Springer Mountain and Mount Katahdin, sections of the White Mountains, and portions of the AT in Virginia and New York.

Returning to the south in 1989, Steve became certified as Rescue Diver, EMT, and ham radio operator; he became a CERT instructor in South Carolina in 2007, and a member of Oconee Special Rescue and Dive team in 2010. His varied skills and interests derived from a common principle: be prepared. Whether the pursuit is called survival, preparedness, outdoors minimalist, or bushcrafter, Steve has learned his skills from research, from practice, and from knowledgeable individuals and subject matter experts. He now wishes to share his practice of preparedness with others in a course entitled, "Pack Right, Pack Light".

Sam Culper

Samuel Culper is a former military intelligence NCO and contract intelligence analyst. He spent three years in Iraq and Afghanistan on intelligence missions, and now runs Forward Observer, a company that provides training and intelligence solutions for SHTF preparedness.

<https://readfomag.com>



Jeannie Dunn

As a professional herbalist and North Carolina native, Jeannie Dunn has been wildcrafting and making herbal extracts, oils, and salves for over a decade. She studied formally at both the NC School of Natural Healing and One World Healing Arts, but her herbal roots go much further back to the back-to-basics lifestyle infused in her as a child. Jeannie picked strawberries, canned vegetables, and pulled weeds from row crops with her parents and three siblings on their multi-generational family farm in Efland, NC.

Today, knowing the powerful healing properties of those 'weeds' she used to pull, Jeannie happily uses them in her fermentations, herbal extracts, and fun, medicinal elixirs. Jeannie is owner of Redmoonherbs.com, an Appalachian handcrafted extracts company wildcrafting and growing prolific herbs processes into organic vinegars, oils, salves and tinctures. Jeannie's favorite teaching modality is one where she can "get her hands dirty" with the class and make products together from found plants in the wild.

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Candice Easter

I am a homeschool mom of two who helps her husband run the family business. We try to use natural whenever possible and life allows. We have been using essential oils for about 6 years now and are pleased with the results we have had.

Jennifer Elswick

Jennifer Elswick has been working in Emergency Preparedness and Disaster Relief since 1992. She specializes in helping and teaching others about long term food storage from basics to beyond. Jennifer touts the benefits of canning, couponing and home food storage as well as commercially prepared freeze-dried and dehydrated food options. Jennifer has been featured on The Secrets of a Survivalist Radio Show; The Doctor Prepper Radio Show; Surviving on Shoestrings and Real Food Living. <http://pioneerpreparedness.blogspot.com/p/jen-on-radio.html>

Jennifer's passion is helping families prepare themselves from the unknown, saving money and getting through the tough times one can of soup at a time and how to Thrive!

Jennifer has been sharing the message of preparing for years in events as varied as Prepper Camp, Heritage Lifeskills and The Sensible Mountain Prepper Conference. Jennifer's passion is helping families prepare themselves from the unknown, saving money and getting through the tough times one can of soup at a time.

Jan & Tim Emore

Jan and Tim have been building their homestead since 1989. Raising chickens, working horses, growing gardens, fermenting wine, butchering, inoculating mushrooms are all current interests on the farm. Tim grew up in the Blue Ridge Mountains of VA on a self-sufficient farm. Tim attended forestry school in Virginia before moving to North Carolina.

Jan apprenticed with master saddler, Joe Ponder, from age 8 until 2001. Jan and Tim started leather working business together in 1985. They worked together to help people solve their every day carry problems since they opened. A combined 60 years professional experience in

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custom made pouches, bags, sheaths, holsters, belts, etc. provides the insight to help simplify every day carry systems for their clients. Now retired, they enjoy making and teaching how to make wine. "We enjoy sharing the century old recipe with anyone interested". Jan and Tim continue to strengthen their self-sufficient lifestyle. Always interested in learning more techniques to simplify life on the homestead.



Butch Erskine

Butch Erskine is a decorated U.S. Air Force Veteran of 20 years and public speaker on Emergency Preparedness and Disaster Recovery. With over 33 years of experience in all facets of global security, vulnerability assessments and emergency planning, Butch continues his efforts to focus on the spiritual and psychological foundation of the family and individual preparedness.

