

Sustainable Life Styles Festival



Contact:

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Teachers & Classes

You will find the teacher's bios and details on each teacher's classes following the schedule below.

Saturday Main Hall Lecture Schedule - Lectures free with admission.

9:00 am - 10:00 am: Opening information & Community Connection - Sharol Tilgner

10:00 am - 11:00 am: Perspectives & Practices for a Sustainable Future - Judy BlueHorse Skelton

11:30 am - 12:30 pm: Building your Health Wealth - Glen Nagel

1:00 pm - 2:00 pm: Beyond Recycling - Sarah Grimm

2:30 pm - 3:30 pm: Living Lightly - Jonathan Carroll

4:00 pm - 5:00 pm: Pollinators: Honey Bees & Other Pollinators - A panel discussion

Saturday Giggling Goat Hall Lecture Schedule - Lectures free with admission.

10:00 am-11:00 am Herb Walk - Nome McBride

10:00 am-11:00 am Biofuel - DJ Dickson

11:00 am-12:00 pm Where Does Your Food Come From? (Adults or kids with parent) - Megan Kemplemegan

1:00 am-12:00 pm Farm Walk - Erin Walkenshaw

12:30 pm - 1:30 pm Community Supported Agriculture - Wintergreen Farm Representative

12:30 pm - 1:30 pm Walk to be announced still

2:00 pm - 3:00 pm Farm walk - Tiffany Sanford

2:00 pm - 3:00 pm The Garden Game (kids with parent) - Erin Lamb

3:30 pm - 4:30 pm To be announced still

3:30 pm - 4:30 pm Edible Wild Plant Walk - John Kallas

Saturday Workshop Schedule - An additional fee is required for these special workshops.

10:00 am-1:00 pm - A Practical Guide to Catching and Storing Water : Water Catchment 3 hr \$35 - Hobbs

11:30 am -1:00 pm - Edible & Medicinal Garden Design - 1.5 Hours - \$15 in the herb garden - Skelton

12:00 pm - 2:00 pm - Artisan Cheese Making - \$25-\$40 sliding scale - in the kitchen - Reyna

12:00 pm - 2:00 pm - Tools As an Extension of our Being \$20 - \$40 sliding scale - in the barn - Ransdell

12:30 pm - 4:30 pm - The Path to Yeast Resistance: The Home Brewing Basics - \$45 - in the Kitchen - Nagel

1:00 pm - 2:00 pm - Goat Husbandry - \$25 - \$40 sliding scale in the barn - Reyna & Ransdell

1:00 pm - 5:00 pm - Building a Simple Solar Shower - \$50-\$75 sliding scale - designated area - Hatfield

1:00 pm 4:30 pm - Plants for the People: Medicinal Herbs - \$25 - \$50 in the herb garden - McBride

Sunday Main Hall Lecture Schedule - Lectures free with admission.

9:00 am - 10:00 am: Opening information & Community Connection - Sharol Tilgner

10:00 am - 11:30 am Going Green is not enough - Chuck Burr

12:00 am - 1:00 pm Relocalizing Eden: Rebuilding Our Regional Food System - Dan Armstrong

1:30 pm - 2:30 pm First Aid Naturally - Heather Nic an Fhleisdeir

3:00 pm - 4:00 pm An Update on Social Politics That Effects You

4:30 pm - 5:30 pm Raw Milk - The Udder Truth - Whats the deal - A panel discussion

Sunday Giggling Goat Hall Lecture Schedule - Lectures free with admission.

- 10:00 am-11:00 am** Natural Dyeing of wool yarn - Karen Tyler
10:00 am-11:00 am Herb Walk - Nome McBride
11:00 am- 12:00 pm Planning for Good Bugs-The BugScaping Game - Gwendolyn Ellen
11:00 am- 12:00 pm Farm walk - Tiffany Sanford
12:30 pm- 1:30 pm Biodynamic Farming - Earth One Farm
12:30 pm- 1:30 pm Edible Wild Plant Walk - John Kallas
2:00 pm- 3:00 pm Felting with wool (kids with parent) - Karen Tyler
2:00 pm- 3:00 pm Farm Walk - Erin Walkenshaw
3:30 pm- 4:30 pm Seed Balls and Garden Art (kids with parent) - Tracy Gagnon
3:30 pm- 4:30 pm **To be announced still**

Sunday Workshop Schedule - An additional fee is required for these special workshops.

- 10:00 am - 2:00 pm** - Building a Composting Toilet - \$50-\$75 sliding scale - Hatfield
10:00 am - 12:00 pm - Seed Saving - \$20- \$30 sliding scale - Earth One Farm
10:00 am - 1:00 pm - Rekindling the Fire: Making the Bow-drill - \$30 - in the herb garden - Schuch
10:00 am - 2:00 pm - Earth, ovens, fire: make the most of cob - \$50 - in a designated area - Denzer & Field
11:00 am - 1:00 pm - Pastured Poultry Production - \$15 -30 - Barn - Paul Atkinson
12:00 am - 3:30 pm - Invent Your Own New Culture - \$35 in the Herb Garden - Burr
12:00 am - 2:00 pm - Fermented Foods - \$15-\$30 sliding scale - Kitchen - Victoria Schneider
2:00 pm - 5:00 pm - Bees: The OTHER Way - \$25 - designated area - Freeman

We want to take a moment to thank our wonderful sponsors: Mountain Rose Herbs, Provender Alliance and The Eugene Weekly!

