

CENTER FOR SUSTAINABLE LIVING

SEPTEMBER UPDATE

This is our first official monthly newspiece sent out by our webmaster, Nila Repard, who now has taken over not only sending this monthly, but keeping the data base!! We are gradually working with Nila to add to our website, www.living-sustainably.org, and not only send events but feedback from participants, resources and information of our partner organizations working to achieve similar goals.

Nila shares or concerns for building sustainable communities and has worked in many departments of the town of Canandaigua, so knows the places decisions are made.

FALL EVENTS:

Sept. 15-16, 1 PM to 5 PM ROCHESTER FOLK ART GUILD OPEN HOUSE, East Hill Farm, 1445 Upper Hill Rd. - Celebrate the 40th year of living in community in Middlesex offering internship and apprenticeship opportunities in pottery, woodwork, organic farming, community living and more. See all these crafts being made. There will be wonderful food for sale too. CSL will have a booth and encourage you to see the wonderful year-round greenhouses featured in the July 24 D & C. article.

Sept. 19, Wednesday 7 to 9 PM, LEVERAGING TECHNOLOGY TO FOSTER SUSTAINABILITY,

Victor Free Library, 14 W. main St., Victor. Ben Munson, Business Intelligence Consultant dedicated to making his South Wedge community in Rochester a "sustainable, walking community", will blend his passion for technology and the environment with sustainable building design through technology. Suggested donation \$10. For more information: Alison Clarke, accompost@gmail.com or 585-394-0864.

Oct. 2, Tuesday from 9:30 to noon , NEW YORK HARVEST FOR NEW YORK KIDS in the parking lot of the Canandaigua Elementary and Primary Schools, 90-96 W. Gibson St., Canandaigua. A Farmer's Market will be set up outside the schools for students and families to buy local produce and make dishes. Chefs will prepare foods to taste, there will be farm equipment and animals, and wonderful folk music to accompany the event.

Oct. 14, Sunday from 1 to 4 PM, ANNUAL GATHERING OF THE CENTER FOR SUSTAINABLE LIVING, Along with the election of new CSL leadership and collection of ideas for 2008 workshops, we'll make and bake pizza to cook in the beehive stone oven at the Rochester Folk Art Guild, 1445 Upper Hill Rd., Middlesex. Bring snacks to go with pizza, musical instruments and dancing feet!

EVENTS OF PARTNERS

(NOTE: The RFAG Open House could be here, though it is where our Ag. program takes place, and we'll have a booth, so I guess either is ok.)

October 5, Seeking Common Ground will sponsor a NY HARVEST FOR NY KIDS at the Naples Elementary School.

October 13, 5 to 11 PM at 6141 Hicks Rd., off Rte 21 halfway between Canandaigua and Naples, DECADE CELEBRATION OF SEEKING COMMON GROUND. Local wine and brew tasting, "Locavor Culinary Challenge Potluck", Silent Auction, Cajun and Zydeco music for dancing. \$10 for adults, children.

October 20-21, "A FAMILY WILDERNESS WEEKEND" at the Sanctuary at Crowfield Farm in Newark. Camp on the land and learn skills like:

- * making cordage from available plants
- * making a fire with a bow drill
- * building a survival shelter
- * coal burning bowls and spoons
- * basket making
- * flint knapping
- * how to be comfortable in the wilderness. Registration deadline, Oct. 6 (Discount if received by Sept. 29. Contact steve@mlbobcat@msn.com or 315-331-8128. Website" www.crowfieldsanctuary.org

WORKSHOP COMMENTS FROM PARTICIPANTS

"Nature Writing" Workshop at Barb MacCameron's:

A perfect weather day with puffy clouds and blue sky, layered green hillsides, diversity of flowers... We reflected on our connection with nature "out there" vs. writing about the diversity of trees and critters. We took walks and wrote about the sounds, and smells of our surroundings. What a day! Alison Clarke

"Sustainable Forestry" Workshop with Marty Dodge:

Anyone who likes hiking would like this workshop. Marty Dodge has an amazing knowledge of woodlands and how they can best be preserved and enjoyed. I experienced forests untouched for hundreds of years. It rejuvenated my interest and need to preserve and respect our woods large and small.... Bill Bross

"Fossil Hunt" at Onanda with Kim Babcock

The fossil hunt at Onanda was awesome! My daughter and I thoroughly enjoyed searching the rocks in the creekbed hoping to find fossils. We got to look at cool fossils everybody else found. Kim was very helpful with information and identification.... Roxanne Swift

"Human Powered Tools" Workshop with Marty Dodge

My children and I enjoyed using the tools though we were anxious to get to the "hands-on" following the longer presentation. Kids enjoyed chopping a log to bits, and sawing

"cookies" off a bigger log with a 2-man(kid) saw. Dave Palmer brought a truck load of wooden tools he shared with us. Molly was really impressed when Marty told us that competition loggers saw through a big log in 3 seconds! Melissa Carlson and children.

(Another woman emailed that her son's college direction was changed after this amazing workshop. Unfortunately that email was lost.)

"Movement and Dance" with Judi Hook

Judith's lecture with experiential lab invited participants to contemplate, explore and connect with the organic language of one's body.... Susan Dobroski

"Where Healthy Food Begins", John and Diane Bermon, Aberdeen Farm

On a sunny Sunday in July, a CSL tour of Aberdeen Hill Farm revealed the reason for "hill" in the farm's name. My favorite part of the tour was the stroll to the top of this summit. The scenery was so beautiful that I half expected farmer Diane Bermon, in her long summer dress, to twirl and sing a few lines from the Sound of Music! My children were more interested in the cows that followed us up the hill, looking for a pet or a few handouts. We also enjoyed delicious farm-raised bacon, hot dogs, and steak, served by farmer Jon Bermon. I enjoyed hearing the details of the Bermon's pasture-based operation, while the sheer size of the pregnant sows in the farm kept my children entertained. The children also enjoyed the opportunity to feed bottles to young lambs.... Elizabeth McInerney

RESOURCES

The following are titles of articles shared at the Movement and Dance workshop. If anyone would like copies, contact Alison at accompost@gmail.com.

"Small Wonder" by Barbara Kingsolver

"The Learning Curve" by David Orr, "All education is environmental education"

"Path to a Sustainable World" by Christopher Uhl. "Earth our Home"

BRING YOUR IDEAS, APPETITE AND MUSIC TO OUR ANNUAL GATHERING. Outgoing Chair, Kim Babcock will preside and handover the reigns to Chair Elect, Bill Bross for 2008. Our thanks to Kim for all the energy and ideas she brought to make our CSL stronger.