



GREEN REVOLUTION

A School of Living Publication

215 Julian Woods Lane, Julian, Pennsylvania 16844

Vol. 60/No. 3 & 4 2003

The International Democratic Education Conference 2003

Christopher Balme

Dana Bennis

A speaker on stage holds forth over an audience below. The message is unmistakable: knowledge in the speaker, ignorance in the audience. Empty vessels wait to be filled with information. On the first night of the International Democratic Education Conference (IDEC), author and activist Bill Ayers began his speech with a critique of this view. How can such an unbalanced relationship form a basis for mutual respect? How does that approach honor the experience and knowledge of those in the audience?

As the gathering unfolded over the coming days, it became clear that its spirit was carried in Ayers' critique: the IDEC was not your standard conference. IDEC 2003 gathered over 500 educators from 25 countries and 90 schools to discuss the notion of democratic education: a vision of schools where students have a real voice in the decision-making process. In this view, students are far from empty vessels – they carry the responsibility and enjoy the freedom of being equal community members, with equal votes in the running of the school.

The conference, taking place from July 16-24, aimed to embody this principle of self-government. Each day, an open schedule quickly filled with workshop postings from the attendees, leaving everyone with several options for each block of their time. At any given moment, discussions were running on topics ranging from abstract pedagogy to the details of running a democratic school. The schedule was further filled with games, music, dancing, and slide shows.

With its structure continually in creation, the conference reached a level of intensity that few could have predicted. Spread across the beautiful campus of Russell Sage College

in Troy, New York, the attendees lived, ate, and discussed in close proximity. On any given day the campus' central courtyard would be filled with pockets of discussion, whether workshops or informal conversations, while children ran about and amateur musicians took advantage of instruments left at strategic locations. The excitement was tangible: educators and students accustomed to battling over their basic beliefs enjoyed the reinforcement of discussing finer points and personal motivations with hundreds of peers from around the world.



IDEC began in Israel in 1993. Teachers and students from democratic schools, frustrated over their inability to talk and contribute during an international conference on multicultural education, were invited afterwards to the Democratic School of Hadera. The teachers and students from the various democratic schools met for two days and gained so much that an annual meeting was established. IDEC was born, and over the years the conference was hosted by schools in Austria, Japan, Ukraine, New Zealand, Israel, and England. IDEC 2003 was the first IDEC in the United States, and late next year the conference will move on to India.

*** **

There are no official criteria for democratic schools, yet it is apparent that the United States has a relatively large number of schools with democratic practices. One such school was the host for the conference, The Free School of Albany, New York. Located in a downtown section of the New York capitol, The Free School enrolls between 50-60 students from Kindergarten through eighth grade, including a day care section for two through four year olds. The school

(Continued on page 3)

What's Inside?

| | |
|---|---------|
| From the Editors | Page 2 |
| IDEC Conference continues | Page 3 |
| AERO Meets \$7,000 match | Page 4 |
| Community Notes | Page 5 |
| Keeping You At Your Best | Page 6 |
| Foraging in the Wild by Stephan Hoog..... | Page 7 |
| Safe and Green | Page 8 |
| Heating with Wood by John Shining Bear..... | Page 9 |
| School of Living, President Report | Page 10 |
| School of Living, Community Reports | Page 11 |
| Reflections: Men's Circle by Sonny Rohler | Page 12 |
| Lehigh Sustainable Communities | Page 13 |
| Family and Kids Corner | Page 14 |
| Schedule of Events | Page 15 |

From the Editors

Welcome from the editorial staff. We are very excited about assuming the editorship of the Green Revolution (GR). Our goal is to bring current information, resources and material that will be of interest, educational and worthy of our readers.

Articles, prose, photography, art work, and ideas for future publications are always welcome. You do not need to be an accomplished writer to submit your works. Editorial resources, as requested, are available to assure that your work maintains your original thoughts and ideas.

As we were readying this issue for the printer we were informed that the previous issue (#3) had an abrupt death, when the preceding editor's computer crashed. This has put us in a situation to make this a double issue to assure that this issue of the GR is to the printer and delivered in a timely fashion.

We ask you for your comments, suggestions, and submissions

Sheila, Kelly and Shannon

Who can submit articles, prose, art work, etc. to be published in the GR?

- All are welcome to submit their work for publication. It must be your own work with full right to be published.
- You can submit by mail or by email.
- If sending by mail please submit both a printed copy and in electronic format on a floppy disk or CD.
Mail to: Sheila Skidmore
Green Revolution
309 Highfalcon Road
Reisterstown, MD 21136
- E-mail submissions can be an attachment (no larger than 2 MB – please) or email text. You will receive a confirmation that your work has been received and opened (with a thank you of course).
Send to Sheila@S-O-L.org
- Acceptable formats for prose are Microsoft word, rich text, or within email composer. Microsoft word is preferred. Other processors can be used, but please save as a Word doc when possible.
- Images can either be gif, jpeg or tiff format.
- Intentional communities that would like to have events listed or would like to be included in our Community Notes page need only hold a current subscription to the Green Revolution.
- Submissions for the next issue must be received by February 28, 2004

GREEN REVOLUTION

Published Quarterly by the
School of Living

Editor: Sheila Skidmore
Assistant Editors: Kelly Skidmore & Shannon Bonafede
SOL Office Manager: Ann Wilken

The School of Living, founded in 1934 by Ralph Borsodi, is dedicated to the learning and teaching of personal responsibility and right living. It aims to foster self governing communities, which are democratic, humane, globally conscious and ecologically sound. All of its resources, especially the land it holds in trust, are held in responsible stewardship for all living creatures.

We welcome your comments and suggestions. Articles for publication are greatly appreciated.

