



If Not Me, Then Who?

Building Healthy Communities
and Local Food Systems
One Conversation at a Time



NWEI NORTH AMERICAN GATHERING 2011

Port Townsend, Washington • September 15-18, 2011

On behalf of the Port Townsend NWEI Steering Committee and the Northwest Earth Institute staff — Welcome!

We are so grateful for your presence this weekend. Whether you are new to NWEI or a long-time course participant, advocate and/or donor, we appreciate your involvement and look forward to continuing to work together to change the world for good!

At the heart of NWEI's work are meaningful conversations that lead to "Aha!" moments about the way we live, work, create and consume. As many of you know, NWEI offers a series of ten discussion courses on topics such as climate change, sustainable lifestyle choices, environmental health, the 2010 Deepwater Horizon oil spill and of course, sustainable food. We believe that change happens most effectively when groups of people gather to connect, reflect and act. Together, we are making a difference.

Our hope is that this weekend is fertile ground for exploration, connection, reflection and, ultimately, action. We invite you to imagine this day, and weekend, as an opportunity for intentional learning and action — and a chance to deepen your commitment to act on the issues that matter most to you.

The weekend is an opportunity to recharge, reconnect and re-energize. Workshops explore our key themes of sustainable food and sustainable community. When we look closely, it becomes clear that ecological issues are interconnected. Sustainable food also means sustainable packaging, hence a workshop on zero waste. Sustainable communities also mean sustainable investment opportunities, which the Local

Investment Opportunities Network workshop with Port Townsend's mayor, Michelle Sandoval will address. All of our work together calls us to act compassionately and with a sense of ecological self, hence a workshop on Widening Our Circle of Understanding. And, we absolutely must start from where we are with a strong sense of place, hence our choice of Kurt Hoelting as one of our keynote speakers who will speak on the Circumference of Home. We are also delighted to welcome Will Allen of Growing Power, who will speak to the broad conference themes, and inspire us all to work toward just, sustainable food systems.

Thank you again for joining us here in Port Townsend for what is sure to be an inspiring, transformative weekend! Should you need anything, or have questions, the NWEI Staff is here to help you have a positive, fulfilling experience.

For the Earth,
Mike Mercer, Executive Director,
Deb McNamara, Director of Organizational Partnerships,
... and the NWEI Port Townsend Steering Committee conference planning team (Judy Alexander, Peter Bates, Richard Dandridge and Brian Goldstein)

PS: If you registered before July 31st, we will be mailing you a free copy of NWEI's newest guide, *Hungry for Change: Food, Ethics and Sustainability*, which is at the press. We hope you'll consider this newest guide as an essential tool in your work to create a more sustainable future. For more information, visit www.nwei.org.

SCHEDULE OF EVENTS

THURSDAY, SEPTEMBER 15

3-6pm

Check in and Registration, [Building 204 DS, Foyer](#)

4pm Beach walk with Judy Alexander and Mike Mercer, [meet in front of the Visitor Center](#)

6pm Dinner

7pm Welcome

■ Singing in the Great Turning, [Room 204 US, Building 204 DS](#)

Singing together is a vital tool in building community and summoning our collective courage as we make the shift to a life-enhancing society: the Great Turning. Connect with each other by engaging in interactive practices developed by eco-philosopher Joanna Macy combined with fun, easy-to-learn songs for group singing that encapsulate Joanna's teachings.

Gretchen Sleicher is a singer, songleader, workshop facilitator and professional translator who lives in Port Townsend, where she co-directs PT Songlines community choir and is a member of the Port Townsend EcoVillage. She has studied extensively with Joanna Macy and is a facilitator of the interactive group processes developed by Joanna and colleagues known as *The Work That Reconnects*. She delights in weaving group singing and harmony-making into her workshop facilitation, to enhance the meaning and message with the joy of collective song.

9pm TED Talks on Leadership and Food — compiled by Peter Bates, [Room C13](#)

An hour film compilation on how to start a movement (with Derek Sivers), the moral roots of liberals and conservatives (Jonathan Haidt), Mark Bittman on what's wrong with what we eat, and Jamie Oliver on teaching every child about food. (This playlist will show several times throughout the weekend).

