

## BLACK HISTORY MONTH WORKSHOP

The Renaissance Academy | 5100 Cleveland Street | Virginia Beach, VA 23462

Saturday, February 24, 2024 | 8:30 a.m. - 3:00 p.m.

### *African Americans and the Arts*

## Workshop Registration Form



- **Register for workshop online:**
  - Click on or copy & paste the following link into your browser: <https://rb.gy/el5lc8>
- **Designate your choices for Morning and Afternoon Workshop Sessions:**
  - Three 90-minute Morning Workshop Sessions will run simultaneously, and you can choose one to attend.
  - Five 55-minute Afternoon Workshop Sessions will run simultaneously, and you can choose two to attend. Afternoon Workshop Sessions will be offered twice.
- **Designate your choice of a Workshop Boxed-Lunch and if you need Handicap Parking.**
- **Workshop Registration ends on Thursday, February 15, 2024.**

### **Morning Workshop Sessions (Choose One)**

- ☐ **Tell Your Own Story**  
**9:45 a.m. - 11:15 a.m. | Schola**  
In this interactive workshop session, participants are assisted in organizing their life stories into a performance piece, which culminates with a presentation of the piece by VPAA theatre students.
- ☐ **The Evolution of African American Dance**  
**9:45 a.m. - 11:15 a.m. | Gym**  
Participants are guided through a lesson on the history of Black dance in America, starting with Afro-Cuban through today's popular social & TikTok dances. The interactive session includes dance performances and step-by-step demonstrations of some basic Hip Hop, Broadway, and TikTok dance steps.
- ☐ **Connecting to Exploring Identity Through Paper Quilt-Making**  
**9:45 a.m. - 11:15 a.m. | Library**  
African American quilting has a long, rich history dating back to slavery and serves as a medium through which traditions and values of the culture have been passed down through generations. These quilts represent the skill and creativity of their makers and reveal stories of resilience, hope, and unique experiences in the Black community. In this interactive workshop session, participants explore their identities through color, patterns, textures, etc., and learn to create paper quilt blocks using strategies easy enough for any beginner but scalable for those looking for a challenge.

### **Afternoon Workshop Sessions (Choose Two)**

- ☐ **Caribbean Dreaming**  
**12:15 p.m. - 1:10 p.m. | 1:20 - 2:15 p.m. | Museum**  
The steel drum, the national instrument of Trinidad & Tobago, originated on the island republic in the 1930s. Its history traces back to the enslaved Africans brought to the Caribbean in the 1700s. This interactive session is the vehicle that will take you on a steel drum odyssey from Trinidad & Tobago to the United States. In addition to a history lesson, it includes demonstrations, performances, and a brief question-and-answer period.

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# Workshop Registration Form

☐ **Charcuterie Your Food**

**12:15 p.m. - 1:10 p.m. | 1:20 - 2:15 p.m. | Classroom**

Charcuterie is a French term for a branch of cooking devoted to cold-cooked, cured, or smoked meats. Yet, the definition has expanded to include meats, cheeses, fruits, vegetables, bread, crackers, and complementary condiments, e.g., honey, jams, jellies, mustards, etc. Those attending this interactive session will be privy to use of creative techniques to display food. Demonstrating and using some eatables typical of African American cuisine, participants will view the construction of a charcuterie board and learn how to “dress up” finger foods for a classy presentation that family and friends will enjoy. Naturally, taste testing is an essential part of this workshop session!

☐ **Improvisation: A Medley of Life**

**12:15 p.m. - 1:10 p.m. | 1:20 - 2:15 p.m. | Schola**

Improvisation is a performance that an actor has yet to practice or plan. It’s a lot like living in the world on life’s terms. You can’t always see the end goal in life, but you keep moving ahead, dealing creatively with its obstacles. The design of this interactive session is to allow each participant to turn life into art.

☐ **Harmony in Collage: Bridging Digital Art, African American Heritage, & Local Stories**

**12:15 p.m. - 1:10 p.m. | 1:20 - 2:15 p.m. | Library**

Bring your fully charged cellphone or tablet with internet capability and experience the magic of digital collage-making with an artist and educator who has over 20 years of expertise. This interactive workshop blends technology with tradition and the exploration of African American heritage in our local community through digital collage creation, unveiling local stories, and cultural connections. Take advantage of this chance to engage in hands-on digital art while delving into the vibrant history of African Americans in Virginia Beach. Let's weave a collage reflecting the diversity and resilience of our community!

☐ **Our Story: The Evolution of Dance Throughout the Diaspora**

**12:15 p.m. - 1:10 p.m. | 1:20 - 2:15 p.m. | Gym**

Dance is a language learned before acquiring autonomy of yourself. The pattern is easily picked up and enjoyed by the youngest humans and even creatures of the wild. It is no wonder that dance helped us not only survive a Black holocaust but also intensified the reconnection to our ancestors, our latent abilities, and our beautiful heritage. Participants will hear about the history of African traditional dance and how it morphed into today's popular dances in its journey across the Atlantic Ocean. We dance from Africa to South America, in the Caribbean, throughout the States, and back to the motherland because we must. It is our inheritance. Of course, d interactive workshop session—all are welcome and included. As the saying goes, *"Everyone in the village must dance; from the infirm to the elders, we all must dance."*

**Workshop Boxed-Lunch (Choose One)**

- ☐ Turkey on potato bread with cheddar cheese, lettuce, tomato, mustard/mayonnaise on the side; a pickle, chips, and a cookie.
- ☐ Ham on baguette with provolone cheese, lettuce, tomato, mustard/mayonnaise on the side; a pickle, chips, and a cookie.
- ☐ Garden Wrap (spring mix salad, tomato, cucumber, bell peppers, red onions) with a fresh fruit cup and a cookie.

**Do You Need Handicap Parking? (Choose One)**

- ☐ Yes    ☐ No