Details on Lectures & Workshops With Bios of the Teacher of those Lectures & Workshops

Indigenous Perspectives & Practices for a Regenerative & Sustainable Future(Lecture-open to all) Saturday 10:00 AM - 11:00 AM in the Main Hall

Many factors have contributed to a surge of interest in traditional ecological knowledge systems, from both Native and non-Native communities. Whether the repercussions of environmental degradation and the accompanying quality of life issues this raises are a primary factor, or simply a desire to better care for our families, we will learn what communities are doing to regenerate and heal our relationships with one another and the natural world. - Judy BlueHorse Skelton

Green Paths to Health & Healing: Edible & Medicinal Garden Design for Educators - 1.5 Hours - \$15 per person Saturday 11:30 AM - 1:00 PM in the Herb Garden

Judy BlueHorse Skelton will explore the development and design of gardens for personal, community or school sites. This workshop includes how to implement permaculture principles and traditional ecological knowledge/values including appropriate plant selection, planting and harvesting methods, food processing and preparation techniques, songs and stories that may inform the gardening experience. Additionally we will explore development of culturally appropriate curricula and workshops for community members. Lastly we will provide a model for designing sustainable communities that reinforces cultural values while developing and enhancing the natural, social, and economic arenas. - Judy BlueHorse Skelton

Judy BlueHorse Skelton (Nez Perce/Cherokee) has worked with Indian Education programs throughout the

Northwest for 15 years, creating cultural activities focusing on traditional and contemporary uses of native plants for food, medicine, ceremony, and healthy lifeways. She served as herbal consultant and guest lecturer at the National College of Naturopathic Medicine for 10 years. In 2002-03, Judy wrote and recorded segments on Health & Healing for Wisdom of the Elders radio programs. She received an MA degree from PSU in Leadership in Ecology, Culture and Learning, where she teaches Environmental Education Through Native American Lenses and Theory and Practice of Sustainability. Judy serves as consultant for edible and medicinal garden design and education, blending permaculture principles with traditional ecological knowledge.

The Path of Yeast Resistance: The Home Brewing Basics - 3-4 hours \$45 Saturday 12:30 PM - 4:30 PM in the Kitchen

Join Glen Nagel, ND in learning the basics of home brewing. We will actually be making a malt based ale. There will be plenty of time for questions and recipes. Learn how to make beer as good as the local microbreweries at a fraction of the cost. - Glen Nagel

Building your Health Wealth (Lecture-open to all) Saturday 11:3 AM - 12:30 PM in the Main Hall

Join Dr Glen Nagel in a common sense, practical talk on ways to invest in your health with out expensive premiums and co-payments. The talk will cover low cost ways to avoid high medical bill and expensive prescription medication as well as common sense advice about nutrition, herbs and supplements. You will come away with practical ideas for building you health wealth.

Glen Nagel N.D., R.H. (AHG) has been a practicing herbalist for the last 25 years. He has a lifelong interest in plants and nature and believes in teaching with humor and hands on experience. He has worked in the herbal industry as well as an herbal educator offering classes and courses in herbal medicine. He is a former assistant professor of Botanical Medicine at Bastyr University. He is a licensed naturopathic physician & has practiced Naturopathic Medicine since 1993 in Montana, Colorado, Washington and Oregon. Currently he is an educator & consultant to the herbal industry & lives in Portland, Oregon.

Going Green is not enough (Lecture-open to all) Sunday 10:00 AM - 11:30 AM in the Main Hall

Chuck Burr will take you on a social journey. The Birth of our culture, the growing perfect storm, and the birth of new cultures. First we have to understand how things came to be the way they are. We will take a brief look at what makes our culture different from all previous human cultures over the last three to four million years. Next we will look at some of the pressing issues we will face over the next generation,. Most of all we will talk about overpopulation. We will explore if there is a link between the story our culture lives by and these growing problems. Lastly, we will talk about what real long-term solutions would look like. We will discuss the difference between programs and vision for a new culture(s). - Chuck Burr

Invent Your Own New Culture - 3.5 hours - \$35 per person - Sunday 12:00 PM - 1:30 PM in the Herb Garden

Chuck Burr will begin with a 30-minute introduction to what a culture is and what makes our Taker culture different from previous native Leaver cultures. This will be an extension of the morning lecture. Then we will divide into two or more groups. The task of each group will be to invent a new culture of their own. Each new culture will be presented to the whole group after. New cultures will be invented by answering a few basic questions such as: What is your story or worldview that you livchuckburrphotoe by? What benefits do you provide your members? What is your name —method for spreading your culture? How do you create a bridge between today's culture and your new culture? How is food and land distributed within your culture? Are there any limits to the growth of your culture's population and economy? What do you call your levels of organization—communities? If you are lucky enough to expand into more communities, how is collective decision-making made—who can vote, for who—what, how—when? Where do you live? How do you keep your communities together—how do you keep the new culture from going back to the Taker culture? What do you call yourselves? By what measure will you define your culture as successful? What else distinguishes your culture from others? -

Chuck Burr

***Chuck Burr** is a cultural ecology author and permaculture educator. Chuck has served on several nonprofit boards, has an MBA in finance, a BA in accounting, interned for President Reagan, and was a software entrepreneur. Chuck speaks about Culturequake and sustainability. He is the author of the renowned book Culturequake. <http://www.culturequake.org>*

Earth, Ovens, Fire: Make the most of cob for home & hearth - 4 hours - \$50 per person - Sunday 10:00 AM - 2:00 PM- in a designated area - see schedule when you arrive Sunday.

We will build a mini-oven, a mini rocket-stove, play with dirt, and talk about beauty, efficiency, and how to combine them for use in home and kitchen. How sustainable is an oven? What can I cook in it besides bread? Can I use it to heat my house? What else can I do with cob? Can I use it in an existing home made of conventional materials? Here's a hands-on intro, not only to ovens, but also to the many possible combinations of earth, sand, straw, and wood. We'll mix varieties of mud and show you how to adapt your mixes for ovens, insulation, houses, stoves, art, and anything else you can think of. - Kiko Denzer & Hannah Field

***Hannah Field and Kiko Denzer** live in a cob cottage with their two boys in the coast range that they heat with a rocket-stove. Every other week, Hannah makes 25 pounds of dough that they bake in a wood-fired earthen oven. There aren't a lot of parties just to talk about bread and ovens and stoves and how to live well in changing times. So Sharol's invite seemed like too much fun to pass up. We've built some ovens and stoves, and baked some bread, and are happy to share what we've learned by our own experience. Some of that is already in our books, *Build Your Own Earth Oven*, & *Dig Your Hands in the Dirt*, which we'll be selling at a booth, along with some related titles. Looking forward to seeing you there. <http://www.digyourhandsinthedirt.net>*

Bees: The OTHER Way - 3 hours - \$25 per person - Sunday 2:00 PM - 5:00 PM- in a designated area - see schedule when you arrive Sunday.