FRIDAY, SEPTEMBER 16

7am Yoga (all levels welcome) — Terry Wagner, [Building 204 DS, Room B12](#)

Terry Lynn Wagner, M. Ed., has been a student and practitioner of Hatha Yoga for over 40 years and a teacher for better than 30 years. Her teacher trainings have been in the Kripalu, Iyengar and Ashtanga traditions of Hatha Yoga. She is registered with the Yoga Alliance at the highest level and is qualified to offer training to yoga teachers. She completed the coursework toward a Doctorate in Ministry at the University of Creation Spirituality. She is a Licensed Massage Practitioner, who has specialized in Shiatsu Therapy for 25 years. Before moving to Port Townsend, WA in 2005, Terry lived in Sarasota, Florida where she developed the Prenatal Yoga program at Sarasota Memorial Hospital, co-founded the Pay-it-Forward yoga group offering free yoga classes, founded and directed the Body & Soul Yoga Cooperative and Sourcepoint Education providing bodywork education.

FRIDAY, SEPTEMBER 16 (continued)

7am Flora & Fauna Walk — Sarah Fairbank, [meet in front of Visitor Center](#)

Walk into the woods learning the native plants to the PNW region and how the First Nations people use them for everyday life.

Sarah Fairbank is a Master Gardener, Jefferson Land Trust decedent, and teacher of plant identification. She is a plant lover and would rather be outside than inside!

8am Breakfast

9-10:20am

■ **Community Building, Sustainable Food and Neighborhood Activism: A Port Townsend NWEI Case Study** — Judy Alexander, Peter Bates and Dick Bergeron, Port Townsend NWEI Steering Committee, [Building 204 DS, Room 204 US](#)

In 2010, the NWEI Steering Committee from Port Townsend, Washington, undertook an ambitious project to see if a tipping point might be reached in support of local food, farms, and farmers. NWEI, in partnership with The Port Townsend Farmer's Market, The Port Townsend Food Co-op, and the Chimacum Grange, in a county of 30,000, launched over 28 *Menu for the Future* courses. Each group has had participant food producers informing the dialogue, from local farmers, fishermen, restaurateurs, cheese makers, and community gardeners, bringing home the message that being able to source our food locally is critically important for reasons pertaining to health, economy, ecology, and community. This workshop will visit the various steps this community has undertaken to educate itself with the use of the *Menu for the Future* course, and some of the positive consequences of this effort that have ensued.

Peter Bates washed up on Port Townsend's shores in 1996 to attend the Northwest School of Wooden Boat Building. He participated in his first NWEI course (Voluntary Simplicity) in 2002 and has been active on the local NWEI steering committee for the past three years. When not volunteering for NWEI Peter spends his time building houses, hiking in the Olympics, and being a Dad.

As Chair of a Small Ag Producer Caucus composed of members of the Washington State Grange, Dick Bergeron is a strong advocate for small farms and locally grown products. Dick is also President of the Chimacum Grange, which started and nurtured what is now the successful Chimacum Farmers' Market. He also spends considerable time in Olympia advocating for laws and rules that will help small producers to be successful. He worked with Judy and Peter to help make the Menu for the Future program a success in Jefferson County.

Judith Alexander has been a long time resident of Port Townsend since 1979, self employed most of that time as a clinical social worker in private practice. Volunteerism has figured centrally in her life for much of that time, and she has been on the NWEI Steering Committee for the past decade. She has also been one of the instigators of Local 2020, Jefferson County's Transition Town effort to move toward a more sustainable future. She has NWEI written in to her will.

10:40-11:50am

■ **Partnering Locally for a Food Secure World** — Brwyn Griffin and Brendon O'Shea, Port Townsend Food Co-op, [Building 204 DS, Room E15](#)

Brendan O'Shea and Brwyn Griffin of the Port Townsend Food Co-op will discuss how the local food co-op is supporting local farmers and producers and serving as a community hub and center of sustainable food choices. They will offer a slide show of the current outreach efforts underway and will offer inspiration and ideas for other food activists to take back to their own communities.

Brendon O'Shea is the Produce Buyer for the Port Townsend Food Co-op and Brwyn Griffin is the Outreach, Education and Marketing Manager of The Food Co-Op. Both are active participants in creating local sustainable food systems in Jefferson County.

■ **Water: Our Shared and Critical Resource** — Linda Smith and Pat Pearson, WSU Jefferson County Extension, [Building 204 DS, Room D14](#)

Confronting the challenges of water issues requires a new level of water wisdom — from individual household users to communities, corporations and government agencies. We all need to become more informed and engaged water citizens so that we can intelligently consider, discuss and work together for the best possible water solutions. The NWEI style *Water Circle Course: Our Watershed* was created to facilitate in the development of informed and engaged water citizens. This workshop has a twofold purpose: 1) Enable participants to offer *Our Watershed* in their community as part of their local water dialogue. We will explore the content and design of the seven-session course. 2) Provide participants with an interactive experience to discover their personal water footprint. We will experience how the choices we make in the foods we eat and the products we purchase impact water use.