Comments can be sent to GreenRev@s-o-l.org or the below address.

School of Living membership is \$20 annually and includes a subscription to *Green Revolution*.

Visit the SOL website at www.s-o-l.org

SCHOOL OF LIVING
215 Julian Woods Lane
Julian, PA 16844
(814) 355-8026

IDEC Conference *(Continued from page 1)*

has been in existence since 1969, and though independent from the public system, it has a sliding-scale tuition that provides all families with the ability to enroll their children. School conflicts and issues are decided through Council Meetings that gather together all students age six and above and their teachers. At these meetings, a student is always chairperson and each student and teacher has one vote. Additionally, each morning begins with an Activities Meeting in which students and teachers can suggest and offer classes, which are all non-compulsory.

Variations on these themes can be seen in democratic schools throughout the world. One list of these schools can be found on the website for the associate host of the conference, the Alternative Education Resource Organization (AERO): www.EducationRevolution.org. The option for "Democratic Education" will bring you to a page from which you can view the list of 160 schools.

*** **

The conference had two central goals. The first was to create a truly global gathering of democratic educators for discussion and sharing of ideas. The second was to challenge the newest fad in education: high-stakes testing. Speakers spoke out against the injustice and failure of these tests, including New York State Assemblyman Ruben Diaz, Jr. (D, Bronx), Fairport, NY school district superintendent Bill Cala, and Susan Ohanian, author of *One Size Fits Few*. Steve Orel of the World of Opportunity gave a moving account of his organization, which is located in Birmingham, Alabama to assist students "pushed out" of the public schools. School districts around the country are using this "pushing out" practice to raise district test scores, which have become critical due to their ties to school funding and job security.

In particular, the conference provided an opportunity for activists to discuss their concerns and plans regarding the New York Regents tests. These high-stakes exams have recently become mandatory for high school graduation, threatening the creative practices of innovative schools in the state which employ more experience-based forms of assessment. The leading Regents' opponents in the state had the chance at IDEC to meet and discuss their strategies for changing the policy. Soon after the conference, legislators in New York State announced public hearings that will be held in October to address the value of the Regents tests.

*** **

Although the nine days of IDEC 2003 were filled with hundreds of unscheduled activities and conversations, the organizers made sure to program a few key events and speakers. Attendees were treated to the premier of a documentary about The Free School created by two of the school's teachers, a new film on Summerhill School (a progenitor of many democratic schools, has been in operation for over 80 years in England), and a portion of the upcoming documentary "The Fourth Purpose," by Roland Legiardi-Laura, which is based

on John Taylor Gatto's book *The Underground History of American Education*. Visits were made to the nearby Free School and the Peace Pagoda, a beautiful structure for peace located on land owned by The Free School in the foothills of the Berkshires. The "Innovative College and School Fair," held on July 19 and 20, allowed the 90 schools in attendance the chance to showcase their unique characteristics.

Each evening was anchored by speeches and workshops from accomplished educators. John Taylor Gatto, one of the leading proponents of alternative education, spoke on the history of public schooling and the potential for reform. Zoe Readhead, daughter of A.S. Neill and principal of the Summerhill School, spoke on the traditions and ongoing work of Summerhill. Yaacov Hecht of the Israeli-based Institute for Democratic Education gave several workshops and talks, detailing the exciting work being done by his organization. The Institute now works with 25 democratic schools and 250 public schools in Israel, as well as projects to create regional learning communities.



The Snitzer's with Zoe Readhead and son Henry. Zoe Readhead, daughter of A.S. Neill and principal of the Summerhill School, spoke on the traditions and ongoing work of Summerhill.

For many attendees, one discussion in particular conveyed the promise of the conference. On Sunday, July 20, attendees heard a discussion led by Michael and Susan Klonsky of the Chicago-based Small Schools Workshop, which is dedicated to the creation of small, innovative schools throughout the Chicago public school system and around the country. Michael mentioned his praise for the many schools present at the conference that were independent from the public system and carving out their own niche. He reminded them, however, that the vast majority of students are still sitting in the failing public schools.

Chris Mercogliano, co-director of The Free School and author of *Making It Up As We Go Along*, introduced the Klonskys and directed the questions and answers session afterwards. Chris spoke briefly on his thirty-year attempt to justify his work at the independent Free School. He described

(Continued on page 4)

IDEC Conference 2003



(Continued from page 3)

his realization that, while the “terrible” Albany public schools enroll far more students than the Free School, the movement for reform must pursue projects both within and outside the public system. Upon hearing this, Michael walked over to Chris, and they embraced each other warmly. It was clear they had struck a chord among the conference attendees.

The effects of the conference have already begun to ripple out, in projects, friendships, and personal growth. Many of those in the IDEC online community have announced travel plans to visit the people and schools they encountered at the conference. One attendee from India has decided to start a democratic school in his country. Another attendee from China made the decision to do her doctorate thesis on democratic education. An attendee from New York quit his previous job to establish a home school resource center in his area.

Additionally, the two authors of this article have decided to travel to Israel in 2004, as members of a team of five young educators researching the Tel Aviv-based Institute for Democratic Education. The research trip will study the various approaches used by Israeli democratic schools, and their

success in fostering a movement of systemic reform. If suc

cessful the trip will be the pilot year of a permanent program to bring international educators to Israel.

Hundreds of attendees from IDEC 2003 are intent in plans to travel to India in 2004 to further the connections and friendships they have made. They want more music, more dancing, more conversations, more debates, more workshops, and more time with each other. Their enjoyment both during and after the conference provides added weight to Bill Ayers’ critique: conference attendees, like school students, enjoy being active participants instead of empty vessels, and can gain a great deal through that process. In that spirit, we invite all readers to contact us with your questions and comments, or if you would like more information about IDEC or any of the schools and ideas mentioned in this article.