Good bee stewardship for beekeepers, beek-wannabees and bee-lovers: The bee family, honeybees and native bees. How to help bees stay healthy. Taste different kinds of honeys and pollens. (Wow!) Create a healthy bee garden in your own backyard. Communicate with bees and develop relationships with hives. Jacqueline Freeman's farm is blessed with honeybees and native pollinators. Much of my knowledge comes from years studying and observing what bees want and providing that for them. - Jacqueline Freeman

***Jacqueline Freeman** and her husband, Joseph, farm 18 acres in the tiny village of Venersborg, WA where they enjoy living with cows, chickens, turkeys, bees and cats among orchards and gardens. She frequently writes about their farm life at www.FriendlyHaven.com*

How to Build a Simple Solar Shower - 4 hours \$50-\$75 sliding scale Saturday 1:00 PM - 5:00 PM - in a designated area - see schedule when you arrive Saturday.

In this class, Mike Hatfield will briefly overview the various options in setting up a solar hot water system. Cost versus benefit analysis will be made. Following a brief description of thermodynamics, assured not to intimidate even the least science minded student, we will have a hands on experience putting together a simple, inexpensive, passive solar shower system using many recycled parts. Students will leave class with a basic understanding of simple plumbing, basic solar principles and thermodynamics, as well as the ability to put together their own system. - Mike Hatfield

How to build a simple Sawdust composting toilet and composting toilet overview - 4 Hours \$50-\$75 sliding scale - Sunday 10:00 AM - 2:00 PM-- in a designated area - see schedule when you arrive Sunday.

Working at Aprovecho Research Center for the past 11 years Mike Hatfield has built, designed and more importantly used a number of composting toilet systems. In this class we will evaluate these various systems as well as others that the group has experienced. As a hands on activity (Don't worry no hands in the humanure.), we will put together one of the simplest designs I have worked with, a sawdust-bucket-compost pile system. If there is interest, students who wish to bring their own materials can start to put together their own to take home. For this, please contact me before-hand as to what you should bring. - Mike Hatfield

Mike Hatfield, was born in Roseburg Oregon, received a BS in philosophy (no joke!) from Willamette University in 1992. He then spent the next 5 years splitting his time between waiting tables and traveling around the world. In 1997, after making the realization that if the grocery store ran out of food he would probably starve, he attended the Sustainable Living Skills Internship at Aprovecho Research Center. There he discovered the world of Appropriate Technology and found his life work. Since then he has been building improved cook stoves in many resource deprived parts of the world. At home he teaches classes at Aprovecho as well as the local community college in a wide range of appropriate technology subjects, including improved cooking and heating stoves, composting toilets, solar and wood heated hot water systems, small scale hydroelectricity, bio diesel production and vegetable oil conversions, solar and wood fired food dehydrators, and natural and passive solar building.....to name a few.

Rebuilding Our Regional Food System (Lecture open to all) Sunday 12:00 PM - 1:00 PM in the Main Hall

The foundation of any community is its local food system. A region's capacity to produce, process, and distribute some significant portion of its own food has always been a measure of social and economic stability. Over the last twenty-five years, the globalization of the market place has expanded trade with a rich and diverse new array of products and product sources, but it has been at the cost of regional economic balance and the deterioration of local food systems. Communities are actually losing the ability to feed themselves from local sources by relying too heavily on distance markets for their food. This is why we have suddenly begun to talk about food security and the need to buy locally grown food products. Oregon's Willamette Valley provides an illuminating case-study both for detailing the situation and articulating the strategy of relocalization as a way to alleviate the problems. - Dan Armstrong

*Dan Armstrong is a novelist and the editor and owner of Mud City Press <http://www.mudcitypress.com>, an on-line literary and environmental magazine with a focus on sustainable food production and the environment. He is a member of the Lane County Food Policy Council and works with the Southern Willamette Bean and Grain Project. Dan has published three novels, *Prairie Fire*, *Taming the Dragon*, and *Puddle of Love*.*

The Udder Truth: Raw Milk Panel (Lecture open to all) Sunday 4:30 PM - 5:30 PM in the Main Hall A lively panel discussion with three dairy farmers on the sale of raw milk in Oregon. Our expert panel has been involved with raw milk sales of both cows and goats. These speakers will tell you about their experience and give you an idea of what is in store for raw milk availability in our near future. Meet them, learn about their farms and get the low-down on raw milk. This panel consists of Jack Richardson and Kevin Jones and Andhi Reyna.

Andhi Reyna has been involved in organic farming and livestock since 1996. Upon moving to Oregon in '98, she took over care and management of a large dairy goat farm as well as other livestock on her new family's long time farm. Thru the years of organic and biodynamic farming, lots of milk was being produced and of course cheese making evolved along side. In 2006, the new creamery was complete and licensed and Andhi began Ferns' Edge Goat Dairy, producing farmstead, artisan cheeses and in 2008 she finally achieved the long sought after license for bottling and selling raw goat milk in Oregon. In 2008, Andhi was also chosen as a delegate to Slow Food's Terra Madre in Italy, the international convivium of farmers, food producers, chefs, etc. Andhi has since moved on from Ferns' Edge, and is continuing to farm with her children locally - always soil to stain the hands and milk to soften them.

Jack Richardson - Growing-up on a Biodynamic farm in Oregon, Richardson has been very familiarized with

what diversified means on a farm. Milking cows, using their manure on the crops, tending to the chickens, pigs, sheep and even geese. Richardson continues these rhythms today. The farm now has a focus on berries and row crops but the animals are still a very crucial part of the system providing the fertility and a balanced diet for the farmers. The farm is located on the McKenzie where Richardson, his brother, two sisters and mother also help manage the farm. You can see him on the right with one of his milking cows.

