



Who we are.... and what we do.....

Concerts & Stage Shows

Musical performances include traditional folk tales from many cultures, historical tales, original stories, a bit of outrageous wisdom gained of experience and shameless whoppers about eccentric people and strange animals. Audience sing-alongs, guitar, banjo, autoharp, mountain dulcimer, stand up and a one-string pickin' tub bass are musical highlights. Performances combine music with an educational mission. The audience is lead on an enjoyable journey through music from early settlers into the Westward Expansion through to today's musical expressions. Working in the traditional bluegrass format of banjo, guitar, string bass, the duo draws on material from folk, hillbilly, bluegrass, traditional country and mountain music with a fusion of whatever musical genres that seem to fit effectively. Many of *Me & Martha's* signature songs explore the universal themes of everyday life in rural America.



Music Making Slow Jam

Slow-jamming is a great way to get everyone playing. These jams are for any musician, who feels intimidated by the breakneck speed of many (but not all) bluegrass jams. Slow jams allow budding musicians to get their feet wet in a non-threatening, mutually supportive environment. The goal here is to keep the songs at a slow enough pace that every one can play along. Musicians are encouraged to lead songs as the turns move around the circle. However, it is not uncommon to decline and let the next person pick a song for everyone to play. During the jam some comments are offered about tuning, choosing a key for particular songs, some basic chord progressions, jam etiquette, instrumental leads and back-up, singing lead and harmony and addressing questions from the group.

Don's Music Maker's Guide has over 100 bluegrass, old-time country and folk songs with chord progressions. It features the 7-common chord progressions, Nashville music notation (i.e. I, IV, V chord), how to use a capo, beginning backup, a little music theory, and a CD that explains it all and how to become a better Music Maker.



Workshops, Seminars & Educational Programs

Martha and Don explore and explain their own folk processes as music makers, their musical instruments and cover topics including music theory, chord progressions, musical arrangements, and the impact of socio/cultural influences on American music. To help illustrate major points, their light-hearted discussions and songs can be played in an open jam session with individual or group instruction available. Specific programs are designed for grades k-12 and post secondary education. We offer curriculum development for specific topics from music/movement to historical and cultural studies. Martha has a background in elementary and early childhood education and loves to work with people of all ages. Don and Martha present ballads collected in Appalachia and other cultural and community heritages that are often passed on through music.

About us...

Martha Hills along with her eight brothers and one sister grew up in Maine on a farm just outside of Belfast. Her family roots trace back to the Mayflower with family ties to the local rural working community for several hundred years. She fell in love with acoustic roots music in the early 1990's and has been playing up-right bass since 2002. Her bass playing provides a solid bottom for *Me & Martha's* musical excursions. Martha's love of life and her effervescent semblance and infectious smile are delightful as she adds quips, sings and adds harmony to the performance.

Don DePoy is a master musician on several stringed instruments. In 1957 at age eight, he became a regular member of his father's band, *The Mountain Music Makers*. As a 5th generation musician from Virginia's Shenandoah Valley, he continues to play the music of his Appalachian roots. He is an accomplished bluegrass banjoist and "thumb-picking" guitar player and has appeared as a featured performer at the Philadelphia Folk/Bluegrass Festival as well as appeared on numerous recordings and performances throughout the United States and abroad. Don was the executive producer for *Mainely Bluegrass*, a 26-part TV series airing over public television in New England. He has been on faculty for over 20 years, holds a masters degree in education and a Ph.D. in popular culture and American music, writes on the subject of bluegrass music and as college faculty teaches courses in sociology, social equity and music appreciation.

Members of America's Old Time Country Music Hall of Fame

Me & Martha



As 2005 inductees into *America's Old Time Country Music Hall Of Fame*, we continue the tradition of keeping the music of the past alive. For the most part the music we play is anywhere from 30 to 300 years old and represent songs from the Appalachian regions, folk and bluegrass standards, and an occasional sea shanty. We pick songs that tell about the many untold stories of life. Some songs are peppy and happy while others tell of human weakness and tragedy. The selections and simple arrangements of our material compel the audience to become absorbed in the music as each story unfolds. *Me & Martha* interlace patterns of musical panache with subtle nuances to provide a glimpse into the world of the music makers. "Their stage rapport with each other and the excitement brought to every song are captivating as they take the listeners on a musical journey. The audience certainly enjoyed *Me & Martha's* music as much as they enjoy making it." Iowa Free Press.

266 Inglewood Court • McGaheysville, VA 22840
540-209-3540
www.meandmartha.com

Shenandoah Valley Mountain Music

Bluegrass • Folk • Gospel • Hillbilly • Old-Time

● Concerts & Stage Shows

● Music Making Workshops
& Seminars

● Bluegrass Instructional
Slow-Jams

● Traditional Appalachian
Square and Round Dances

● Educational Programs
Roots Music History

Music Makers



Me & Martha

Don DePoy & Martha Hills

We Make Music come Alive...