Butch is a native West Virginian and has resided in Huntsville, AL since 2007. A 1979 graduate of Greenbrier East High School, he entered the United States Air Force in 1983. Butch completed an Associates Degree in Industrial Security from the Community

College of the Air Force in 1990, a Bachelor of Arts Degree in Psychology from Park University in 2003, and a Masters of Arts Degree in Emergency and Disaster Management with honors from American Military University in 2012. Butch is a Defense Contractor working in the Emergency Management developing emergency plans, processes, and procedures. Throughout life he has promoted Christian values and Constitutional freedoms.

The last eight years of his military career were spent serving special duty as a Security Advisor to U.S. Air Force Special Operations Command in support of U.S. Special Operations Command (USSOCOM), U.S. Joint Special Operations Command (JSSOC), U.S. Special Operations Command Europe (SOCEUR) and U.S. Special Operations Command Pacific (USSOCPAC). Traveling over 300 days per year, Butch developed security and anti-terrorism plans in over 50 countries and supported the U.S. Counterterrorism Program to the United States State Department by conducting Risk Analysis and Vulnerability Assessments for numerous U.S. Embassy's in Eastern and Western Europe and Africa. Butch often shares stories during the period when the Soviet Union collapsed. He was working in several former Soviet countries where citizens would stand in the snow and trade their shoes and gloves for a single Bible being boot-legged from Russia. Today, he finds it a disgrace and heart wrenching to watch citizens turn their back on God and destroy the same flag so many died to protect.

Over the past years Butch has made it his mission to reach out to citizens to help them develop their preparedness and spiritual foundation. He believes the decline of morals, personal freedoms, as well as the increasing attacks on Christians, should alert every family to immediately develop emergency plans. Butch has completed numerous Federal Emergency

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Management Agency (FEMA) Courses. He graduated from the National Incident Management System (NIMS) FEMA Course to obtain a national certification and recently a graduate of Incident Response to Terrorist Bombings, a FEMA/ATF In-Resident Course.

Butch and his wife Marsha take pride in their two daughters and four beautiful grandchildren. When not working and supporting Whitesburg Baptist Church, they volunteer at the Huntsville Inner City Learning Center mentoring and helping third graders with school assignments. They also support the Center's efforts during fund raisers and programs for the children. While Marsha enjoys singing in the church choir and playing tennis Butch spends free time raising a garden, reading, and supporting residents in the "crawl, walk, run" steps of Preparedness. They will eventually retire near the Great Smoky Mountains. Most recently, Butch was a guest speaker at The Madison Institute (TMI) 2015 for the "Preparedness" series and again speaking on "The Culture of ISIS" in 2016.



Forrest Garvin

Forrest Garvin is a former US Air Force NCO who served with the 317 MAC and JSOC SOLLII out of Pope Air Force Base. After leaving the military, Garvin worked in the technology field for the Strategic Technology Group for NationsBank/Bank of America and then went on to create several technology startups. Garvin is a survival instructor, NRA instructor, general license HAM operator, Krav Maga apprentice instructor, speaker, educator, radio/podcast host, and author. Garvin has been a prepper since Y2K. Garvin also owns the Carolina Survival & Preparedness Academy in Charlotte, NC. His survival academy offers courses in self-defense, homesteading, firearms, family preparedness, and survival skills. In addition, he consults with preppers

and survival groups around the USA. Garvin was the founder of the Carolina Preppers Network, which now is PrepperNet.

PrepperNet.com

PreppingAcademy.com

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Dan Gentry, MD

Dr. Dan Gentry graduated Indiana University School of Medicine in 1976 and has practiced in multiple emergency rooms and multiple countries in medical missions including three years in Sierra Leone, West Africa. His interest and experience center around total care on your own when no outside help is available. He will be lecturing on “second aid”, what to do to get the patient back to health after first aid has been applied.