Kevin Jones- Waiting for his bio to arrive.

A Practical Guide to Catching and Storing Water - 3 hours \$35 Saturday 10:00 AM -1:00 PM - in a designated area - see schedule when you arrive Saturday.

Water is one of our most precious resources. During this interactive and comprehensive workshop with Jude Hobbs, you will learn how to capture and utilize rainwater in sub/urban and rural settings. The goal of this workshop is for you to design a customized roof water catchment for your specific site. Topics include: site assessment, determining water needs/yields, container selection, roofing material, filtering, and legalities (permits). Small-scale pond and swale design will also be covered. Captured rainwater has many uses, including irrigation and flushing toilets. - Jude Hobbs

Jude Hobbs is a Permaculture designer, instructor and co-founder of Cascadia Permaculture Institute. Since 1982, she has provided whole system environmental design solutions in urban and rural settings, including farming. Jude specializes in integrating techniques that blend aesthetics and function. As an instructor, she has developed curricula that encompasses diverse learning styles with teaching techniques that are fun, accessible, and inspiring.

Living Lightly (Lecture-open to all) Saturday 2:30 PM - 3:30 PM in the Main Hall

Jonathan Carroll will try to convey his mindset in choosing a place to live, buying a house and making his footprint as small as possible while living quite comfortably. Jonathan will describe and show self-installed renewable energy systems, waste processing systems, food gardens, methods of transportation, and more. - Jonathan Carroll

Jonathan Carroll is a promoter of sustainable living, and in that regard he walks the walk! He lives in a 750 sq ft house with a modest footprint. organic gardens and fruit trees/vines, rain catchment, graywater, solar PV (net positive), solar hot water, electric ZAP pickup, electric scooter, composting toilet system, year-round bike commuting/hauling, Bio-diesel, led lighting, skylight tube, etc

Tools As an Extension of our Being: - 2 hours - \$20 - \$40 sliding scale - Saturday 12:00 PM - 2:00 PM in the Barn

It all starts with using our senses. From here we go to using our body as tool. We will explore aspects of homesteading, gardening & survival skills. Post harvest technology, including storage of harvested food will be covered. Farming and wood will be covered towards the end for those of you who wish to remain and talk about details of farming and the general spectrum of wood working to milling. - Roland Ransdell

Goat Husbandry - Practical Sustenance - 2 hours - \$25 -\$40 sliding scale Saturday 1:00 PM - 2:00 PM in The Barn

Caring for animals, particularly goats, can be rewarding, inspiring and challenging! In this workshop we will cover a wide array of general concerns in raising animals on the farm or homestead. From choosing a strong animal to start, to feeding, kidding and milking. We will also look at how to approach healthcare concerns from an organic and herbal background. One goat, or a few, shows us how to incorporate the healthy benefits of farm animals into our own lives and truly sustain ourselves quite locally. This class is being co-taught by Andhi Reyna and Roland Ransdell. To see Andhi Reyna's bio click here [Andhi's bio](#)

Roland Ransdell was an original founder of Oregon Tilth making him older than dirt. He has been a home-

steadier and organic gardener for 40 years. He is a master gardener for the extension service, has been involved in all areas of small to large scale organic farming, including raising and caring for dairy and beef livestock, raising pigs, grains, and seeds. He finds and sells farm equipment, and saw mill equipment as well as constructing saw mills. He has been a member of the Oregon Biodynamic Association for the last twenty years and was a former director of South Coast Organic Growers Association.

Plants for the People: Herbal Concepts of Local Herbs - 3.5 hours \$25 - \$50 Saturday 1:00 PM 4:30 PM in the Herb Garden

Nome McBride will offer a refreshing look at herbal medicine with a conceptual approach. Topics covered are basic herbal actions including how they work, why they work, and herbs in the Northwest that can be used for each action. Students will learn basic concepts of homeopathy that most any herb they encounter can be plugged into versus learning specific uses of individual herbs. Common and locally available herbs will be used for learning examples. Samples will be provided as a strong emphasis in understanding the concepts is placed on taste, smell, etc. - Nome McBride

Herb Walks: (Walks open to all, but there is a limit as to how many can go on the walk. Get there early! Check the Giggling Goat Hall Schedule above for his walk times.) Nome will guide the class on an herbal stroll through the gardens and wild areas of Wise Acres Farm. We will focus on the ecology, edibility, and medicinal value of the plants we encounter. An introduction to basic herbal concepts, uses, and ethics will be included. The class will also cover placement of herbs in a garden and the ethics of wildharvesting. - Nome McBride

Nome McBride lives in Pleasant Hill with his wife and son where he enjoys gardening his food and the mountain views. He is the Co-Founder of the Pharmacopia Herbs, Under the Yew Botanicals, The Northwest Sustainable Wildcrafter's Guild, and The Institute of Contemporary Ethnobotany. Nome is a graduate of the Columbine's School of Botanical Studies and The Academy of Scottish Herbalism. Nome's passion is cultivating an herbal way of life in our society by weaving traditional knowledge with the ethnobotany of today.

Planning for Good Bugs-The BugScaping Game (Lecture-open to all) Sunday 11:00 AM - 12:00 PM in Giggling Goat Hall

Unmanaged beneficial insects perform many vital services, such as pest control and crop pollination, and yet they are usually overlooked by growers. The availability of these services is strongly influenced by the presence of suitable habitat both on the farm and in nearby natural areas. Conservation biological control (CBC) consists of methods that are used to restore, enhance, and maximize populations of beneficial organisms by providing sustainable habitat, food and shelter for them. Employing conservation biological control usually requires the farmer to think of her farm in much more broad, ecological terms than just land and production. In this workshop you will gain an understanding of the habitat that can support these important creatures and learn straightforward and easy-to-implement steps to increase their numbers, and thus their benefit, in your gardens by playing the BugScaping Game. The BugScaping Game was designed to help farmers plan and implement CBC practices on their farms. It is an interactive planning exercise that utilizes thinking of the farm as an agro-ecological whole and facilitates the exchange of participants' experiential knowledge and impressions of specific CBC methods over the seasons. Gwendolyn Ellen will coach this class in a format many small, diverse farmers are familiar with, the farm production plan. - Gwendolyn Ellen