Pat Pearson and Linda Smith led a dedicated group of eight volunteers in the creation of the Water Circle Course: Our Watershed. Pat is Washington State University faculty, Jefferson County Extension, for Water Quality and Natural Resources. Linda is a water activist who has been involved with community water issues and education in Sherborn, Massachusetts, and Jefferson County, Washington.

■ **Accelerating Community Capital; Developing a Local Investing Ecosystem** — Michelle Sandoval, Crystie Kisler, Deborah Stinson, Local Investing Opportunities Network and Finnriver Farm and Cidery, [Building 204 DS, Room 204 US](#)

Developing a culture of local investing offers many benefits to a community: more investment dollars circulating locally, greater financial self-sufficiency and stronger community ties. Learn how one community has mobilized investors to think locally and how it can be done in your community. We will present a detailed case study of how the local investment ecosystem works around the small town of Port Townsend, Washington. A local investor and a locally financed business owner will present captivating examples of the creativity that is unleashed when investors are empowered to work directly with the local businesses they invest in.

(continued)

FRIDAY, SEPTEMBER 16 (continued)

Michelle Sandoval is the Mayor of Port Townsend, Washington, and is a small business owner. Having started her first restaurant at 24, she went on to own two highly regarded restaurants and a catering company in southern California with her husband Marty Gay. Having always been aware of the power of the policies in a community, she knew she wanted Port Townsend to remain "one of the last best places" forever, and instead of simply being vocal, she wanted the power of the vote. Michelle co-owns Windermere Real Estate, Port Townsend, since 2005, having been a broker there since 1993. She is in her third term on the Port Townsend city council and in her second term as Mayor.

Crystie Kisler is the owner of Finnriver Farm and Cidery and lives with her husband, two boys and a crew of farmers at Finnriver, a 33 acre organic family farm and artisan Cidery located in the Chimacum Valley on the Olympic Peninsula. The mission of Finnriver is to sustain the farm while helping to connect people to the vitality of good food and the value of good land. Finnriver is 100% financed by local investors and wants their work to enrich the community through the following commitments: practicing sustainable agriculture; harnessing renewable energies; contributing to vibrant local economy; restoring habitat and ecological land stewardship; reviving artisan traditions; promoting ecological and agricultural education; and participating in a vital farm culture.

Deborah Stinson retired to Port Townsend in 2003 and has since enjoyed the opportunity to engage with this community through her work with Local 20/20. It was through this affiliation that she became a founding member of LION, the Local Investing Opportunities Network of East Jefferson County. Her career in information technology spanned more than thirty years in an international setting. The broad systems perspective, interpersonal skills and persistence developed over that career became the basis of her contribution to many local volunteer efforts.

12pm Lunch

2-4pm

■ **Creating Edible Landscapes: A Backyard Primer** —

Alissa Hartman and Dreya Mancini, Seed Garden Designs, [Building 204 DS, Room 204 US](#)

In this introductory session, participants will learn the basic process for creating a residential scale edible landscape design. From basic Permaculture tenets and plant selections to project planning and design concepts such as texture and frequency, this workshop will give people a tangible approach to transforming their own outdoor spaces.

Alissa Hartman, co-owner of Seed Garden Designs in Portland, OR has been in love with plants and fine art throughout her life. Alissa graduated with a bachelors degree in Fine Arts from Bowling Green State University in Ohio, and later received a masters degree in Education from Portland State University. Alissa enjoys combining education theory with gardening, art, edible and NW native landscaping, and empowering individuals to connect with their yards.

Dreya Mancini has a background in Permaculture and Ecopsychology, with a Masters degree in Environmental

Leadership from Naropa University in Colorado. Dreya is a co-owner of Seed Garden Designs, LLC in Portland, Oregon, a licensed landscape construction business that specializes in designing, installing and maintaining sustainable, edible landscapes.