Chris & Kathy Gibson

TBA

Tim Glance

Tim is the owner of the Old Grouch's Military Surplus, a traditional old-school military surplus store that specializes in real military surplus. Tim grew up in the family business, their store has been in its current location in downtown Clyde NC for 25 years. Tim is also a US Army veteran, he served in Afghanistan and recently retired from the US Army Reserve as a Chief Warrant Officer 3. Tim has also been a ham radio operator for 10 years and has been involved in prepping since he was a teenager. www.oldgrouch.com

Grannie Pam

Grannie Pam has been cooking, canning, and baking since she was 10 years old. She was raised by her grandparents who were farmers and raised and processed their own food. She was taught by her grandmother to can and bake. After reaching adulthood she continued her quest to learn to be more self-sufficient by taking classes in cheese making and working with sourdough. She also does food fermentation and food dehydration.

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David Grasty

David is a retired 20 year Air Force Combat Vet, with assignments ranging from Iceland to Iraq. He is the Lead Instructor at The Woodsrunner School of Self Reliance. David is the Owner/Operator of "WNC Bushcraft and Survival". He is a certified Self Aid/Care Under Fire instructor. Mostly self-taught in outdoors/wilderness survival and preparedness.

Website: www.thewoodrunnerschool.com

Facebook: <https://www.facebook.com/thewoodrunner/>

Facebook: <https://www.facebook.com/wncbushcraftandsurvival/>



Tony Haney

Tony Haney (aka Ropeman) has been tying knots and working with rope, since he was very young. His passion for knot tying has grown and he now helps others learn the ropes. You'll never find him without some type of cordage. He has taught classes to local boy scouts, as well as instructing at conferences across the area. He is also a member of the International Guild of Knot Tyers.

John Hemingway

Owns and operates WNC Carry Firearms. Has 20+ years' experience as a state certified firearms instructor and has 22 years' experience as a law enforcement officer.



L. Douglas Hogan

L. Douglas Hogan is a U.S.M.C. veteran with over twenty years in public service. Among these are three years as an anti-tank infantryman, one year as a Marine Corps Marksmanship Instructor, ten years as a part-time police officer, and twenty years working in state government doing security work and supervision. He has been married over twenty-five years, has two children, and is faithful to his church, where he resides in southern Illinois.

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Franklin Horton

Franklin Horton lives and writes in the mountains of southwestern Virginia. He attended Virginia Intermont College and Virginia Commonwealth University. In his spare time, he pursues outdoor adventures with his wife and two children. His interests include camping, kayaking, backpacking, mountain biking, and shooting.

Scott Hunt

Scott Hunt is a sustainable living design engineer. He specializes in off-grid water and energy systems. His expertise in mechanical engineering combined with good old-fashioned know-how gleaned from experience “on the farm and in the woods” has enabled him to draw closer to that goal of a fully sustainable lifestyle.

If he isn't installing a prepper system for a client, speaking at a conference, consulting via the phone, then you will find him in his shop tinkering on the next cool project.

Scott has worked for the last 4 years as a consultant for National Geographic on the shows Doomsday Preppers and Doomsday Castle. Scott has also appeared on the Sportsman Channel's America Unplugged. www.practicalpreppers.com

Find out about Scott's new book Practical Preppers Complete Guide to Disaster Preparedness, attend his book signing...and get his new DVD Home EMProvement.

Johnny Jacks

Johnny Jacks was born in Alabama six months before D-Day to semiliterate sharecropper parents. His family lived self-reliantly the first ten years of his life off-grid, off city water, without indoor plumbing, and without assistance from the welfare state, which did not exist then. On his 17th birthday, he enlisted in the Air Force, later transferring to the Army, where he became a Special Forces soldier and began a career serving on Special Forces A-Teams in Europe, Asia, and Central America, including a combat assignment to Special Forces A-Team 102, Tien Phuoc, Vietnam, 1967-1968. He became proficient in guerrilla warfare strategies and tactics, radio communications, intelligence gathering, and guerrilla group organizations and operations.

After retiring from the Army in 1982, Jacks worked for several government agencies over the next 25 years in national security and emergency preparedness programs. Those roles provided him with knowledge of the national security policy related to continuity of government and continuity of operations, with insight into what will take place with America's senior leadership when the Schumer hits the fan and the nation falls into a state of anarchy. Jacks lives with his wife on their farm in the Appalachian foothills of North Alabama, where he enjoys gardening, animal husbandry, and writing. His hobbies include traveling, gold prospecting, hunting, and fishing.