Gwendolyn Ellen is the Director of the Farmscaping for Beneficials Program at Oregon State University's Integrated Plant Protection Center. She holds a BS in Plant Pathology from Colorado State University. Gwendolyn has 25 years of diverse, practical experience working in sustainable and organic agriculture as a farm laborer, ornamental and research greenhouse manager, field consultant on beneficial insects in crops, farmers' market and farm stand manager, organic vegetable farmer, community activist and educator. She has been a research assistant in entomology, botany, plant pathology, and crop and soil science in land grant universities and an agricultural program manager in the non-profit sector. In addition to her conservation work Gwendolyn also

advocates and facilitates farmer-centric participatory research. www.beetlebank.org

Pollinators: Honey Bees & Other Pollinators: (Lecture-open to all) Saturday 4:00 PM - 5:00 PM in the Main Hall

If you eat this lecture pertains to you. Eating food requires pollinators of food. We may lose some of our important pollinators if we are not careful. A panel of local experts (Jacqueline Freeman & hopefully someone from the Lane County Beekeepers Association) will tell us the current status of the honey bees and how we can assist these very important pollinators. Gwendolyn Ellen will tell us about other pollinators and how we can attract and assist them. **For the teachers bios see Gwendolyn, Jacqueline Freeman and Jonathan Loftin (no bio on Jonathan at this time.)**

Rekindling the Fire: Making the Bow-drill - 3 hours \$30.00 Sunday 10:00 AM -1:00 PM in the Herb Garden

Fire is the most useful and powerful force to harness when out in the woods. It provides warmth, light, and peace of mind. In this class we will learn how to bring out fire from sticks only using a knife and your body through the age old technique called the bow-drill. Brian Schuch will take you through the steps to master this technique. - Brian Schuch

***Brian Schuch** has been traveling and teaching wilderness living skills for 4 years now all around the country. He is passionate about the skills he teaches. For him, it is not just a hobby, but rather a healthy way of living and being. Wilderness skills have changed his life in amazing ways so he spreads the knowledge around wherever he can. <http://www.trackersnw.com/portland-wilderness-skills.php>*

For the love of Dairy - Artisan Cheese Making - 2 hours - \$25-\$40 sliding scale - Saturday 12:00 PM - 2:00 PM in the Kitchen

This cheese making class will take us into the world of providing for our own protein source. Whether at home with 2 gallons or commercially with 200 gallons, we will explore what it takes to get started as we work with the milk and watch the curds form. We will cover the simple know-how of cheese making, the tools needed to do so and learn about a variety of cheeses that can easily be done at home. Discussion will also include the differences in the milk we use, aging techniques for the home and anything else that may come up!

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Caring for animals, particularly goats, can be rewarding, inspiring and challenging! In this workshop we will cover a wide array of general concerns in raising animals on the farm or homestead. From choosing a strong animal to start, to feeding, kidding and milking. We will also look at how to approach healthcare concerns from an organic and herbal background. One goat, or a few, shows us how to incorporate the healthy benefits of farm animals into our own lives and truly sustain ourselves quite locally. This class is being co-taught by Andhi Reyna and Roland Ransdell. To see Rolands bio click here. Roland's Biography

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Edible Wild Plants of the Pacific Northwest & Edible Weeds in Your Garden (Lecture-open to all)Saturday

3:30 PM - 4:30 PM and Sunday 12:30 PM-1:30 PM in Giggling Goat Hall

Join Dr. John Kallas of Wild Food Adventures outdoor school for a tour of the wild foods surrounding the diverse habitats of Wise Acres. Many of the plants we cover will be found in your own garden, yard, neighborhood, and the wild. You will discover how to identify, gather, prepare and eat a variety of edible wild plants. Go beyond any books you have. Genuinely learn how to make those dandelions and other wild foods delicious — yes, delicious. Take revenge on your weeds — eat them! Harvestkallasphoto them as a double crop. These walks will be both fun and enlightening.

***John Kallas** is a North American authority on edible wild plants. John has a Doctorate in nutrition, a Masters in education, and degrees in biology and zoology. He's a trained botanist, nature photographer, writer, researcher, and teacher. Dr. Kallas has researched edible wild plants since 1970 and taught in colleges, universities, and to the general public since 1978. John started Wild Food Adventures, a research and teaching institution in 1993, and published the Wild Food Adventurer newsletter from 1996-2006. He leads regular workshops and Rendezvous and has written articles for Science Teacher, Fine Cooking, Wilderness Way and the Bulletin of Primitive Technology, among others. John was featured in National Geographic Adventure Magazine's Instant Expert (www.nationalgeographic.com/adventure/sports-expert/edible-plants_0610.html) on the Oregon Field Guide outdoor television show (www.opb.org/programs/ofg/videos/view/230-Wild-Foods) and is in the process of writing his first book on wild foods due to be out by spring of 2010. <http://www.wildfoodadventures.com>*

Beyond Recycling: (Lecture-open to all) Saturday 1:00 PM - 2:00 PM in the Main Hall
sarahgrimmphoto
Reusing is the first and best method to think about before recycling. However, there is a limit as to how many times you can reuse an item. All things have a time of expiration eventually. So when an item can't be reused, what do we do with it? Although many of us recycle, often we are confused about what happens when the recycled object leaves our doorstep. Where is the recycling going to? How is it processed? Are we being sustainable by recycling? Some people claim our methods of recycling are poor and in some cases use hazardous chemicals. What truth is there to this? What does the future hold for recycling? - Sarah Grim

***Sarah Grim** is Waste Reduction Specialist for Lane County Public Works. She has been with the County since 2005. For 10 years prior to that, she was education coordinator for the nonprofit, BRING Recycling, and delighted in teaching kids and adults about the fun and importance of recycling. Sarah is a Portland native and received her Bachelors of Arts from Portland State University. Inspired by how compost turns garbage into great gardens and the 1992 Master Recycler class she took, she was quick to adopt recycling as her chosen career.*

