

We will help preserve your life stories through your ORAL HISTORY.

Services include:

- Do it yourself using our equipment
- Workshops on conducting an oral history project
- Coaching/Consulting to support your process in facilitating your project through publication
- Part or full production of project
  - Interviewing
  - Editing
  - Publishing final product.
- Family projects
- Organization projects
- Community projects

Products include:

- Print books / booklets
- Audio books on CD
- Video DVD

HAND in HAND is a 501(c)3 non-profit corporation that can accept donation and foundation grants for qualifying projects.

651.227.5987

email: [handinhand@oralhistorian.org](mailto:handinhand@oralhistorian.org)

[www.oralhistorian.org](http://www.oralhistorian.org)

Saint Paul, Minnesota 55102

*sharing stories  
in the  
ORAL TRADITION  
with*

*Ordinary people –  
extraordinary lives*

*... preserved through  
oral histories*



where hand in hand we tell and  
preserve life stories  
through the oral tradition

## THE ORAL TRADITION

Oral Histories are personal memories from the perspective of the narrator. Simply put, oral histories collect spoken memories and reflections through recorded interviews in the oral tradition.

The oral history captures the flavor of the narrator's speech and conveys the narrator's feelings through the tenor and tempo of speech patterns.

An oral history is more than a family tree with names of ancestors and their birth and death dates. The value of the oral history is in the personal memories. It offers more than history book accounts and does not need historical collaboration. Oral history recognizes that memories and perspective usually become polished as they sift through time, taking on new meaning and potentially reshaping the value of the events they relate.

Memories shared in the oral tradition create a picture of the narrator's life - the culture, food, idiosyncrasies, thoughts, opinions, joys, sorrows, passions—the rich substance is that gives color and texture to individual life.

CALL US TO DISCUSS YOUR PROJECT

651-227-5987

Saint Paul, Minnesota

## the legacy

Oral Histories are best preserved for future generations when they are verbally collected and documented in print, video, or audio.

Kate Cavett is an experienced Collector of Stories: family stories, community stories, stories about issues, stories of challenge and stories of healing. The sharing and collecting of stories, oral histories (and her-stories), is more than an acknowledgement of the past, it creates healing and empowerment for individuals, both the storyteller and recipient of the story.

## the benefits

- Family Legacy is created
- Family healing through understanding
- Respect develops for elders
- Bonds between generations are created or enhanced
- Acknowledgement for the contributions and struggles in the life of the storyteller

VISIT OUR WEB PAGE:

[www.oralhistorian.org](http://www.oralhistorian.org)

HAND in HAND's oral historian

Kate Cavett



Kate Cavett grew up in Minnesota listening to her father's stories about his childhood in the Indian Territory of Oklahoma and the Italian Campaign of World War II. She has collected oral histories from over 150 men, women, elders, youth, parents, community members, business owners, police officers, college professors, and gang members. She has had the opportunity to spend hundreds of hours listening to reflections on parenting, careers, neighborhoods, friends, sorrows, passions, racism, fears, and joys.

Ms. Cavett, who has a B.A. in counseling and an M.A. in human development, has presented to groups of 5 to 1,000 around the United States. She is the award-winning consulting producer of *Oh Freedom Over Me*, a radio documentary that considers the history of Mississippi Freedom Summer 1964 as a challenge to address racism today. When not listening to people's stories, Kate finds joy in theater, art shows, jazz, blues, friends, and walking her Yorkie.