Contact the authors at cbalme@alumni.upenn.edu or dbennis12@yahoo.com. Christopher Balme, a recent graduate of the University of Pennsylvania, has taught in traditional settings and is working to link the alternative education movement with the public system. Dana Bennis, who earned a music degree and teaching license from the University of Michigan, has taught in traditional and alternative settings, and is determined to provide an empowering, democratic atmos-

AERO MEETS \$7000 MATCHING FUND!

The success of the IDEC 2003 conference was a drain on all of the Alternative Education Resource Organization’s (AERO) resources.

We are happy to announce that the challenge grant from the Foundation for Educational Renewal has been met! We are extremely grateful that AERO has received 81 donations totaling \$8,584.50! A special thank you is extended to the *School of Living* for their contribution of \$3,500.00 toward this match.

These funds will enable AERO to continue to operate through the next few months and cover the expenses of the next edition of the *Education Revolution Magazine* (featuring the IDEC 2003 report). During this period of time we will be researching and writing grants as well as pursuing other funding.

With the increase interest in alternative education, through out the world, funding has become a continuous issue. If you are interested in becoming a contributor, subscribing to the *Education Revolution Magazine*, or finding out more about AERO you can do so by accessing the website: www.educationrevolution.org, calling: 516/621-2195 or by writing to: AERO, 417 Roslyn Road, Roslyn Heights, NY 11577.

Community Notes

Community Notes are for additional information from the School of Living Land Trust Communities, and other communities and projects that share the same goals and ideals as the School of Living. The "Community Reports" of land trust holdings, compiled by Rita Jane Leasure, appear on page 11.

*Submissions for the next **Green Revolution** must be received by February 28, 2004.*

AERO an International Community

IDEC (International Democratic Education Conference) 2003; the eleventh annual gathering of democratic students, educators, and interested people in a student led form of education from around the world; was the first to take place in the United States. Many of the democratic schools represented at the conference are structured similarly to intentional communities, as well as democratic schools. Each school brought their ideas, values, standards and community spirit with them to form one world-wide community united to liberate education.

Throughout the conference, a democratic foundation of consensus, which is the very center of most intentional communities, was always present. Throughout the two weeks together; these individuals, from the very young to the very elderly, joined together to become a world-wide community of a common interest and friendship. Just like many of our intentional communities, the educational community shared the same values and goals—freedom in education and choice of a different way of living.

As part of the School of Living, AERO represents probably the largest community of people worldwide with the highest standards of education. It is our aim to see that the AERO community continues to grow, become sustainable, and remain a dependable resource to support alternative education.

Birthright Center

Birthright Center, situated in Cochranville, Pennsylvania, has been a successful homestead, School of Living (SOL) office, demonstration/education site and at various times in its history a successful un-intentional community.

The center is seeking a community of people interested in becoming residents, nurturers of the land, and continuing as an educational entity of the School of Living. Some advantages of this place for a community are the

land is already in the School of Living Land Trust, the buildings have been maintained, the gardens are organic, and there is potential for growth.

The next SOL meeting will be held at Birthright the weekend of January 23-25, 2004. If you are interested in attending for the weekend, or just for the Ralph Borsodi presentation Saturday evening, this is a great opportunity to visit the center and the School of Living. Contact information is on the back cover with the announcement of the Quarterly meeting.

Marriage Announcement

We are also pleased to announce that Artie and June have cleared all obstacles and were join together as husband and with on December 13. Best of Wishes to the both of them.

Heathcote Community

October 25, 2003 Heathcote Community celebrated the 3rd Annual Anacker Day. Community members, friends and visitors enjoyed a vegetarian pot luck dinner, tour of the community, and a concert with Mimi Baczewska. The concert was part of Heathcote Community House Concert Series.

The next concert is Angie Miller on January 10, 2004. Information on this concert and other performances are listed in the *Schedule of Events* on page 15 or visit the communities website <http://www.heathcote.org>.

Wygelia Community

Wygelia Community would like to thank the School of Living for the opportunity of hosting the October Quarterly Meeting. As a small community it was truly a wonderful experience to invite so many wonderful old and new friends into our home and around our camp fire.

We also thank the Lehigh Valley Alliance for Sustainable Communities for their presentation and wish them well. (Information on the Alliance appears on page 13.)

Keeping You at Your Best

— The Flu Season is Upon Us—

About “the Flu”

Influenza (commonly called “the flu”) is a contagious respiratory illness caused by influenza viruses. Infection with influenza viruses can result in severe illness and life-threatening complications. An estimated 10% to 20% of U. S. residents get the flu each year: an average of 114,000 people are hospitalized for flu-related complications and 36,000 Americans die each year from complications of flu.

Symptoms of Flu

Symptoms of flu include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Gastro-intestinal symptoms, such as nausea, vomiting, and diarrhea, are much more common among children than adults.

Spread of Flu

Influenza viruses are spread when a person who has the flu coughs, sneezes, or speaks and spreads virus into the air, and other people inhale the virus. When these viruses enter the nose, throat, or lungs of a person, they begin to multiply, causing symptoms of the flu. The viruses can also be spread when a person touches a surface with flu viruses on it (for example, a door handle) and then touches his or her nose or mouth.

A person who is sick with the flu can spread viruses – that means they are contagious. Adults may be contagious from 1 day before developing symptoms to up to 7 days after getting sick. Children can be contagious for longer than 7 days.

