

2008 Sustainable Living Festival Workshops

☞ = young people welcome

The Arts & Sustainability Panel

Anna Shapiro, Michael Ryan & Howie Snider

At Apeiron we view the arts as integral to global sustainability. Social ecology and economic integrity are critical components of the conditions for all life to thrive. In bringing together these three panelists who create their own work as well as generate opportunities for other artists at Firehouse 13, the Steel Yard and RI Film Collaborative, Apeiron seeks to examine this facet of urban environmentalism that addresses the importance of community, creativity and interaction in systems transformation and the fulfillment of human potential.

Michael Ryan is a founding member of the Rhode Island Film Collaborative (RIFC) a network dedicated to helping independent filmmakers share resources and knowledge. He is also a partner at Envision Technology Advisors, where he oversees the creation of online and digital media projects.

Anna Shapiro is an interdisciplinary artist concerned with social and ecological issues, who has received awards and residencies for her sculptures and installations. She is also the Director of Firehouse 13, speaks and writes about concerns such as ecofeminism, and is known as the “wavelady” for her ongoing performance about making waves.

Howie Snider is the Public Project and Urban Furniture Coordinator at the Steel Yard in Providence enabling him to facilitate projects using local artists and industries to create community designed public sculpture. He has a BFA in sculpture from RISD, and is cofounder of IndustrialEvolution.org, a group of artists committed to making functional art from cast-off and discarded industrial materials.

Bicycle Commuting 101

Jack Madden

Do you wonder how to make your bicycle fill your transportation needs? Would you like to leave your car in the driveway 2 or 3 days a week and discover a new way to get where you need to go? The Bicycle Commuting workshop will cover tips to make your bicycle more commuter friendly, techniques to make the transition from bike to desk more streamlined, and tricks to fine tune the perfect route from home to wherever.

Jack Madden has been happily choosing a bicycle over his car most of the time for the past twenty years. Before opening the Hub in 2004, Jack was a civil engineering consultant and is a registered civil engineer with the State of RI.

Build Your Own Solar Cooker

Virginio Mendonça & Eric Fedus

Did you know that you can cook food with the heat of the sun in your backyard? A simple “box” style solar-cooker can trap enough heat to reach temperatures in excess of 250F. In this workshop we will start by discussing how solar cookers work, what types of solar cookers exist, and the amazing number of things you can do with them. Then, using basic materials we will divide into groups to assemble several simple box-cookers that you can easily replicate at home.

Virginio grew up in the Azores Islands where people had to be pretty self-sufficient and knew at night exactly where the chicken on their table came from. He now helps people with composting, building

solar cookers and solar panels, riding around in his 1986 veggie oil-powered Jetta that he pulled out of a junk yard 6 years ago.

Eric has visited over 75 organizations worldwide that work with issues of sustainable livelihoods. He currently serves as advisor to Grupo Fenix in Nicaragua where he worked extensively with solar cookers and other development projects. He also dabbles in issues of systems thinking and is certified in Permaculture and in ZERI Systems Design.

Build Your Own Wind Power Plant 🍃

Ted McGuire

Attention Toy Testers! Help us test a new science toy! You will build and experiment with a working wind turbine complete with electric generator, adjustable rotors, and wind speed indicator. We'll conduct experiments with the wind turbine, including experiments with different numbers of rotor blades, different blade angles and profiles, different wind speeds, different gear ratios, and so on. We'll use the wind turbine to generate mechanical power to lift a weight and generate electricity to light up an LED and charge a rechargeable battery. During the experiments, you will learn about the physics of force and motion as it applies to wind power technology.

Ted McGuire is the president of Thames & Kosmos, a Rhode Island-based science toy company. He is also an Apeiron board member. He loves to play with construction toys and do science experiments at work. He thinks wind turbines are aesthetically beautiful and functionally awesome.

Building Real World Communities via the Internet

Bruce Campbell, Caroline Brown, Susan Korte & Angela Penn

We've heard about building "online" communities on the Web, but can the Web bring together real, live people in the real world, who share the same local environment? Can the web really help us work together to make it more sustainable? We'll explore various strategies that Rhode Islanders are using now, and invite open discussion about what works, what doesn't, and what we need for the future. The panel will feature a variety of local bloggers, Web masters, and innovators.