■ **Be the Change: Action Circles and Taking Small Groups to the Next Level** — Maureen Jack-LaCroix, Be the Change Earth Alliance, [Building 204 DS, Room E 15](#)

How do we transform ideas and dialogue filled with good intentions into real lifestyle changing actions? This is the focus for our workshop. The workshop will consist of a presentation, interactive dialogue and incorporate experiential elements of a traditional "Be The Change" circle process. In the presentation, participants will be introduced to the *Be The Change Action Guide* and how it is organized to help people explore their Values and define their Intentions in S.M.A.R.T. Actions (specific, measurable, achievable, relevant, time sensitive). Dialogue will focus on how this tool can be used within NWEI Discussion Groups. We will also introduce the latest "Agent of Change" Facebook Application that makes tracking sustainable actions easy and fun to do on-line

Maureen Jack-LaCroix, MA is the Founding and Executive Director of Be The Change Earth Alliance Society and the Creative Director of Jack of Hearts Productions Inc. Maureen has enjoyed a few careers spanning the past four decades. She was a successful band manager, TV producer, and managed Canada's response to African hunger relief in the '80s: Tears Are Not Enough. She then became known in Vancouver BC as the creator/producer of large, annual, social engagement events such as the Music West conference and festival and Slam City Jam, the North American skateboard championships. Also a student and leader of group process in humanistic, cognitive and transpersonal psychology for 15 years, Maureen enjoys being a group facilitator for businesses, providing leadership training and team building coaching for executives. For the past ten years, Maureen has focused on environmental concerns. After completing a Masters degree in Creation Spirituality and Eco-Psychology through Naropa University, and facilitator training with Joanna Macy and the Pachamama Alliance, Maureen founded the non-profit society Be The Change Earth Alliance. This organization has developed a citizen engagement program and materials that help people make sustainable lifestyle changes. It is applied in communities, in schools and in the work place.

■ **Mentor, Presenter and Outreach Volunteer Training** — Carolyn White and Leta Winston, [Building 204 DS, Room D14](#)

Attend this workshop with NWEI staff and volunteers to learn about giving effective introductory presentations and mentoring others in starting NWEI programs. The workshop will also go over outreach tips and ideas for engaging others in your community in sustainability dialogue and action.

Leta Winston's professional life was at Nike for the last twenty-five years before she retired. Part of her self-written job description as an Environmental Specialist was to enlighten Nike employees as to the impact of their daily decisions at home and at work. She was convinced that the NWEI discussion group concept was a perfect fit for self-discovery and knowledge and became an avid long term

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volunteer and trainer for NWEI.

Carolyn White is the Outreach and Community Engagement Coordinator at the Northwest Earth Institute. She is also a graduate student at Portland State University studying sustainability and is the instructor of an activist focused food systems course at PSU. Carolyn has researched organic and urban agriculture in Italy and Colombia and is passionate about local and global food politics. In her free time she enjoys cooking, hiking, writing, and spending time with her new husband, Paul, and their chirpy cat, Happy.

4:20-5:45pm

■ A special screening of the documentary film *I AM*, Building 204 DS, Room 204 US

I AM is an engaging and entertaining non-fiction film that poses two practical and provocative questions: what's wrong with our world, and what can we do to make it better? Film maker Tom Shadyac interviews leading change agents such as Desmond Tutu, Howard Zinn, David Suzuki, Lynne McTaggart, and Ray Anderson. The result is a fresh, energetic, and life-affirming film that challenges our preconceptions about human behavior while simultaneously celebrating the indomitable human spirit.

■ Becoming a Hyper-Localvore: Lessons from a 10-Mile Diet, Building 204 DS, Room E 15

After 20 years as a spokesperson for financial integrity, Vicki Robin, coauthor of *Your Money or Your Life* and Board Member of Transition US, decided to put her mouth where her mouth is. She decided to eat for a month only what grows within 10 miles of her Whidbey Island home. The experiment challenged her preferences, habits and must-haves. It sent her back to basic skills of cooking and preserving food. Through the diet — and the changes that persist — she came to not just live in a house but live in and from her whole community — farmers, farms, forest, grocers, growers and chefs. She now calls this relational eating, and sees eating as an act of belonging. She will share stories of triumph and desperation, love and loss. She will share recipes using the foods at hand. She'll talk about some barriers to young farmers getting land, education and a leg up — and what needs to change. She'll share her 8 Food Rules for Relational Eating and a bit about *Blessing the Hands that Feed Us* (Viking 2012), the book she's writing about the diet and her current activism to revitalize the food system on Whidbey Island.

Vicki Robin is coauthor of the international bestseller, *Your Money or Your Life*. She is also cofounder of Sustainable Seattle, New Road Map Foundation, Conversation Cafes, Let's Talk America and Transition Whidbey. She currently serves on the Board of Transition US and is a member of Comedy Island, Whidbey's only Improvisational Theater Troupe. She lives on Whidbey among amazing friends and farmers and community and is most of the time disgustingly happy.