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Billy Jensen/Paula Towry

TBA

Marsha Jones

Marsha Jones is a realtor and licensed general contractor located in Cashiers, NC. Beekeeping was introduced to Marsha as a child. As an adult, Marsha sought out to continue learning about bees. Through trial and error, reading books, taking classes, and discussing topics with fellow beekeepers, Marsha has learned how to be a successful beekeeper.

Pierce Kibbey

Prior service as US Navy FMF Corpsman attached USMC & NREMT. He has over 15 years as security professional providing services in Disaster response, high crime high risk area, Prisoner extradition cross country, Executive Protection and Corporate protection. Certified and trained NRA firearms instructor and Range Safety Officer. Certified Force on Force Master instructor for UTM Non Lethal training munitions. 15 years training & experience in Emergency Medical Services and Tactical Combat Casualty Care. 5 years serving with a House of Worship security team and serving as trainer.

Julie Kidd

I grew up in a remote area of Western NC where we could be without power for days or weeks. My parents taught us to be self-sufficient by teaching us "by example". We had a large garden, meat animals, chickens, guineas, bees and we also foraged as a family. I began preserving with my mother and grandmother before I started school and I learned to work the bees, take care of the animals and so much more from my dad. After I married I stopped practicing self-sufficiency. Several years ago, I renewed my interest and began taking classes to refresh and improve my basic knowledge. I continue to take classes and practice my old and new skills. My chosen career has exposed me to the darker side of society that I find I also need to be prepared for. My mission is to provide information to anyone who is wanting to begin their journey into becoming better prepared by sharing my personal experiences in collecting emergency supplies, developing emergency plans and learning how to stay informed. I continue to live in Western NC with my husband of 36 years.

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Roger Lehet

Roger Lehet is the inventor of the Kimberly™ and Katydid™ gasifier wood stoves and Chief Executive Pyromaniac of Unforgettable Fire™.

Lehet's fascination with fire began at age six when he discovered the magic of matches in his parent's garage. By the time he was eighteen Lehet was earning his living by cleaning chimneys, and that led to his retail wood stove business, which he successfully owned and operated for the next 25 years -- until it crashed and burned in the Great Recession. When the Lehet Family of three could not pay their rent after the loss of that business, they sought refuge on a boat moored in Puget Sound. The little stove that Roger Lehet invented to keep his family warm, would later be patented as the Kimberly™ wood stove. Lehet's Katydid™ wood stove was released a couple of years later.

The Kimberly™ and Katydid™ gasifier wood stoves allow users to cook, bake, generate light, generate electricity and heat water on-grid or off-grid with optional add-on accessories. Known for his innovation, Lehet was invited to take his Kimberly™ wood stove and Kd3 prototype wood stove to the 2013 and 2018 Wood Stove Design Challenges in Washington, D.C.

Given today's trends towards self-sufficiency and downsizing to smaller living spaces with the urgent need to pay greater respect to the environment, Lehet is a man with the right message and the right products for the times.



David G. McCall

Served 23 years with U.S. Army Special Forces in the 3rd, 5th, 7th and 10th Special Forces Groups, 5th SFGA & Special Mission Advisory Group – Viet Nam. U.S. Military Training Mission – Saudi Arabia. Desert Shield-Saudi Arabia and Desert Storm-Kuwait City. Retired at the rank of Chief Warrant Officer. Established Kings Security Intl. Inc. (1991), McCall Technology Inc. (1998). Served as Special Forces "Alpha" Detachment Commander/Technician 6 years, Team Sergeant 3 years, Intelligence Sergeant 2 years, Communications Sergeant 4 years. Served one year as OIC/Senior Instructor U.S. Army Special Operations Training Course, Night Committee, (Mott Lake). Responsible for Close Quarters Combat, Air Operations, Live Fire Scenarios and Command & Control Training. Senior Instructor

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Electronic Surveillance and Bomb Recognition. Served 2 years as instructor U.S.A. John F. Kennedy Special Warfare Center Advanced Skills Branch, NCOIC Mountain Training U.S. Military Academy, West Point (2 years). Graduated from over 30 schools in Special Operations, Counter-Terrorism, Counter-Insurgency, Intelligence, Special Operations Tactics and Survival proficiencies.