Other Good Health Habits

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- *If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.*
- *Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.*
- *Clean your hands. Washing your hands often will help protect you from germs.*

Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Information source:

CDC – Center for Disease Control and Prevention
<http://www.cdc.gov/>

Is It a Cold or the Flu?

Colds and flu are both highly contagious. In the initial stages, a bad cold and a mild case of the flu might seem alike. However, flu is a serious illness that can have life-threatening complications, unlike colds. Check this table for a comparison of the symptoms for each illness.

| Symptoms | Cold | Flu |
|-------------------------------|---|--|
| Fever | Rare in adults and older children, but can be as high as 102F in infants and small children | Usually 102F, but can go up to 104F and usually last 3 to 4 days |
| Headache | rare | Sudden onset and can be severe |
| Muscle Aches | mild | Usual, and often severe |
| Tiredness and Weakness | mild | Often extreme, and can last two or more weeks |
| Extreme Exhaustion | never | Sudden onset and can be severe |
| Runny Nose | often | sometimes |
| Sneezing | often | sometimes |
| Sore Throat | often | sometimes |
| Cough | often | Usual, and can become severe |

FORAGING IN THE WILD

By Stephen Hoog

Amaranth: A Hidden Wonder

“Blessed be” ... respect for weeds

Your average gardener who carefully tends his plot, weeding and hoeing to ensure a nice environment for his vegetables to grow, may be throwing away more edible food than he harvests. He is probably discarding the most nutritious and hardy plants while keeping the ones that are pampered and coddled. He may be growing them organically to ensure quality but at the same time be missing something valuable—the weeds. And **almost all weeds are edible or useable as herbs.**

All of those edible wild plants have their own unique story, their own unique taste and method of preparation. I'd like to tell the story of amaranth because it is often the hidden one compared to its more famous companions like dandelion or burdock. Amaranth is actually of tropical origin, cultivated by the Aztecs of Mexico as a staple grain crop, but it has crept up through North America and has a long history in Africa, India, Asia and even Europe.

Wild amaranth is available throughout the United States. It generally grows in waste areas and is usually abundant in cultivated gardens if given a chance. It is an annual plant with lots of seeds that may be found in the ground for up to ten years. Weeds are wise that way, often producing seeds that don't germinate right away in case harsh weather or unusual circumstances make it impossible to grow in one or two years.

The green leaves are alternated and oblong, lance-like with a red-purple spot. The top ones are tender, the lower leaves are sometimes a bit rough, but when cooked they become edible and delicious. The older, tougher plant can be dried for tea, soup stock or medicinal use. Amaranth can grow from six inches to three or four feet tall, and the cultivated grain crops can get a few feet taller. The flowers usually appear in August and are clustered at the top or at the end of numerous branches. It is not one of the first greens to appear in the garden but there are plenty when they arrive.

The tender top leaves are definitely salad ready. Cooking the leaves and tender stems is what I enjoy the most and there are lots of recipes to choose from. They can be substituted for almost any greens in cooked dishes or mixed half and half. My favorites are in soups or steamed. They're really good sautéed with onions, a few sunflower seeds, perhaps a few cubes of tofu and a dash of organic soy sauce. After cooking amaranth save the water for sauces, soup stocks, or medicinal use. You can even freeze it into ice cubes for later.

Nutritionally, amaranth has ample amounts of vitamins A and C. Its level of iron is good at 5.6 mg per 100 grams, surpassed only by curly dock, mallow and galinsoga for wild greens. Its level of calcium at 313 mg per grams is more than any other wild plant.

In most natural food stores, **amaranth grain** can be purchased for porridge, main meal grain or for desserts and treats. Amaranth grain comes from the cultivated variety which has large seed heads of varying colors. It is slowly gaining popularity. The wild variety has abundant seeds—usually black, shiny and very small, but harvesting and winnowing them is not a project to be taken on if you have little free time to spend. But if you do, you can cook these seeds up as a morning gruel to be mixed with rice syrup, maple syrup, saffrafr roots, calamus or raisins for a variety of possible taste treats.

Amaranth is considered an “alternative” (blood purifier) and a nutritive, but its medicinal properties come mainly from its mild astringency. This is a tendency to draw together or contract cells, firm tissues and reduce discharges or secretions, especially of the mucous membranes. It does stop both internal and external bleeding from minor cuts and bruises; it is excellent for skin problems like ivy poison. A medicinal tea can be made from the leaves and stem. Inflammatory conditions of the mouth, throat and digestive tract have been eased, as well as conditions like diarrhea and dysentery.

In Ayurvedic medicine, astringents are thought to be drying, thus increasing Vata (one of three basic types of biological energy determining ones constitution). Because of its astringency, a Vata type person may want to limit the amount of amaranth intake or prepare it with something moistening or softening like kuzu, agar-agar or seaweed, or use as a tea with marshmallow root. Kapha and Pitta types can eat more of this fine green.

In Chinese medicine, likewise, if you have a deficient and dry condition, a lot of unencumbered amaranth is not advisable. The leaves have upward-expanding energy, but the astringent property is contracting. This might be of value in eliminating loose mucous from the lungs or balancing a heart made weak from sugar, excess fruit, drugs, alcohol, coffee or overdrinking.

Herbalist Michael Tierra claims that the energetic property of amaranth is sweet and neutral (in terms of hot and cold and is helpful for spleen and kidney. The spleen energetic system is responsible for keeping blood in its pathway so that not only does it coagulated blood with its astringency but the sweet taste nourishes the system which holds the blood in its vessels.

Gurudas, in a book called *Flower Essences and Vocational Healing* claims that amaranth flower essence helps to align emotional, mental and spiritual bodies, generating hallucinations or disruptive dream states. He says that the heart and pituitary charkas are activated the most by amaranth. He feels that attention deficit disorders, autism, and schizophrenia can also be treated. The flower essence seems to stimulate the thymus and immune system for help with viral and bacterial infections.