6pm Dinner

7pm Friday Keynote Address

■ The Practice of Homecoming: Harnessing the Power of Place To Build More Resilient Lives and Communities — Kurt Hoelting, author of *Circumference of Home*, Building 204 DS, Room 204 US

In an effort to bridge the gap between his convictions about climate change and the size of his own carbon footprint, Kurt Hoelting gave up cars and jet travel in 2008 to spend a year exploring his home terrain in Puget Sound on foot, by bicycle and kayak. He wrote about his adventures in *The Circumference of Home: One Man's Yearlong Quest for a Radically Local Life*. In this talk, Kurt will share stories, images and life-lessons from his adventures, while inviting participants to embark on their own bold voyages of discovery in the places they call home.

Kurt Hoelting is a wilderness guide, writer, environmental activist, Zen practitioner and meditation teacher. He received his M.Div from Harvard Divinity School, and has worked in Alaska as a wilderness guide and commercial fisherman for several decades. Kurt's "year in circumference" in 2008 turned into an odyssey of the spirit that changed his life. He chronicles the story of his adventures in his book *The Circumference of Home*. He is the father of two grown children, and lives with his wife Sally on Whidbey Island in Puget Sound.

9pm TED Talks on Leadership and Food — compiled by Peter Bates, Room C13

An hour film compilation on how to start a movement (with Derek Sivers), the moral roots of liberals and conservatives (Jonathan Haidt), Mark Bittman on what's wrong with what we eat, and Jamie Oliver on teaching every child about food.

SATURDAY, SEPTEMBER 17

7am Yoga (all levels welcome) — Terry Wagner, Building 204 DS, Room B12

Fort Worden Historical and Sustainable Practices Walk — Brian Goldstein, meet in front of the Visitor Center

Fort Worden has an interesting modern history, and has served as a military base spanning both world wars, a juvenile treatment center, and the present day use as a State Park. With such a rich history spanning over a century, Fort Worden was awarded National Historic Landmark status. This presents a challenge in upgrading the buildings to be more energy and resource efficient, while maintaining the historical look and feel. This tour will visit four buildings and point out ways Fort Worden is deploying sustainable practices.

Brian Goldstein is employed as the Jefferson County Resource Conservation Manager, aiding five local agencies (including Fort Worden) in conserving energy and water, while reducing solid waste.

8am Breakfast

9-10:10am

■ Crossing the Chasm — Reaching Those Beyond the Choir — Mike Mercer, NWEI Executive Director, Room 204 US

To achieve the vision for a sustainable future, NWEI and other NGO's need to effectively reach into the mainstream, while keeping the "choir" strong. Come engage with NWEI Executive Director Mike Mercer for an overview of NWEI's new

strategic direction.

Mike Mercer serves as the Executive Director of the Northwest Earth Institute (NWEI). NWEI supports individuals in taking responsibility for Earth through small group self-facilitated discussion and action. More than 130,000 participants have utilized NWEI discussion guides covering seven topics addressing the human relationship with the planet. NWEI has an active presence in a variety of settings: higher education, business, centers of faith, neighborhoods and where ever people naturally gather. Prior to joining NWEI he spent 15 years with the YMCA, most recently as the Vice President for Financial Development and Communications. During his tenure, he worked with the Rotary Club of Portland to build the first LEED platinum camping village in North America. Mike and his family live in Portland, where he enjoys kayaking, cycling, backpacking and hanging out with his neighbors on the front porch.

■ **Creating a Healthy, Wealthy, and Wise Community through Walkability** — Scott Walker, [Room D14](#)

An exploration of how creating walkability is a silver buckshot for meeting the goals of personal and planetary health; personal and public wealth; personal satisfaction and a more connected community. The problems of habitat loss, air and water pollution, sprawl, road kill, climate chaos, wars for oil, sedentary lifestyles leading to poor health, overburdened budgets, personal stress, and disconnect from community all share a common foundation from our love affair with the car. Creating walkability offers both a significant cure and joyous answer to the pervasive gloom of environmental predictions.

Scott Walker came to be an advocate for walking, biking and mass transit through a realization that many of our culture's seemingly intractable problems were the unwanted passengers to a car-oriented culture. Over the last 20 years Scott has been very active in helping make Port Townsend a walkable community with its extensive and well-loved network of trails, sidewalks, and bike lanes. He has served on City Council and is once again chairman of the Non-Motorized Transportation Advisory Board. He also serves on the Jefferson Transit Citizens Advisory Committee, the joint city/county Climate Action Committee, and the non-governmental advocacy group called the Transportation Lab.