Bruce Donald Campbell runs his Rhode Island based virtual community organization from Providence. He also manages a "Me to the Sea" watershed mapping conservation action project at The Ocean Project and serves as Technical Director of the Center for Environmental Visualization based in Seattle. Bruce holds MS degrees in Human-Computing Interaction Science, Computer Science, and Information Science from The University of Washington, The Rensselaer Polytechnic Institute, and The University of Wisconsin.

Caroline Brown

Caroline Brown is a URI master Gardener and the creator of Earth Friendly Gardening, a blog and small business with the same name that promote sustainable gardening, nature, ecology, conservation, and agriculture. Find her online at www.earthfriendlygardening.org or www.carolinebrown.com.

Susan Korte writes the Providential Gardener blog (<http://www.providentialgardener.typepad.com/>) featuring local green activities, news updates, and tons of resources, and a statewide on-line calendar named "What Grows On in Rhode Island" (<http://www.whatgrowsonri.com/>).

Angela Burnett Penn recently graduated from Brandeis University with a B.A. in Environmental Studies and Sustainable Development and has been using her strong communication skills to develop

on-line resources for conservation-minded people to protect the ocean at The Ocean Project since 2007.

CCD: The Current State of Bee Keeping & Organic Solutions

Ross Conrad

Learn about the current state of the honeybee and the beekeeping industry and alternatives to the failing status quo. We will cover safe, nontoxic and effective methods for controlling hive pests and diseases such as mites and foulbrood. Whether you are looking to use fewer chemicals and increase your profit margin, or are committed to keeping bees organically, this workshop is for you.

Ross Conrad learned his craft from the late Charles Mraz, world-renowned beekeeper and father of apitherapy. Ross wrote *Natural Beekeeping: Organic Approaches to Modern Apiculture*, and gives talks and writes articles on beekeeping, organic farming, natural healing, and health issues. His small business, Dancing Bee Gardens in Middlebury, VT, supplies friends, neighbors, and local stores with honey and bees for apple pollination in the spring.

“Climate Change: a Dialog with Songs” with Interfaith Power & Light

Christine Muller & others

A thought provoking dialog between four readers interspersed with songs of various styles. It is based on trustworthy scientific sources like the Intergovernmental Panel on Climate Change. It also addresses the ethical aspect of the problem drawing on the teachings of the major world religions: Buddhism, Christianity, Islam, Judaism, Hinduism, the Baha'i Faith and indigenous wisdom.

Christine Muller wrote the script and many of the songs. A native of Switzerland, she has been a lifelong student of environmental issues and has been researching spiritual teachings of different religions that relate to these issues. Professionally she is a piano teacher.

Composting Toilets, Gray Water Systems & Eco Waste Water Solutions

Carol Steinfeld

See an overview of ecological ways to cycle the nutrients, water and even energy in wastewater, and discuss local possibilities.

Carol Steinfeld is author of *The Composting Toilet System Book*, *Reusing the Resource: Adventures in Ecological Wastewater Recycling* and *Liquid Gold: The Lore & Logic of Using Urine to Grow Plants*.

Conservation Easement to Protect Your Town, the Land You Love, the Family Farm You Grew Up On & Your Way of Life

Paul A. Roselli

What is a conservation easement? How can it be used to save the family farm and your land from the bulldozer? Conservation easement can be used to create sustainable natural infrastructure for water, sanitation, and purification, and reduces carbon consumption and footprints. Does your town have an active conservation program to protect land from development? Learn from experts and become informed activists in your town promoting land conservation.

Steeped in the land trust movement for over 8 years, **Paul A. Roselli** has helped shape land trust and conservation easement language and practice in the Town of Burrillville and throughout the state. A board member of the Burrillville Conservation Commission, the Blackstone River Watershed Council/Friends of the Blackstone, the Rhode Island Land Trust Council and other groups, Paul has

developed sustainable practices to protect property and natural resources, help local food production and reduce the need for water, sanitation and air purification infrastructure.