Melissa Mehaffey

TBA

Mindy Milton

Melinda (“Mindy”) lives, works, and dreams in Durham, NC. She works as a school librarian. She has been a consultant, speaker, and presenter for forty years on the subject of emergency prepping and food storage. Helping people prepare for disasters, big and small, is her passion. A lifetime of experience with storing food and thinking outside the box when it comes to economically building 72-hour kits, stocking water, and building a year’s supply of basic food stuffs gives her a unique perspective on the subject of preparing for whatever the future holds.



Jeff Motes

Jeff received a Bachelor of Science Degree in Electrical Engineering in 1984 and a Master’s in Business Administration Degree in 1994. He is a licensed Master Electrician and a licensed Professional Engineer by training and an author by accident. He owns and operates an electrical contracting business and has provided electrical services to many of the industrial plants and water systems in Southwest Alabama. Prior to entering into business with his father, Jeff work for 10 years as the System Engineer for the local electric cooperative.

He has authored a popular three book post-apocalyptic book series titled, Once Upon an Apocalypse: Book I – The Journey Home, Book II – The Search and Book III – Gathering Home. Books are available in eBook, paperback, hardback and audio. His books have frequently been on the best sellers list in several Amazon categories.

Jeff is a strong believer in “life-long” learning and holds to the idea we should do “the best we can with the best we have to live and help those around us live.”

Jeff lives in the Salitpa community, near Jackson, Alabama, with his wife, Donna. Jeff and Donna have three children and three grandchildren.

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Neal Morris

Neal Morris is a lifelong avid outdoorsman who enjoys fishing, camping and backpacking. He spent 6 years in the US Marine Corps and has been an Operating Room Nurse for the last 22 years. He grew up learning to cook with cast-iron in the family home, as well as over an open fire. His extensive cast iron collection includes pieces from the 1800s to present that have been restored to usable condition. It's the thrill of the hunt, and the excitement of bringing a crusty and rusty piece of decades old cast iron back to life.

NC Scout

NC Scout is the nome de guerre of a former Infantry Scout and Sergeant in one of the Army's best Reconnaissance Units. He has combat tours in both Iraq and Afghanistan. He teaches a series of courses focusing on small unit skills rarely if ever taught anywhere else in the prepping and survival field, including his RTO Course which focuses on small unit communications. In his free time he is an avid hunter, bushcrafter, writer, long range shooter, prepper, amateur radio operator and Libertarian activist. He can be contacted at brushbeater@tutanota.com or via his blog at brushbeater.wordpress.com

Dr. Joe Ramellini

Dr. Joseph Ramellini is a practicing general dentist in Clyde, NC. In practice for almost 20 years now in several different clinical settings including 3 years in the United States Air Force. He continues to provide care in many areas of dentistry including oral surgery, gum surgery, root canal treatment and orthodontics as well as routine general dentistry.

Laura Rice

I have been baking bread, rolls, and cinnamon rolls for over 50 years. Having grown up in a Mid-Western farm family, I spent my summers with my grandmother cooking and baking. I love to experiment with various kinds of flours and other ingredients to make variations of recipes. I bake bread regularly for my family so I know what is in the bread, and to keep out undesirable ingredients like GMO's and preservatives.

Over the years, my favorite tradition has been to make cinnamon rolls and "Pluck It" bread for Christmas and other holidays. The tradition has been passed on to my children, niece and nephew, and recently to my grandsons. For me, baking is a time for talking, sharing, and creating delicious products for the whole family and friends to enjoy.

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Russ Rice

Since age 12, Russ Rice has enjoyed the art of garden planning, cultivating, growing and harvesting his family's vegetable garden. His love for plants and gardening has endured his lifetime. In addition to a bachelor's degree in marketing, Russ holds an associates degree in horticulture, and has earned a Master Gardener Certificate for the state of Florida. In the late 70's, Russ taught horticulture at North Central High School in Indianapolis, Indiana. He founded City Slickers Backyard Bounty in 2006, an educational program designed to teach families how to convert their backyards into edible, sustainable landscapes. In addition to teaching his education program, Russ is a gardening consultant, lecturer, grows and sells open-pollinated seeds, enjoys fishing, hunting, woodworking, and traveling with his wife of 44 years, Laura.