But understanding **spiritual properties** cannot simply be derived from a book. Anyone can connect to amaranth personally by sitting with it and touching it, or be drumming, meditating or praying. Each experience will be different and have value.

Like the gardener who chooses to use only his specially chosen vegetables, we must be careful that we don't get too caught up in a narrow view. By taking a plant like amaranth and connecting to it on a nutritional, medicinal, ecological, vibrational and spiritual level, we can begin to open our lives to a new view of the world and its possibilities.

Stephen Hoog, the Director of Living Potentials in Allentown and a School of Living Board Member is a Lehigh Valley resident and bodywork therapist, has been studying and teaching wild foods for over two decades.



Safe and Green

Winter Fire Safety

According to the National Fire Safety Council (NFSC) it is important to check your smoke alarms, heating system, and fireplaces to prevent a destructive or even deadly fire.

Space heaters are the second leading cause of home fires. A minimum of three feet clearance should be kept, in all directions, away from any material that can burn.

Working smoke alarms are the first defense in fire safety. Batteries should be changed twice a year and checked weekly. The NFSC says a working smoke alarm can detect a small fire and provide crucial minutes necessary to prevent a tragedy; and approximately 90 percent of all homes have at least one smoke alarm, but surveys show that 20 percent do not work because the battery is either dead or missing.

Eliminating hazards includes: keeping trash in covered containers and dispose of regularly; storing any flammable liquids in proper containers; avoiding overloading electrical circuits and frayed cords; and being sure your home's electrical and heating systems are safe.

According to the Federal Emergency Management Agency (FEMA) and U.S. Fire Administration, the high cost of home heating fuels and utilities has caused many to search for alternate sources of home heating and not all choices are safe.

The use of wood burning stoves is growing and space heaters are selling rapidly. Fireplaces are burning wood and man-made logs. Safety starts by making sure any wood burning fireplace or stove is installed properly with appropriate ventilation. Depending on the frequency of use will determine how often your chimney should be inspected and cleaned. Remember to also clean the flue and check the chimney and vents for creosote buildup and remove as necessary. Never discard hot ashes inside the home. Place them in a metal container outside and as far from the house as possible.

The National Fire Safety Council said most home fires occur during sleeping hours, between the hours of 11 p.m. and 6 a.m. and one or more smoke alarms can double a family's safety. NFSC suggested placing a smoke alarm on each level of the home, near bedrooms and in the basement. Remember to have a primary evacuation plan with alternate escape routes and practice: calling 911, general fire safety, several ways to "get out" and a place to meet outside the home once you have escaped.

The council said more than a third of all fire-related injuries occur while people are trying to fight fires. "If you are unsure about fighting a small fire – don't," the council said. "Leave the area and call for help."

In all of the fire safety instructions from FEMA, the U.S. Fire Administration, the National Fire Safety Council and Insurance Information Institute, the central theme is common sense. Look around the house and eliminate any fire hazards, be sure any electrical or fuel-burning systems or units operate properly and if a fire does occur, don't take chances. Put safety first and call the professionals.

Additional information can be found on the following web site, which contains Kids Pages with fire safety activities:

U.S. Fire Administration
Working for a Fire Safe America
<http://www.usfa.fema.gov>

Winter Fire Safety: Tips for the Home
<http://www.usfa.fema.gov/public/factsheets/winter00-01.shtm>

SOMBRA BUENA

Changing the World One Cup at a Time



SOMBRA BUENA COFFEE CLUB is a CSA comprising people who love great gourmet coffee but want it to be organic and fair trade, good for the planet and for people. For every pound of coffee sold to the club, \$2 goes into a fund which is given back to the communities where our coffee was grown. Most coffee clubs just sell coffee. Our club seeks to make a difference. We take the concept of fair trade to the next level, returning more profits back to farmers.

Receive one pound of coffee each month for one year, give a membership to a friend, or organize a church or office "buying club."

***CHRISTMAS CLUB: Give Sombra Buena Coffees as Stocking Stuffers, Hostess Gifts, or have Santa deliver it to friends and family for the holidays.**

Details on the web: www.sombrabuena.com

Heating with Wood at Wygelia

By John Shining Bear



On an energy starved planet, I felt a need to build an efficient heater although there is far more wood here at Wygelia than we can use. I consider it only fair to not waste this resource. Efficient use of wood makes for efficient use of labor on the wood pile, too.

Here, see photo, is the wood burner that heats Wygelia. This design is original by the writer. This stove is powerful, fast, efficient and easy to light.

There is a heat extractor in the smoke pipe, a series of vertical smoke flues with spaces between them for the fan to move the room air. There is a heat activated switch to turn the fan on anytime the smoke pipe gets hot.

Immediately above the furnace and below the heat extractor is a ceramic catalyst. This can be removed for cleaning in a few seconds, then put back in. The store that sold me the catalyst said it never needs cleaning. I clean it once a week during the winter months. When the fire is sluggish, it is time to blow out the catalyst.

The furnace is my design, made of recycled sheet metal from an old 275 gal oil tank. It is welded construction and to make the egg shape required a good deal of work.

The heat extractor design was inspired in 1963, I was heating a small workshop and I could bring the smoke pipe up to a bright orange heat, when the shop was still chilly. I took tinships to a 2 gallon motor oil can, made the first heat extractor, propped a small fan into position, and WOW! the difference, right away. The next heat extractor was essentially the present design, made from scraps in a small sheet metal shop. This one was used

with a commercial oil furnace, to recover heat otherwise wasted up the pipe. It was in service from 1965 til 1987 and may still be in use. The thermal switch was hand made.