The Deep Ecology Series

BenjaminRobin

Woods Games for Earth Creatures 🌿

Interactive processes for remembering our place in the web of life. When we connect with our vast ecological identity, we expand beyond the narrow confines of our social identity to experience our ancient ecological heritage. We remember that every cell in our body is descended in an unbroken chain from the first cell of life. Then our kinship with all of life shines through the fog of civilization, and we find wisdom and clear thinking on our role as we face the current planetary crises.

Open Sharing & Healing Circle

An opportunity to give and receive the gift of deep listening. We sit in a circle and pass around a 'talking object', and whoever holds it enjoys the full attention of everyone else in the circle. People are encouraged to speak in the first person singular, about their own experiences and feelings. The object continues around the circle until everyone has spoken. Profound healing and re-connection can happen from this simple process of witnessing and being witnessed within a supportive community.

A Council of All Beings

Experience life from the perspective of the non-human creatures whose world we share. This form of group work helps us heal our personal and planetary wounds of denial and separation from ourselves, each other, and the whole living planet Earth. Through a series of rituals and experiential processes, we begin to hear within ourselves "the sounds of the Earth crying," to mourn what is disappearing from our lives, and to unleash our compassion and love for all life. The Council is a powerful tool for transformation, helping us to find our own paths of healing and activism. It empowers us to act with love and strength, gratitude and humility, as we rejoin the sacred Web of Life.

BenjaminRobin has led retreats, workshops, gatherings and celebrations in Europe and throughout North America for over 25 years. Ze has trained as a Deep Ecology and Deep Time facilitator with Council of All Beings co-creators John Seed and Joanna Macy and is a certified Inspirational Breathwork facilitator. Ze is exploring hir British indigenous roots through studying and practicing Druidry and reclaiming the two-spirit traditions of hir ancestors.

Eco Fashions with Joan & Hannah 🌿

Joan Wyand & Hannah Winkler

Have you ever cut up clothes, and didn't know quite how to put them back together? Come learn the secret techniques of altering clothes from two experienced recycled materials designers. Leave with a design of your own! All materials provided and all ages welcome.

Joan M. Wyand's passion for fabric began when her grandmother taught her to sew at the age of six. Since then she has created a variety of clothing mainly using recycled materials. She loves cats, ceramics, bright colors, weird trash, and riding her bike to the polluted Narragansett Bay shoreline.

Hannah Winkler is a Junior at Classical High School in Providence, RI. She has been sewing and designing clothes since early childhood. She has her own recycled clothing line called ASTRO, named after her beloved first guinea pig.

Eco House Tour

Bradley Grove Hyson

The Apeiron Institute's Center for Sustainable Living is one of RI's first and most environmentally designed buildings. It features over 50 environmental building technologies, systems and products and uses a fraction of the energy of a typical home its size. Constructed by over 2,000 volunteers and 120 businesses, the center has served as a catalyst for the green buildings movement in Rhode Island.

Bradley Grove Hyson is the founder and director of the Apeiron Institute for Sustainable Living. He has led hundreds of tours of the eco-house, which also incorporate his knowledge of environmental issues, ecological building, and his vision for global sustainability.

Eco Super Heroes 101 🦸

w/Apeiron Staff

We can all be heroes for the earth. Come explore who you want to be for our planet and make a costume to unleash the superhero in YOU! At the end of the day you can wear your costume in our Enchanted Children's Forest Closing parade. Look out Iron Man!

Ecovillages & Carbon Footprints

Daniel Greenberg

Ecovillages are communities striving to model sustainable development ecologically, socially, culturally, and spiritually. From appropriate technologies to holistic health; from sustainable agriculture to group facilitation; ecovillages are integrating solutions for human-scale communities, creating new cultures and "stories," and significantly reducing carbon footprints. Learn how cities & towns, neighborhoods and individuals can reduce their carbon footprint through this paradigm.

Daniel Greenberg, Ph.D. has studied and directed community-based educational programs for over 20 years. He is founder and Executive Director of Living Routes, which develops accredited ecovillage-based education programs that promote sustainability and lives at the Sirius Community in Shutesbury, Massachusetts.