■ **Reduce Your Waste, Reduce Your Impact** — Betty Shelley, Recycling Information Specialist, Metro Regional Government, Portland, Oregon, [Room E15](#)

By putting into practice the concepts learned from the NWEI courses, Betty Shelley and her husband, Jon, have produced just one can of garbage per year since 2006. In this session, we'll consider waste—solid and otherwise—both upstream and downstream. Explore your own actions and behaviors, and examine ways to make changes and reduce your impact.

Betty Shelley took her first Northwest Earth Institute course, **Deep Ecology**, in February, 1994. The impact of the courses and the NWEI community has been life-changing—NWEI is in her will. Betty is a Recycling Information Specialist at Metro Regional Government in Portland, Oregon. She helped found Hillsdale Farmers Market and is on the board of Oregon Sustainable Agriculture Land Trust. She offers

a three-session course on waste reduction and has been interviewed on local TV and radio.

10:30am

Depart for Port Townsend Farmers Market Tour Lunch at Farmers Market
Meet in front of Visitor Center for group walk, bike ride, rides to the Farmers Market or take the #2 Mountain View Connector bus (information at registration table)

2-3:40pm

■ **Getting to Yes! How to Introduce NWEI Courses and Lead Closing Celebrations that Generate More Participants** — Leanna Murphy Dono, South Durham Green Neighbors, [Building 204 DS, Room D14](#)

Join South Durham Green Neighbors representatives for this hands-on workshop to learn about NWEI discussion course Introduction poster-talks, which are successfully used to help form groups and launch a discussion course. This approach has been used with very positive results in the Cincinnati Earth Institute for nearly 10 years and now within South Durham Green Neighbors. SDGN poster examples will be shared — and all workshop participants will get to make their own set to take home and try out at future course introductions. We'll also go over a simple agenda to guide the Closing Celebration for courses in order to generate future course enrollment. Leanna will share the simple two-page SDGN closing handouts and all participants will go home with a template they can customize for their own closings.

Leanna Murphy Dono is the co-chair of South Durham Green Neighbors in Durham, North Carolina, and has been working as a volunteer mentor for NWEI discussion course groups in Cincinnati, Ohio, and Durham, North Carolina, since 1996. An active volunteer with the Cincinnati Earth Institute until 2006 when she moved to Durham, Leanna has formed and mentored more than 50 discussion groups. In 2010, Leanna co-founded South Durham Green Neighbors with Ann Deupree; as one of NWEI's newest partners, SDGN has offered 10 courses in just nine months with more than 40 individual participants. Leanna hails from West Virginia, lived in Ohio for nearly 20 years and is currently discovering her place in the Piedmont region of North Carolina with her husband, Frank and cat, Josie Lynn. Professionally, Leanna works as an innovation facilitator, corporate trainer and professional organizer with her own practice, Organized For Discovery, LLC.

■ **Widening Our Circle of Understanding** — Gretchen Sleicher, [Building 204 DS, Room E15](#)

Our survival as a species depends on expanding our sense of "self"-interest, widening our understanding of who we are, and cultivating an ecological self. In this experiential workshop based on the work of Joanna Macy, we will explore our deepest responses to being alive at this planet time, stretch our imagination and examine issues dear to us from others' perspectives to cultivate compassion and see with new eyes. We'll open and close with a songs to guide and enliven us on our way.

Gretchen Sleicher is a singer, songleader, workshop facilitator and professional translator who lives in Port Townsend, where she co-directs PT Songlines community

choir and is a member of the Port Townsend EcoVillage. She has studied extensively with Joanna Macy and is a facilitator of the interactive group processes developed by Joanna and colleagues known as *The Work That Reconnects*. She delights in weaving group singing and harmony-making into her workshop facilitation, to enhance the meaning and message with the joy of collective song.

- **The KAWAMOTOS of Lake Leland** — Pamela Roberts, WSU Jefferson County Extension, and **FRESH The Movie** — a film by Sophia Joanes, [Room 204 US](#)

The Katamotos of Lake Leland is a 30-minute film about the multi-generational bond of a Japanese-American pioneer family to their land and to their farming. The film also explores the negative impact of racism in America and the Japanese internment camps of WWII. Featuring Ray Kawamoto and the Kawamoto farm, along with historical photos from the Kawamoto family, the archives of the Quilcene School District, and the Library of Congress. This local documentary was filmed, edited and produced by **Pamela Roberts**, former principal, WSU 4-H faculty member, and now Interim Director of WSU Jefferson County Extension.