I had been using a 55 gallon drum as heater, a remarkably ugly piece for a living room. It began to sag, I took it out. As the summer months passed, the design of the new stove became simpler, and I measured the jumbo eggs in the refrigerator, and that was the design.

Grates need to be of cast iron, steel grates burn out quickly. The grate in this stove is steel, with oval openings separated 2 inches from each other. The metal does not get hot enough to burn, it will last nearly forever.

There is an ash drawer, it is easy to empty and very little ash gets into the air. The fire is started by lighting news paper in the ash drawer, the fire starts quickly without the use of kindling. 4 sheets of news paper do the trick.

Although the catalyst at first was to make me feel modern and patriotic about clean air, it has its good side. It releases more heat by burning the creosote in the smoke, and the passages in the heat extractor now need very little scraping. We have not needed a chimney cleaning since the catalyst was placed in service.



John Shining Bear —

John Ditman— is a member of Wygelia Community in Adamstown, Maryland and the School of Living. Any questions or comments are welcome —

Wygelia@erols.com.

School of Living

President's Report October 2003

The Administration Committee got it's meeting started late this time. We did not get started until 1:30 instead of 12:00 as we were scheduled. Then we had to get another slot in the weekend to finish our work with Jerry Mintz.

We have been considering getting a Postal Permit for some time such a thing will take three years to pay for itself in savings but it has been suggested we may be able to share such a thing with Heathcote Community and get more use out of it.

We discussed the overdue nature of the Green Revolution and referred our thoughts to the Publications committee.

We reviewed the financial report for the quarter, thanks to Ann for all her work in preparing that for us.

Ann would like to ask the committee chair people to let her know when they agree to give funds to folks for various thing. She can just trust people to only ask for fund that have been authorized but it would be better if she could know in advance.

Ann has spent considerable time making a list of the contents of one of the boxes of stored materials. She did not quite finish and the list is quite long. There are 15 such boxes. We will give both the Education and Publications committee chairs a copy so that they can come up with reprintable materials for our education packets.

Herb told us that the 990 tax forms have been granted an extension and will be filed by November 15th.

Robert Forsberg has offered an electronic back up system in the form of a public folder on his web site to the School of Living in case your computers go down the important data for the School of Living will be preserved.

We reviewed the correspondence file for the quarter.

When we reconvened on Saturday we got to hear a number of delightful stories from Jerry Mintz and heard about the current struggles they are going through in the aftermath of the International Democratic Educational Conference they put on. They have gotten themselves both physically and financially exhausted in that grand effort and they need money to tide them over till new grant money becomes available. A lively discussion was engaged in for brainstorming fund raising ideas for Jerry and the Administration committee transferred to AERO \$3,500 for their recovery, with the caution that we cannot do this on a regular basis since our fund while substantial has been decreasing regularly over the last few years. This fund was authorized last year but Aero did not need it then and declined it so this was a substitute for those funds.

Rita Jane Leasure
President

School of Living

Community Reports

(from the July 2003 meetings)

Compiled by Rita Jane Leasure

Birthright Center

Birthright Center currently has all male energy with all the residents being single men. The gardens are doing well. The children from London Grove Friends meeting (14 kids and 6 adults) came over to see the greenhouse, and the underground house. A new lawn mower with a 60" deck was bought.

Common Ground

Common Ground is doing pretty well, we planted almost all of the two upper gardens, but the lower gardens had to be abandoned due to too much rain. The Teen Adventure Program continues to be an amazing event. It is run by the Baltimore Yearly Meeting of the Quakers which covers an area that overlaps the bioregion SOL serves. This year, 76 teens went on camping adventures using Common Ground as base camp. The sweat lodge at Common Ground was used by both the teens and the wedding party this spring. There have been some repeat visitors who are looking for community and thinking about CG, even knowing all of CG's troubles. There was a wedding at CG for which we had a temporary dance floor and we're thinking about a permanent pavilion. Harvest Cedar Leasure the oldest of the children raised at Common Ground and his bride Chanley were the happy couple.

Heathcote

Renovation of the mill continue big time at Heathcote. We have gutted the downstairs from the mill works to the kitchen dining room wall (floor, ceiling, walls), poured a cement floor and will put wood on that. This is a Very big project. We hope to break ground next spring for the new house. A

new member came this week to start their 7 month provisional membership. An intern will be leaving this week. Greater Baltimore Permaculture Group is not doing workshops this year so interns are Heathcote's primary educational outreach. There have also been tours of the community, one this last weekend was for kids from a summer camp run by a local Lutheran church. The house concerts are drawing people who find out about Heathcote and what its about while they are there. The concerts are every other month. They include good music in an intimate setting. Baby Avon is starting to crawl. Dana had pneumonia a week or two ago but the community took care of her and she's better now.

Julian Woods

Julian Woods Community is continuing to have quarterly board meetings rather than monthly meetings (Ann would like them to be longer than 2 hours since they are now quarterly). A Julian Woods teen got married. There has been conflict over dog energy, but we are dealing with it well. Jean is doing more teaching out here through Penn State with two classes in June. Students love it so much she has permission to do one of her fall courses out here. Painting, Emotional Intelligence and Health is the second course. Barbara is building a Zen Center building, which will also be available for educational programs. White Water herbs will have a workshop on Sept 13-14 called "Pharmacy of Flowers" with David Crowe. The greenhouse is happy, it works, things come up and need some intervention by humans sometimes. It's a jungle down there. There was a very successful summer solstice gathering with workshops of various sorts based around music and food and

(Continued on page 12)

Reflections

Men's Circle at S.O.L. Quarterly Meeting

A New Tradition

At the last School of Living Quarterly Meeting at the Wygelia Community we started a new tradition. For many years now a standard part of the Quarterly Meeting has been that while the men prepare lunch there is a women's circle. A few months ago, it occurred to me that some men might also have issues, which they would like to share with other supportive members of their own gender.