Opening lecturehallInformation & Community Connection: (Lecture-open to all) Saturday and Sunday 9:00 AM- 10:00 PM in the Main Hall

This early morning time period is your ticket to understanding how the festival is set up. Sharol Tilgner will tell you about important logistical features of the farm as well as a brief overview of the farms usual activities. In addition you will learn how the schedule is set up and any details we feel you need to know to make your weekend a success. We want you to go home with new useable knowledge and a smile on your face. The second 1/2 of this time will be spent in connecting the participant with each other. We have set up a easy method for the audience to be able to identify other individuals who are interested in the same issues that you are. This will be an interactive 1/2 hour and the idea is to start connecting peopel with similar interests on Saturday AM and continue this activity again Sunday AM. - Sharol Tilgner ND

***Sharol Tilgner ND** is the originator of the Sustainable Lifestyles Festival as well as the NW Herb Fest. She is an avid fan of self responsibility and self sufficiency. To that end she has committed her life to teaching others how to maintain their own health, grow their own food and medicine as well as processing and preserving their food and medicine. Although she specializes in teaching people how to grow, preserve and use medicinal herbs, she also teaches classes on general farming and gardening, fermenting of vegetables and beverages, care of*

milking goats and chickens as well as other self sufficiency classes. Her favorite method of teaching is through apprenticeship. Sharol acts as an herbal consultant to both physicians and the herbal industry and is author of the book , Herbal Medicine From the Heart of the Earth.

Farm Walk: (Walk open to all, but there is a limit as to how many can go on the walk. Get there early if you want to go on the walk. Check the Giggling Goat Hall lecture schedule above for her walk times.) Tiffany Sanford will lead this walk around Wise Acres Farm. She will show you where some of the animals live, the gardens, orchard, compost, bees, herb gardens and a whole host of other treasures. You can ask her about the farm and what it is like to live on a farm while on this lively walk.

Tiffany Sanford has been a resident of Wise Acres Farm since June 2008. It has been her privilege and delight to share in some of the daily tasks and special events Wise Acres offers. She graduated from Humboldt State University in 2002 with a Bachelor of Arts degree in Liberal Studies and from The Language House, in Czech Republic, with a Certificate to Teach English as a Second Language. But in 2004 and 2005 she worked as a 'WWOOFer' (Willing Worker on Organic Farms) on an organic farm in California and was bit by the farming bug. To pursue her passion in organic farming and self-sufficiency, she moved to the Willamette Valley in 2006. She is co-founder and manager of the CSA (Community Supported Agriculture) on Feel Good Farm in Dexter, Oregon and works as a commissioned mural artist. Her drawings of medicinal herbs are published in the second edition of Herbal Medicine from the Heart of the Earth by Sharol Tilgner.

Where Does Your Food Come From?(Lecture-open to all) Saturday 11:00 AM - 12:00 PM in Giggling Goat Hall

Megan will teach a session for kids focused on where our food comes from. She may do a little skit starring Local Lucy and Travelling Tom, two tomatoes. She will talk about where our food comes from and taste some food which was grown close by. In addition the group may also plant something in a pot to take home.

Megan Kemple coordinates a Farm to School Program for the Willamette Farm and Food Coalition, based in Lane County. Her experience includes non-profit program management, teaching in classroom and outdoor settings, and knowledge of local food systems. She coordinates an integrated Farm to School Program in Lane County schools which is a model for other programs throughout the state and country. She is a co-convener of the Oregon Farm to School and School Garden Network and serves as co-facilitator of Network's workgroups on Procurement and Distribution and Harvest of the Month. She also serves on the advisory board of the School Garden Project of Lane County. www.lanefood.org

First Aid Naturally! (Lecture open to all). Sunday 1:30 PM - 2:30 PM in the Main Hall

In an emergency what will you have that can help? Discover the 5 most versatile things to have in your natural first aid kit, and some common plants for healing that you might find right where the injury happens! Learn how to use herbs to clean, prevent infection and begin the healing process for wounds, stop all kinds of bleeding, draw the venom out of insect bites and stings, address specific animal bites, recognize and manage shock, resolve bruises, botanicals and foods that inhibit the blistering, heat and pain of burns, how to makeheatherphoto preparations and how to use them. Explore ways to retain this information that will be easily accessible when a trauma or crisis situation arises.

Heather Nic An Fhleisdeir is the proprietor of Mrs. Thompson's Herbs, promoting the human right to self diagnosis and self care. Rooted in the community that she serves, she is an instructor in community colleges, at conferences, the University Of Oregon, in the U.S. National Park Service and in Scotland, assisting people in reclaiming their own health process and in giving healing aid to their families. As the Head of Faculty of the Academy Of Scottish Herbalism, an Instructor in herball colleges and as the 'Village Herbalist' on herbmentor.com, she trains community Herbalists. She is the author of the newspaper column 'Village Herbalist', the Founder of the Green Arts Herbal Conference and is an Herbalist, nutrition & lifestyle Consultant in practice for 21 years. www.celticherbs.com

Natural Dyeing of Wool Yarn (Lecture open to all). Sunday 10:00 AM-11:00AM in Giggling Goat Hall
Participants will learn to use dyes found in nature to change the color of the wool yarn. All materials used are non-toxic and create beautiful and useful colors.

Felting with wool (Lecture open to all). Sunday 2:00 PM -3:00 PM in Giggling Goat Hall
In the wool felting class all ages are welcome to experience the joys of wet felting. We will create various shapes and forms that can then be decorated or played with as is.

Karen Tyler has been a teacher at the Eugene Waldorf School for over 10 years. She have taught all ages both at school and as a private teacher in home. She has been teaching and leading classes for adults and children for over 12 years independent of my school teaching. She loves the experience and joy of learning and working with fibers and students of all ages.