FRESH The Movie celebrates the farmers, thinkers and business people across America who are re-inventing our food system. Each has witnessed the rapid transformation of our agriculture into an industrial model, and confronted the consequences: food contamination, environmental pollution, depletion of natural resources, and morbid obesity. Forging healthier, sustainable alternatives, they offer a practical vision for a future of our food and our planet.

Among several main characters, *FRESH* features urban farmer and activist, Will Allen, the recipient of MacArthur's 2008 Genius Award; sustainable farmer and entrepreneur, Joel Salatin, made famous by Michael Pollan's book, *The Omnivore's Dilemma*; and supermarket owner, David Ball, challenging our Wal-Mart dominated economy.

4-5:30pm

- **The Forest Economy and the Triple Bottom Line** — Kim Smith, Portland Community College, [Room E 15](#)

Journey through the forest to discover how nature can teach us sustainable ways to create healthy and productive structural, cultural, and infrastructural changes in our economies, environment, and communities.

Kim Smith is a Sociology Instructor at Portland Community College and received her BA in Sociology from Whitman College and her MA and Ph.D. in Sociology from Indiana University. She has taught sociology at Portland Community College for 15 years and specializes in environmental sociology and social movements. Kim also has served as PCC's Service-Learning Coordinator and Teaching Learning Center Co-Director and currently is the Training Coordinator for PCC's Sustainability Training for Technical Educators NSF grant. She is committed to promoting sustainability within the community and has worked closely with many non-profits, including the Northwest Earth Institute, Community Energy Project, City Repair, and Hands on Greater Portland, where she served as a board member for six years.

- **Faith Communities and Sustainability Outreach** — Rob Nathan and Lacy Cagle, NWEI, [Room D 14](#)

Learn more about NWEI's long-term ongoing work with faith communities and how to work with communities of faith in your region. You'll take away a broad vision of current faith and environment initiatives and how NWEI courses can fit in.

Lacy Cagle is the Director of Curriculum and Community Engagement at NWEI and is committed to facilitating citizen engagement and empowerment toward creating a more resilient and equitable world. Lacy has worked in sustainability education and leadership for the past seven years — at NWEI, at Greenville College in Illinois and Portland State University in Oregon, and with various faith communities in Illinois and Oregon. She has an M.S. in Educational Leadership and Policy: Leadership for Sustainability Education from Portland State University. Lacy's current projects include a focus on sustainability outreach to Christian colleges and universities, and communicating NWEI's unique pedagogy to those in the higher education arena. Lacy also currently serves as Executive Director of the Zahniser Institute for Environmental Studies in a voluntary capacity.

Rob Nathan is the Outreach and Technology Director at NWEI and is working to expand the mission of NWEI to multiple sectors of the community by assisting individuals and organizations in utilizing NWEI discussion guides and taking sustainable action in their communities. Rob also assists NWEI in the sustainable use and advancement of technology. He received a Masters in Sustainability Education from Portland State University and also holds a graduate certificate in Sustainability. Prior to NWEI, Rob developed waste minimization programs at schools, faith organizations, and businesses throughout the Portland Metro area.

4:30-5:30pm

- **Engaging Teens in the Sustainable Food Movement: BrainStorm for Education** — Jonathan Safir and teen representatives, BrainStorm for Education, [Room 204 US](#)

How do we get teenagers to be involved in our communities? We let them. But more than that, we work with them. To make the learning experience valuable not only to the students but to the town itself, we bring in creative professionals, environmental leaders, food activists, economic development councils, and local business owners. We create funding structures that leverage our most valuable asset: our desire to work together. Jonathan Safir will discuss a new project that he has co-created with a talented group of high school students: BrainStorm for Education. They will share their stories and help us brainstorm ways to start similar programs in our own towns.

Twelve students from Jefferson County's three local high schools have been working with **Jonathan Safir** to co-create an experiential learning program called **BrainStorm for Education**. Their newest project is called "The Systems that Feed Us" and will be studying food from four distinct angles: environmental, nutritional, economic, and creative. More information about the program and its participants can be found on their website: <http://www.brainstormforeducation.com/>. Jonathan's formal training includes Pure Math at

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UC Berkeley, Fine Art and Documentary Photography at Parsons School of Design in NY, and teacher-training in Taoist Martial and Healing Arts. As an eleven-year resident of Port Townsend, he has divided his time between restaurant management, teaching math, and producing and directing a documentary film in Oaxaca Mexico about the Day of the Dead's role for the modern economy.