I mentioned this to other male participants of the meeting and, in spite of an initial lack of enthusiasm, we actually did agree to give it a try. The eight of us sat in a circle around the campfire at Wygelia (while the women made dinner). The campfire—for me—was a symbol of Spirit and the circle was a silent acknowledgement that we were all equal. As we sat in silence at the beginning of our meeting, I said a silent prayer to Spirit to guide us in our words and interactions during the session.

We agreed to follow some general rules and guidelines similar to those recommended in a book I have read, "Calling the Circle," by Christina Baldwin, who refers to such groups as Peer Spirit circles. I was pleased with the interaction, which occurred during our first men's circle and attribute it in part to the sensitivity and sense of commitment brought to the group by the participants. Christina Baldwin emphasizes the importance of "attentive listening" by which she means: "focusing clearly on what someone else is saying." I believe we did practice this type of attentive listening during our group.

Feedback I received from other participants of the group was very positive. My perspective on such group sessions are that they provide a forum and opportunity for us to discuss issues with supportive, attentive listeners and to express feelings, which we may otherwise feel inhibited to discuss. In some cases we may wish to hear comments and/or suggestions from other members of the group; at other times we may not want such feed-back. We are at liberty to specify this. However emotions such as guilt, frustration, anger, loneliness or anxiety which are unexpressed and (even worse) perhaps suppressed do not contribute to a healthy, balanced state of mind and prevent us from realizing our full potential as children of light and creators of our own destiny. As a consequence I am hoping that we can continue this tradition as future meetings and that they will enhance the effectiveness of our organization.

Sonny Rohler, SOL Board Member

Community Reports

(Continued from page 11)

earthy stuff. The gathering brought in 25 SOL members. John recounted how going through the issues over dog control has been a valuable growth opportunity for him personally.

Continuum

Continuum Community reports Dorothy is about done with the loan for farmhouse. The farmhouse is rented to a family. The land is a wildlife sanctuary. Land payments are still about \$8,000.00. Continuum is 180 acres of wildland.

Wygelia

John and Chris went to Dancing Rabbit community for a visit. John stayed for 2 weeks and Chris stayed for 2 months. Chris has moved to East Wind, an intentional community in MO. Wygelia is working on a labyrinth garden. We are cleaning and getting things organized for October SOL meeting which will be at Wygelia.

School of Living Income Statement 3rd Quarter 2003

| | |
|--------------------|---------------------|
| Beginning Networth | \$674,142.19 |
| Total income | 17,835.50 |
| Total expenses | 43,909.19 |
| NET WORTH | \$648,068.50 |

Full finance breakdown of all income and expenses are available through the School of Living office or at any Quarterly Meeting.

Alliance for Sustainable Communities — Lehigh Valley

Stephan Hoog, a SOL board member, presented the following information in behalf of the Lehigh Valley Sustainable Communities and ask for Endorsement in their efforts. It was agreed upon by the Board to support these efforts.

Uniting People and Organizations

In the spring of 2003, a group of individuals, organizational leaders, and small business owners, concerned about growing problems in the Greater Lehigh Valley, met to consider forming a coalition as a way to sustain and enhance the quality of life here. After sharing their concerns and their perspectives, the group decided to form what we have since named the Alliance for Sustainable Communities.

If you are interest in building sustainable and democratic communities, we think you will want to be involved in the work of the Alliance and in endorsing its broadly inclusive set of interrelated principles. We believe that by uniting people and organizations the Alliance can enhance the single-issue efforts of individual organizations as well as gain the effectiveness needed to establish community priorities in the face of powerful opposition.

Approaches

As the Alliance takes shape, there will be many opportunities for involvement. We see it working on three levels:

1. The Alliance will share and publicize information from individuals and organizations about their meetings, action alerts, and projects, as long as they are in accord with Alliance values;
2. The Alliance may endorse, on a consensus basis, projects initiated by others and work in behalf of those projects;
3. When consensus is reached, the Alliance may initiate its own projects.

On each of these levels, actions could be carried out in different arenas, for example, in education, in community outreach, and with regard to legislative matters.

An Invitation

An Alliance committee prepared a Declaration of Principles, a reference document providing the umbrella of issues and principles under which we could all find our place. The attached Endorsement Statement is a distillation of that Declaration. We invite you to sign it. We hope you will bring your ideas and priorities and help shape our work.

Endorsement Statement

Mission: The Alliance is dedicated to working for community sustainability. This will involve holistic approaches to the environment, social justice, health, participatory democracy, and local economies. We are committed to active, collaborative approaches to achieving long-term positive outcomes.

Vision: We envision a sustainable, regenerative society, based upon enduring wisdom and careful stewardship, a future characterized by a self-healing environment, honorable and ethical behavior, self-determination, and secure freedoms for a diverse people.

Goals: To create more-equitable and livable communities we will work to:

1. Protect the natural environment on which our communities depend;
2. Protect and extend fundamental rights and opportunities throughout the range of human diversity;
3. Promote broad, meaningful participation in decision making to advance community interests and ensure that communities can assert their needs as a higher priority than the rights and priorities that corporations assert for themselves;
4. Foster strong local economies that provide secure and fulfilling livelihoods, foster enjoyable community life, work in harmony with nature, and strengthen the viability of independent local businesses and farms;
5. Encourage people to consume food that is whole, locally produced, and grown in ways that sustain and rebuild soil, water, wildlife, vegetation, and the lives of all of us;
6. Promote discussion, education, and understanding of ways to maximize the health of individuals and communities.

