

Basic Detail Report



Title Interview with Barbara (Babs) Perkins

Date 17 July 2025

Medium born digital audio file

Description (a) Audio file of interview with Barbara (Babs) Perkins. She was interviewed by Samantha Hass on 17 July 2025 in Winsted, Connecticut. (b)

Photograph of Barbara Perkins provided by Barbara Perkins. Babs Perkins was interviewed as part of the Connecticut Museum of Culture and History's Community History Project discussing moments of change in her life. Over the course of the interview, Babs tells her life story and how her career path

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completely shifted after she was in a serious car accident in the 1990's. Driving

home one night after an important work meeting, Babs fell asleep at the wheel,

and her Jeep veered into a pole. The vehicle's front was crushed, and the car

lacked airbags. Babs ended up in the hospital, the soft tissue in her lips and legs

severely damaged. As a result of the accident, Babs was sent in a wheelchair

from her current residence in North Carolina back to the state she grew up in,

Connecticut. She experienced tremendous anger and frustration after the

accident, and it took her several years to truly feel better, both emotionally and

physically. During her recovery period, she recognized that she could not go

back to her previous career of being a chef. She eventually came to the

conclusion that this accident was an opportunity for her to let go of any sort of

doubt or uncertainty she held before. She decided to fully pursue anything that

seemed of interest to her because, as she stated, the fact that she is alive right

now must be for a reason. Babs is now a full-time creative; she is a proud

photographer, writer, and documentarian. In the interview, she speaks on her

work and her travels and explains that none of it would have happened if not for

this significant moment of change in her life. As a photographer, Babs had

traveled to multiple Balkan countries in the past to document traditional cheese-

making processes. She recounts that she would go door-to-door to civilian's

houses just to learn about different kinds of cheesemaking. This is something

that Babs never would have guessed she would be doing, pre-accident. As a

result, Babs views change as something that prompts discoveries, and she fully

encourages anyone to take that leap of faith and explore whatever it is that they

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want to do.

Dimensions Duration: 57 Minutes, 55 Seconds