■ TED Talks on Leadership and Food — compiled by Peter Bates, [Room C13](#)

An hour film compilation on how to start a movement (with Derek Sivers), the moral roots of liberals and conservatives (Jonathan Haidt), Mark Bittman on what's wrong with what we eat, and Jamie Oliver on teaching every child about food.

5:30-6pm

■ Jefferson County Food Activism Planning Session, Judy Alexander Building, [204 DS, Room C13](#)

■ NWEI Partner Organization Meet and Greet, [Room B12](#)

6pm Dinner

7pm Keynote Address:

■ Good Food Revolution: The Power of Community Agriculture — Will Allen, Growing Power, [Community Event at McCurdy Pavilion](#)

Join us to learn more about inspiring a good food revolution, where everyone has access to healthy and sustainably grown foods. In this keynote address Will Allen will share stories and insights from his work with Growing Power, Inc. (a farm and community food center in Milwaukee, Wisconsin) and in community food projects around the world, where Allen promotes the belief that all people, regardless of their economic circumstances, should have access to fresh, safe, affordable and nutritious foods at all times. Using methods he has developed over a lifetime, Allen trains community members to become community farmers, assuring them a secure source of good food without regard to political or economic forces.

Will Allen, son of a sharecropper, former professional basketball player, ex-corporate sales leader and now farmer, has become recognized as among the preeminent thinkers of our time on agriculture and food policy. The founder and CEO of Growing Power Inc., a farm and community food center in Milwaukee, Wisconsin, Will is widely considered the leading authority in the expanding field of urban agriculture. At Growing Power and in community food projects across the nation and around the world, Will promotes the belief that all people, regardless of their economic circumstances, should have access to fresh, safe, affordable and nutritious foods at all times. Using methods he has developed over a lifetime, Will trains community members to become community farmers, assuring them a secure source of good food without regard to political or economic forces. In 2008, Will was named a John D. and Katherine T. McArthur Foundation

Fellow and was awarded a prestigious foundation "genius grant" for his work — only the second farmer ever to be so honored. He is also a member of the Clinton Global Initiative, and in February 2010, he was invited to the White House to join First Lady Michelle Obama in launching "Let's Move!" — her signature leadership program to reverse the epidemic of childhood obesity in America. In May 2010, Time magazine named Will to the "Time 100 World's Most Influential People."

SUNDAY, SEPTEMBER 18

7am Yoga (all levels welcome) — Terry Wagner, [Building 204 DS, Room B12](#)

Nature Walk — Ken Wilson, [meet in front of the Visitor Center](#)

Enjoy an informative, sensory-rich walk to explore this morning's natural happenings — perhaps river otters on the dock; sampling edible berries; or learning bird calls. And you might perhaps gain insights into animal behavior, ecosystem ecology, and (importantly) being more present in nature.

Ken Wilson is an acclaimed local naturalist. His highly engaging style fosters your own curiosity, observations, and laughter. Ken's academic and professional background is in ecology, water resources, and education.

8am Breakfast

9-10:30am

■ Sustainable Food, Dialogue and Action — Deb McNamara, Northwest Earth Institute, [Building 204 DS, Room 204 US](#)

This session will explore several key issues in the sustainable food movement, drawing upon texts and discussion questions from NWEI's newest discussion guide on sustainable food systems. Dialogue in small groups will focus on solutions to the complex issues we've faced throughout the weekend. Personal action steps will be considered, as well as take-aways from the weekend.

Deb McNamara is the Director of Organizational Partnerships for the Northwest Earth Institute, where she has worked for over five years. She is a life-long environmental advocate, having studied Environmental Policy at Boston University and received her Masters Degree in Environmental Leadership and Ecopsychology from Naropa University. She facilitates workshops on sustainability, leadership, ecopsychology and grassroots citizen activism and is also a yoga teacher. She lives and works in Boulder, Colorado with her husband and two-year-old son.

11am Check out

11:30am

Lunch in Town for those able to stay

12:30pm

Depart for WSU Farm Tour: Featuring Jefferson County — [Meet in front of Visitor Center for carpooling](#)
www.wsufarmtour.com

Throughout most of the conference, [Room C13](#) is reserved for small group breakouts and networking sessions when needed. When workshops are not being conducted, [Room B12](#) is reserved for quiet study and reflection. Please also follow our guest conference blogger Shelly Randall, a local Port Townsend writer, at www.sustainabletogether.com.