If you wish to find out more information, endorse this program you can reach the organization by submitting your questions or request in writing to:

Alliance for Sustainable Communities
1966 Creek Road
Bethlehem, PA 18015.

Family and Kids Corner

By the next issue we hope that we can spark the interest of some young writers, artists and keepers of the earth to submit their own name for this section of the "Green Revolution." In reading past issues, from the archive files, there was an occasional entry from a young writer, or a piece of art or articles that were family centered. Our youth are our future and the next generation to whom we must entrust our land. We believe that they deserve and need to have a voice and a place in our publication. If you are a parent and want to review educational material (be it a website, book, person, place or thing with your child(ren), and share them with others, or work that your child has accomplished we welcome the submission. Information on where and how to submit appears on page 2 of this issue.



Recognized and Respected on The Web

<http://www.familyfriendlysites.com/FamilyFriendly/default.asp>

What is a Family-Friendly Site?

At a site displaying the Family-Friendly Sites Emblem, families can expect to find content and links that support their physical, mental, and emotional development in a healthy way.

A family-friendly site:

- Contains no adult-themed or sexually explicit text, images, or photographs
- Does not accept advertising for alcohol, tobacco, gambling, or pornography
- Does not promote hate, violence or discrimination in any way
- Does not promote any illegal substances or activities
- Posts and enforces rules in its chat rooms and forums to prohibit:
 1. Sexually explicit language
 2. Profanity
 3. Remarks that disparage or ridicule other people
- Links only to sites that share the intent of being family-friendly
- Agrees to remove its family-friendly designation, if the site itself or any of its links no longer meet these criteria
- Links its display of the Family-Friendly Sites Emblem to the Family Friendly Homepage

DLTK's Printable Crafts For Kids

<http://www.dltk-kids.com>

About DLTK's Crafts for Kids:

DLTK's Crafts for Kids features a variety of fun, printable children's crafts, coloring pages and more including projects for holidays, educational themes and some of our children's favorite cartoon characters. The site is run by (me) Leanne, a mom with two girls (ages 5 and 9 - gosh they grow up fast!) as my official craft testers and daddy as my technical support.

We also have a couple of other sister sites. Check out **Coloring.ws** for loads of coloring pages, **First-School.ws** for Spanish/English activities, **KidsRCrafty.com** for French/English activities and **KidZone.ws** for Fun Facts for Kids.

Winter Crafts for Children

Sparkle Pinecones

- pinecones collected from your yard..
The longer ones are nicest
- glue
- sparkles
- plastic bag

Instructions:

- Have the children paint or roll the pinecones in a mixture of 2 parts school glue and 1 part water.
- Put some sparkles in the plastic bag and then put in the pinecones
- Shake the bag to coat the pinecones (kids version of shake and bake)
- OPTIONAL: tie a ribbon onto them and hang them up!



<http://www.dltk-holidays.com/winter/crafts.html>

Schedule of Events

Angie Miller House Concert

Heathcote Community — Freeland, Maryland

January 10, 2004 — 8:00 p.m.

Please call (410) 343-DIRT or <http://www.heathcote.org>

School of Living Quarterly Meeting

Birthright Center — Cochranville, Pennsylvania

January 23-25, 2004

Please call (610) 593-6988 if you are planning to attend
and if planning to bring children.

Beginner's Shiatsu Weekend

Lehigh Valley Healing Arts Academy

January 31 & February 1, 2004

Please call Stephen Hoog — (610) 432-5040

Eliot Bronson House Concert

Heathcote Community — Freeland, Maryland

March 28, 2004 — 8:00 p.m.

Please call (410) 343-DIRT or <http://www.heathcote.org>

Keith Sykes House Concert

Heathcote Community — Freeland, Maryland

March 28, 2004 — 8:00 p.m.

Please call (410) 343-DIRT or <http://www.heathcote.org>

School of Living Annual Membership Meeting

Heathcote Community — Freeland, Maryland

April 16-18, 2004

Please call (410) 343-3478 if you are planning to attend
and if planning to bring children.

School of Living Quarterly Meeting

Julian Woods Community — State College, Pennsylvania

July 23-25, 2004

Please call (814) 355-5755 if you are planning to attend
and if planning to bring children.

Twin Oaks Women's Gathering

Twin Oaks Community — Louisa, Virginia

August, 2004

For more information contact Women's Gathering
please call (540) 894-5126 or gathering@twinoaks.org.

Twin Oaks Communities Conference

Twin Oaks Community — Louisa, Virginia

September 3-6, 2004

For more information contact Women's Gathering
please call (540) 894-5126 or conference@twinoaks.org.

Ralph Borsodi's Series
presented by
Rita Jane Leasure
January 24, 2003, 7:30 p.m.
as part of the
Saturday Evening Presentation at the
Quarterly Board Meeting at
Birthright Center, Cochranville, PA

As part of an ongoing series Rita Jane Leasure will present one of Ralph Borsodi's seventeen problems during the Saturday evening educational program at the January Board Meeting. The purpose of this series is to familiarize new School of Living members, and remind old ones, of the work of Borsodi which is the basis of our organization for us to discuss, and re-evaluate. The School of Living, founded in 1934 by Ralph Borsodi, is dedicated to the learning and teaching of personal responsibility and right living. It aims to foster self governing communities, which are democratic, humane, globally conscious and ecologically sound.

GREEN REVOLUTION

Published by

School of Living

215 Julian Woods Lane

Julian, PA 16844

Forwarding and Return Postage Guaranteed
Address Correction Requested