

FOR IMMEDIATE RELEASE

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Wise Acres Farm hosts Sustainable Lifestyles Festival

Two days of lectures and workshops on skills necessary to live sustainably in the 21st century.

Pleasant Hill, OR (near Eugene, OR) : June 27, 28, 2009 People will gather for learning and networking at Wise Acres Farm for the Sustainable Lifestyles Festival.

This first time event will offer two days of lectures, panel discussions and hands-on workshops taught by a diverse array of renowned experts.

Here is a small sampling of what Sustainable Lifestyles Festival has to offer.

23 lectures – two Lecture excerpts follow:

Building your Health Wealth - 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 bills 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.

Teacher, Glen Nagel N.D 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 has practiced Naturopathic Medicine since 1993. Currently he is an educator & consultant to the herbal industry & lives in Portland, Oregon.

Living Light - Jonathan Carroll will share how he has made 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.

Teacher, 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

16 Workshops – two workshop excerpts follow:

Artisan Cheese Making – Andhi Reyna will explore what it takes to get started making cheese as the class watches the curds form. The lecture 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 made 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!

Teacher, Andhi Reyna has been involved in organic farming and livestock since 1996 when she moved to Oregon to her families farm. In 2006, the creamery she worked to build for years was complete and licensed and Andhi began Ferns' Edge Goat Dairy, producing farmstead, artisan cheeses . In 2008 she finally achieved the long sought after license for bottling and selling raw goat milk in Oregon.

How to Build a Simple Solar Shower - 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

Teacher, Mike Hatfield, has made Appropriate Technology his life work. He has made it his mission to building improved cook stoves for resource deprived parts of the world. At home he teaches classes at Aprovecho as well as the Lane 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 hydro-electricity, bio diesel production and vegetable oil conversions, solar and wood fired food dehydrators, and natural and passive solar building...to name a few.

Farm walks & Herb Walks are available through-out of the week-end

Opportunities to network and have fun

Common Social Interests: There is a scheduled guided event each AM to introduce people with common interests to each other. Additionally we have a Community Gathering area where people can schedule their own meetings with each other via an easy to use scheduling system provided for them.

Sustainable Village Vendor Exhibits: There is a vendor village categorized by groups such as energy, farming, health & well being, home wares etc. This village gives organizations a chance to educate participants outside of the classes and display their sustainable products for all to see.

No - Talent Show: We will hold a no-talent show on Saturday night after the last class. It will be followed by a musicians jam.

Details on the classes & workshops can be found at: <http://www.herbaltransitions.com>

Cost per day: \$15-\$20 – collecting food for lane county which results in a discount for the attendee.