End Poverty, Heal Ecosystems

Greg Gerritt

You can not heal ecosystems without ending poverty; you can not end poverty without healing ecosystems. This workshop is a discussion of the inextricable links between healing ecosystems and ending poverty and what that might mean for creating prosperity in Rhode Island.

Greg Gerritt has been actively working for the environment, peace, and justice since 1967. His organizational affiliates include the Green Party, the Environment Council of Rhode Island, and Friends of the Moshassuck. His most recent projects include helping found the Environmental Justice League of Rhode Island and the Prosperity Project. His primary focus is the ecology/economy interface.

The Film Series

Hosted by David Floyd & Post Carbon Rhode Island

Featuring **The Power of Community: How Cuba Survived Peak Oil**

How did Cuba deal with its own artificial peak oil that followed the collapse of the Soviet Union? This 53 minute film is an effective examination of Cuba as an experiment in building community resilience in the face of energy scarcity, and has implications for all of us as we contemplate the peak of global oil and gas production. Other films that will be shown include: **A Crude Awakening**, **Escape from Suburbia** and **How to Save the World**. Please refer to the workshop schedule for show times.

PostCarbon Rhode Island exists to support Rhode Islanders working towards a sustainable future in the midst of unprecedented energy and resource challenges. Visit our website at www.relocalize.us. In addition to web-based networking, PostCarbon Rhode Island is developing a 1/2 acre community garden in South Kingstown, and hosts monthly Peak Oil/Sustainability Meetups in South County. Our YahooGroup listserv is called 'relocalize-RI'.

Fun Fast Green Cleaning

Leslie Reichert

Want to start “going green” when it comes to cleaning? Not sure exactly where or how to begin? This workshop will give you great tips and tricks to make your cleaning green and fun.

Leslie Reichert is a green cleaning coach with over 20 years experience in the cleaning and air quality business. She holds classes at her store, Backdoor Vacuums and Homekeeping in Uxbridge, MA.

Fun with Fuel Cells 🦋

Ross McCurdy

This is a fun introduction to fuel cell technology that is suitable for anyone able to tie their own shoes. Using hands-on lab kits, participants will use solar panels to produce hydrogen from water and then use this hydrogen to power fuel cells and produce electricity. The fuel cell electricity will then be used to power a small motor and run a tiny light bulb. This workshop will clearly demonstrate the sustainability potential of hydrogen fuel cells.

Ross McCurdy is a Science Teacher at Ponaganset High School and an advocate of fuel cells and other alternative/renewable energy. With the help of students and other dedicated people, Ross created Protium, the world's first fuel cell powered band and is working on integrating a fuel cell into a battery-electric street legal Model T hot rod!

The Future of Public Transportation in RI

Chris Wilhite & John Flaherty

A modern public transportation system is a key component of Rhode Island's public health, economic and environmental well-being. This seminar will review the status of public transportation in Rhode Island, its growing importance and attention in the public eye, and what's being done to advance a first class public transit system for the future.

John Flaherty is Director of Research & Communications for Grow Smart Rhode Island, a diverse alliance of community leaders working to advance sustainable prosperity while safeguarding Rhode Island's distinctive character and quality places. John is responsible for Grow Smart's public education initiatives, media outreach, website management, newsletter and a broad spectrum of policy research and advocacy. He serves on the RI Safe Routes to School Steering Committee, the New Public Transit Alliance and the Woonsocket Commuter Rail Feasibility Study Steering Committee.

Chris Wilhite is the Chapter Director for the Sierra Club in Rhode Island and the chapter's Transportation Reform Project, an effort to educate Rhode Islanders about the role of transportation alternatives in solving global warming. Before moving to RI, Wilhite was the lead Sierra Club staff on a campaign to end oil and gas drilling on national parks, forests, and wildlife refuges. In his free time, Wilhite enjoys playing banjo, skateboarding, and spending time with his wife and two kids.

Gardening with Gaia

Kate Rakosky

No matter the size of the garden, learn to grow nourishing food and healing herbs using methodologies that have a positive impact on our families, our planet and all living beings. The gardening process from soil and seed to sustainable harvest nurtures a deep connection to Mother Earth and is the best medicine for body, mind and spirit. Bring your gardening questions and we will find gentle, earth-friendly answers!