Jillian Serio

Jillian is a 5th-degree black belt in the Korean art of Han Mu Do. She is a Han Mu Do instructor in Waynesville, certified by the world Han Mu Do association. She also holds rank in Taekwondo and Hapkido. Jillian has studied martial arts with some of Korea's most skilled martial artists in their home temples in Korea and has lived and taught her art in Mexico.



Skinny Medic

Skinny Medic on YouTube is a full-time paramedic. He has been in 911 EMS for 12 years. He postes videos that can help you in a wilderness situation, or in a situation where you have little to no medical help.

Skinny Medic is the owner of Medical Gear Outfitters, LLC. Medical Gear Outfitters provides affordable IFAKS (Individual First Aid Kits) for people who love to spend time outdoors. The first aid kits are great for people who hunt, hike, fish, or people who are looking for a first aid kit for their bug out bags.

“You never know when you will be the first responder”.

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Mary Ann Smith

Mary Ann Smith is a native of Waynesville, NC, currently living on a small farm that has been in her family for five generations. After teaching high school math for almost twenty years, Mary Ann retired in 2014 and started her worm business, Valley View Worms and Produce. Vermicomposting seemed to her a natural companion job/hobby to her growing of organic produce. Mary Ann's passion is to provide education, as well as worm products, locally to western North Carolina. She sells Composting Worms (Red Wigglers), Worm Castings and Worm Tea at Farmers' Markets in Waynesville and Asheville, as well as other venues. She also conducts worm workshops and educational forums for all age groups at local community colleges, Master Gardener meetings, public schools and gardening businesses. Mary Ann is a firm believer in the principle that everyone SHOULD compost with worms because of the amazing benefits, and everyone CAN compost with worms because it is so easy.



Mike & Kathy Sparks

Mike and Kathy have been homesteading since 1979. We began with a postage stamp lot in suburbia. With every move we increased our food production area until now we homestead 22 acres with our children and grandchildren. We raise dairy and beef cows, sheep, chickens and various other animals. Our family, three generations, currently raises and butchers most of our own food while living off grid. Mike coaches and mentors pastors and Kathy helps homeschool her grandkids.

Survivor Jane

Jane is a former city-girl turned prepper. She is the creator and editor of the #1 disaster survival and preparedness website for women: www.SurvivorJane.com.

Her mission, as a public speaker, writer, and social media persona is to help educate others on how to prepare by sharing her personal experiences and research in easy to understand language on different topics of disaster survival and preparedness.

As an additional outreach, Jane created the internationally used hashtag #PrepperTalk which has resulted in the Largest Prepper Community on Twitter bringing preparedness-minded people from all over the world together to share their ideas, suggestions, and information on preparedness with one another.

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She is the author of the books: What Could Possibly Go Wrong??? How to Go From Completely Clueless to Totally Prepared; Where There is No Cosmetic Counter and the 1st revision: Survivor Jane's Guide to Emergency/Survival Hygiene: A Prepper's Cookbook for Making Personal Survival Hygiene Products. Since infection and germs are the #1 cause of death in a disaster situation, in her opinion, hygiene is one of the most overlooked areas in preparedness.

Jane has also appeared on the hit television series, National Geographic Channel's Doomsday Preppers; receiving one of the highest scores given in the series history and, was featured in the Special Newsweek Edition: Off-Grid alongside such notables as "Survivorman" Les Stroud.

As a writer, Jane has contributed to National Geographic Channel's BlogTV, Prepper and Shooter Magazine, as well as Prepare Magazine and many other periodicals.

When she is not writing, you will find Jane on her homestead-practicing what she preaches - because for Survivor Jane, "Preparedness is a lifestyle ... not a hobby".

www.SurvivorJane.com

Suzanne Upton

Suzanne Upton is a North Carolina native homesteader and a second generation Prepper. She grew up in a large family with acres of gardens, harvesting and preserving food as naturally as possible. She began canning with her mother at seven years old and learned sustainability from 'mountain folk' grandparents. Her homestead now is a happy little mix of chickens, goats, raised vegetable beds, cold frames, herbs gardens and fruit orchards designed make the most of a sustainable lifestyle.