Farm Walk: (Walk open to all, but there is a limit as to how many can go on the walk. Get there early if you want to go on the walk. Check the Giggling Goat Hall lecture schedule above for her walk times.) Erin Walkenshaw will lead this walk around Wise Acres Farm. She will show you where some of the animals live, the gardens, orchard, compost, bees, herb gardens and a whole host of other treasures. You can ask her about the farm and what it is like to live on a farm while on this lively walk.

Erin Walkenshaw is intimately acquainted with Wise Acres Farm after having lived at the farm for five years. She is a member & volunteer of numerous organizations that relate to local and sustainable food but she has declined to list them and prefers to be incognito. She does admit to be quite loud of voice and will make sure everyone on the tour is able to hear her. If you are hard of hearing this is the tour to take. Although she won't admit it, she also knows a ton of information about the animals and plants on the farm.

Fermented Foods - 2 hours - \$15 - \$30 sliding scale - Sunday 12:00 PM - 2:00 PM in the Kitchen
Traditional people across the globe have used beneficial bacteria to enhance and preserve foods throughout the ages. Making fermented foods is easy with only a few tools and a minor understanding of food science. We will learn: Traditional sauerkraut with variations, Kim chi with a fruit variation, Beet Kvass, a traditional fermented beverage from Russia, Ginger Carrots.

The many benefits include: Fermentation increases the vitamin and enzyme content of foods, aids digestion, facilitates assimilation of nutrients, and boosts the immune system.

The flora in living cultured foods form a "living shield" that covers the small intestine's inner lining and helps inhibit pathogenic organisms including E.coli, salmonella and an overgrowth of candida (yeast). Fermented foods create powerful antioxidants that scavenge the free radicals which are cancer's precursor. Fermentation is at least as old a method of food preparation as cooking with heat. Fermented foods colonize the intestinal tract with friendly flora, controlling putrefactive bacteria, maintain a good pH balance in the colon, and increase the bulk and frequency of bowel movements. Healthy gut flora also increases the inactive thyroid hormone T-4 into T-3, which is important for energy, weight loss and healthy metabolism. Fermenting neutralizes the anti-nutrients found in many foods including the phytic acid found in all grains and the trypsin-inhibitors in soy. - **Victoria Schneider**

Victoria Schneider, LDHS, NTP, BRT

Victoria learned ingenuity and self-reliance in 1972 by canoeing into the wilds of British Columbia where she and her life-partner built a log cabin, birthed their two boys and lived off the grid for three years. With spruce pitch for band-aids and wild plants for medicine, they hunted and gathered what they needed with one annual trip to town. Her love of natural healing was rekindled in 1998 during a bout with cancer. After months of chemotherapy, she found a doctor in Germany who treated her inoperable tumor with Bioresonance therapy or BRT. She has been cancer-free for 11 years. This sparked a decade of studies with the world's leading healers.

In 2000 Victoria became a certified Bio Resonance Therapist. In 2001, she received an Institute of Enzyme Nutrition diploma as a Loomis Digestive Health Specialist. In 2006, she received her certification as a Nutritional Therapist Practitioner. She teaches while maintaining a private practice in Portland OR.

Pastured Poultry Production 2 hours - \$15 - \$30 sliding scale - Sunday 11:00 PM - 1:00 PM in the Barn

Paul will utilize his experience integrating poultry into a larger beef/dairy/hog/garden farm operation over the last dozen or so years; to help other families become more food self reliant. He will discuss the several pen types he used to raise laying hens, turkeys and broilers while enhancing the psatures and garden. An example of a mobile poultry pen will be shown. There will be plenty of question and answer time. Come ready to tell Paul what you want to get out of the class. He wants you to go away from this class feeling you had all your questions answered. - **Paul Atkinson**

Paul Atkinson is an OSU animal prodcution graduate. He has farmed on his home farm for 37 years and lived on the farm for a total of 45 years. The families farming goall has always been food, self reliance and true sustainability. He says they are constantly in a state of never ending learning. They integrated laying hens and turkeys (as part of Greener Pastures Poultry Co-op in the late 90's. His experience with grass fed beef production, dairy cattle, goats, cheese making and hogs all fit into the poulty prodction piece of their farm. His farm can be reached at 541-345-2186.

The Garden Game (Lecture open to all). Saturday 2:00 PM-3:00PM in Giggling Goat Hall

Participants will play the Willamette Valley Garden Game, a game that takes players through the seasons as they choose and grow crops, save seed, identify goals and design “gardens.” All ages welcome. - Erin Lamb of Nearby Nature

Erin Lamb: Erin Lamb has been involved in garden education since 1993 as a licensed science teacher, founder of a community garden, and informally. She has been one of the Nearby Nature Alton Baker Park Hosts since Summer 2007 where she is leading the conversion of the landscape to a Learnscape, including an Edible Schoolyard outdoor classroom, a Native Pollinators Corridor, and other thematic outdoor classrooms. She is personally committed to sustainable living, sits on the board of the Lane County School Gardens Project. Erin is representing Nearby Nature. Details on Nearby Nature follow:

www.nearbynature.org

Nearby Nature is a thriving non-profit education organization dedicated to fostering appreciation of nature nearby and providing tools for ecological living. Our staff and volunteers lead nature walks, teach summer day-camps, host school programs, and work on environmental restoration projects primarily in Alton Baker Park. Nearby Nature also serves as the City of Eugene's official caretaker in Alton Baker Park and is a partner in the Network Charter School.

Biodynamic Farming (lecture open to all) Sunday 12:30 - 1:30 PM in Giggling Goat Hall

Presenters of this lecture are from Earth One farm. They will explain what is biodynamic (cosmic rythms, farm individuality, basic of etheric and astral forces). Basic knowledge on the most common preps will be covered as well as other important principles. Slide shows will be used to illustrate the information given in this session.