Over the years she began delving into food preservation by fermenting; the centuries-old art of preserving food with lots of wonderful flavors, healthy probiotics, and extra nutrition. This includes wine making, big crocks of kraut and fermenting her harvests of vegetables, as well as homemade vinegar and herbal tinctures. From fermented krauts made with foraged foods found in the wild, as well as spring-to-winter harvests, fermenting includes vegetables, seasonings, aged cheeses, meats, and fruits with salt or honey. It's a natural food diet and a big part of a sustainable prepper lifestyle.

Suzanne's focus is on healthy, sustainable prepping. She believes prepping is more than just stocking instant foods in a pantry. Being able to quickly replace nutritional food in a time of disaster is key. And making sure that food is healthy, delicious and plentiful as well as frugal is so important in any stressful prepper-type situation.

Suzanne readily passes on her growing, harvesting and preserving abilities, teaching others about healthy preservation techniques of canning and dehydrating for survival, but especially concentrating on fermenting for sustainable prepping.

Heritage Life Skills 2019

Instructor Bio

There is so much more to see and learn at her homesteading and video website, www.simplehomesteadliving.com.

Paul Valone

F. Paul Valone is the founder and director of Grass Roots North Carolina (www.GRNC.org), the state's primary gun rights organization. He has been involved in drafting and passing firearms-related legislation since 1994. GRNC has been heavily involved in drafting and passing North Carolina's original concealed handgun law, concealed handgun reciprocity, Castle Doctrine (including "Stand Your Ground") and other measures contained in House Bill 650 in 2011, the dramatic expansion of concealed carry in HB 937 in 2013, and further improvements in 2015 via HB 562.

As a handgun competitor for more than thirty years, Paul Valone is an NRA firearms instructor who has been certified by the state of North Carolina to conduct concealed handgun training, is federally deputized as a law enforcement officer, and has received advanced defensive training at Thunder Ranch, Smith & Wesson Academy, Front Sight Firearms Training Institute and elsewhere.

Valone wrote for examiner.com, until it ceased publication, as Charlotte Gun Rights Examiner. Additional publishing credits include 200+ newspaper columns and magazine articles published in *The Charlotte Observer*, the *Raleigh News & Observer*, the *Durham Herald-Sun*, the *Greensboro News & Record*, the *Asheville Tribune*, *Asheville Citizen-Times*, and elsewhere.

Valone can be reached at FPV@fpaulvalone.com or (704) 907-9206.



Tammy Wood

Tammy Wood is a family herbalist and a mother of two. Growing up on a farm, she has been passionately advocating a healthy lifestyle for herself, loved ones and generations to come.

Unfortunately, from the pesticides from the tobacco she has been challenged with her health. This is why Tammy has fell in love with functional medicine. For over a decade, she has been wildcrafting and cultivating herbs for the natural medicines that she creates.

At Mountain Well-Being, Tammy creates, manages production, quality control, shipping and customer service with a smile. She handles each customer's needs with loving care and attention. She has been with Mountain Well-Being for over six years.

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J.R. “Coby” Yacobi

Thirty-five plus years of active, Reserve and civilian service the Coast Guard. Service afloat and ashore. Retired now. Federal Law Enforcement officer as senior Boarding officer. Experienced tactically and strategically in both use of force and rules of engagement. Experienced in maritime engineering and logistics. Enjoyed a couple of commands and several deployments; mostly Caribbean drug ops or support to same. Two joint assignments to include Joint Staff (J-5 APAC and NMCC). Studied strategic aspects of information warfare and infrastructure protection (in detail/SCF) under the tutelage of the National Defense University. Later a Professor of both Political Science and Behavioral Science teaching at NDU. Student of life; hopefully still learning every day.

Linda Zern

Award winning author lives, works, and dreams in Centreal Florida. Raised on sunshine and bug spray, I read every cereal box I could find and every book I could get my hands on, and when other people’s books ran out, I started writing my own. Inspired by the classic *Alas Babylon* by Pat Frank, I write young adult post-apocalyptic and near future fiction. It is one of my favorite literary subjects.