Seed Saving Workshop 2 hours - \$20 - \$30 sliding scale - Sunday 10:00 AM - 12:00 PM in the Kitchen

ng>Presenters of this workshop are from Earth One farm. They have a one acre garden where they save seeds of 75 varieties of garlic, 20 different kinds of potatoes and about 40 different heirloom varieties of vegetables. This workshop will include basic botanical knowledge on plant families as well as diverse techniques of seed saving adapted to specific species. There will be an emphasis on easily realizable seed saving projects. Each participant will receive a document to keep as a reference.

Earth One Representatives

Speakers are from Earth One. Established 5 years ago, the farm is located in Roseburg, Oregon in the beautiful Umpqua valley. The 107 acres property is dedicated to Biodynamic farming and preservation of the natural ecosystem. The property has about 300 fruit and nut trees, a large garden, Jersey and highland cattle, goats and Tamworth pigs. There is also a Belgian draft horse that is used to move stuff around. This farm is dedicated to seed saving and is growing mostly heirlooms varieties.

Seed Balls and Garden Art (kids and parents) (lecture open to all) Sunday 3:30 -4:30 PM in Giggling Goat Hall

Tracy will be leading a garden session geared for kids. We will learn how to make seed balls out of compost, clay, water, and seeds. If time permits kids will have the opportunity to also make garden art out of fruits and veggies. - **Tracy Gagnon**

Tracy Gagnon

Tracy is the Site Coordinator of the School Garden Project. She has led garden lessons and activities for hundreds of elementary school students in Lane County. She is passionate and an advocate of connecting youth with the environment. Web Site: schoolgardenproject.org

Biofuel (lecture open to all) Saturday 10:00 -11:00 PM in Giggling Goat Hall

Biofuel One families practical approach to transportation sustainability and independence with the help of biofuel. Can it be done? Is it sustainable? What does it take to do it? What is a hopeful vision for biofuels to assist our transportation fuel needs? These are the topics and path this lecture will take.

DJ Dickson

Biofuel Educator, Green Eye Auto, Eugene, OR 2007-08. Straight vegetable oil technician/installer Green Eye Auto, 2007-08. Currently run a permaculture/Organic mined micro-urban farming/landscape business in Eugene, OR. I am a single father with two children, who is committed to sustainability and independence, concerning my transportation needs for work and family. I have been on the biofuel road for 5 years now, with many vehicles and experiences to speak about. Email:balanced@care2.com

Community Supported Agriculture(lecture open to all) Saturday 12:30 - 1:30 PM in Giggling Goat Hall

Community supported agriculture is a partnership between farmers and consumers. In CSA, consumers buy products directly from the farm, and pay for them in advance. Farmers do their best to produce sufficient quantity and quality of fresh, nutritious food for their customers' needs and palates. In some CSAs, people pay in advance to support a farm for a season. In return, these 'shareholders' or 'sharers' receive a share of whatever the farm has ready to harvest each week. In other CSAs, also called subscription farms, people subscribe to a share of a given value, prepaying monthly or quarterly. Content and quantity of shares vary throughout the season. CSA gives non-farmers a chance to get more involved in producing and distributing their own food. Farms sponsor tours, workdays, and even 'workshares' to bring shareholders out to the farm. Come to this lecture to learn all about CSA's and how you can become involved in a CSA.

Winter Green Farm representative to be announced: *Winter Green Farm employs biodynamic farming methods. They view their farm as a living organism. This means they strive to create a healthy farm-scale ecosystem. Their Community Farm program helps connect consumers directly to the farm and helps Winter Green meet one of their goals of producing quality basic foods for the local community. For a set annual price consumers become members and receive a box of fresh produce every week of the growing season and a generous share of winter storage vegetables as well. In 2008 there were 550 member families. They have developed a close link with the local food bank, and through the combined effort from their labor and donations from the community they provide thousands of pounds of produce to those in need. Some of this food is distributed as memberships in our Community Farm for women and their children who are in the process of healing from abusive partner*

relationships. wintergreenfarm.com

There are additional teachers who have not given their information to us in time to list them in this schedule. You will find their data on the website as it becomes available.

www.herbaltransitions.com

Registration Form - Please cut this out and mail it to Wise Acres.

Name _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____ - _____ Email _____

Tell us if you **do not** want to be on our email list for class notices.

Entrance Fee: \$15/day per person when prepaid - # of people ____ (x) Days ____ (x) \$15 = \$ _____

Child Entrance Fee: \$5.00 per child under 12; 0-2 free - # of kids ____ (x) Days ____ (x) \$5 = \$ _____

Camping: \$15 per person **per night** # of people ____ (x) # of nights ____ = \$ _____

Parking: \$5.00 for one day or \$5 for weekend if camping or \$10 for weekend if not camping \$ _____

Saturday Workshops

Fee/Sliding Fee

Your payment

Artisan Cheese Making	\$25-\$40
Beer Brewing	\$45
Bees: The Other Way	\$25
Building with Cob	\$50
Compost Toilets	\$50-\$75
Fermenting Foods	\$15-\$30
Goat Husbandry	\$25-\$40
Herb Garden Design	\$15
Invent a Culture	\$35
Rekindling the Fire: The Bow-drill	\$30
Plants for the People	\$25-\$50
Pastured Poultry	\$15-\$30
Seed Saving	\$20-\$30
Solar Shower	\$50-\$75
Tools as an Extension of Your Being	\$20-\$40
Water Catchment	\$35

Total Fees

Entrance fee total including any children	\$ _____
Camping total	\$ _____
Parking	\$ _____
Workshop totals	\$ _____
Donation to help pay for event	\$ _____
Total Payment	\$ _____

*How did you
hear about the
Sustainable Life-
styles Festival?*

Method of payment:

Please send a Check or Money Order *in US funds* made out to Wise Acres LLC. Mail the check or money order along with the registration form to **Wise Acres LLC, 84537 Proden Lane, Pleasant Hill, Oregon, 97455.**

CANCELLATION POLICY:
Prepaid workshop fees are refundable minus a \$20 processing fee up to two weeks prior to the festival.

**More Questions? Call 541-736-0164
or email class@herbaltransitions.com
www.herbaltransitions.com**