Kate Rakosky and her husband, Dan, are stewards of Sagewood Herb Farm (www.sagewoodherbfarm.com) in West Kingston, designated as RI's first United Plant Savers Botanical Sanctuary. An Herbalist and Master Gardener, she has been blessed to study with some of the most well respected herbalists in the US and abroad and now teaches at national and regional herb symposia and local workshops.

Get Cultured or Fun with Fermentation

Stewart Taffe

Learn the basic techniques on how to ferment your foods and drinks just like your ancestors. Using traditional processes, many of the foods we ferment make nutrients and minerals more accessible during digestion. The recipes are easy and can save you quite a bit of money by doing them at home.

Ever since **Stewart** was exposed to nutritious and seasonal food he searched for ways to process the food for the winter. Four years ago he started with basic sauerkraut, and now has many different ferments and cultures going at once. When Stewart is not fermenting, he works as an educator for the Apeiron Institute for Sustainable Living and as an extra hand on Zephyr Farm.

Green Building: Clarity and Practical Application

Kathy Kanterman

"Green Building" is on the lips of just about everyone these days, but do we understand what it really means? This workshop will clearly lay out the key elements of green building and provide examples of practical applications for each of these elements. Solar power and better insulation are wonderful, but there are many other ways to reduce your carbon footprint in your new or existing home.

Kathy is president of Athena Custom Homes, a business dedicated to sustainable building which uses off-site modular construction to achieve its high degree of sustainability. In addition to her work in construction, Kathy has 15 years experience in operations management, project management and team leadership. She holds a degree in Industrial Engineering from the University of Massachusetts.

How to Start Your Own Community Garden

Alicia Lehrer

Learn how to get neighborhood and school gardens successfully started and sustainable from a citizen like you who will go over each step involved in the process, the pitfalls and resources available to you. After only one year, the 30 plot Sessions Street Garden started by Alicia was full to capacity with

a waiting list of 15 people. RI obviously needs many more gardens and people willing to do the work to become sustainable so let's get down and dirty with the answers.

Alicia Lehrer has a BA in Environmental Science from Barnard College and an MS in Natural Resources Science from URI. Her interest in creating sustainable food systems was a major focus of her work leading the Southern Rhode Island Conservation District for 10 years which she carries with her as Director of the Woonasquatucket River Watershed Council. In 2007, she spearheaded the building and management of the Sessions Street Community Garden on the East Side of Providence. Alicia is also working to build a garden at the Dr. Martin Luther King, Jr. Elementary School in Providence.

Introduction to Teas, Salves & Tinctures ☞

Mary Blue Hastings

Discover how easy it is to make your own herbal remedies. In this two hour workshop you will learn the processes for making teas, tinctures and salves, as well as specific recipes to heal your body and enhance your beauty. Join in making a tincture, and your own healing salve or lip balm.

Mary Blue, Director of Farmacy Herbs Community Health and Education Center www.farmacyherbs.com is an activist, herbalist, and community organizer in Providence. She is also a Practicing Herbalist and Education Coordinator at 7 Arrows Farm in Attleboro, MA www.sevenarrowsfarm.com.

Interactive Woods Walking with Paul Dolan ☞

Paul Dolan

Walk through Apeiron's woodlands and learn to guide forest exploration, identify local trees & shrubs, and foster engaging discussions about forest and wildlife management, forest health and stewardship and fostering good forest behaviors in the general public.

Paul Dolan is a certified Forester and Arborist who has been with the RI DEM Division of Forest Environment for 30 years in different capacities and locations, serving as Assistant State Forester since 2005. He is also a renowned and accomplished community builder and educator who contributes to our state through serving on numerous boards and committees, and donating hundreds of hours to volunteer service initiatives. The Sustainable Living Festival is honored to have him.

Introduction to Renewable Energy

Dan Cartier

This workshop focuses on explaining renewable sources and the benefits they bring. Solar electricity, wood pellet, hydro, biodiesel, solar thermal, fuel cells, wind energy, wave power and green power will all be discussed. Photos of real world projects from Rhode Island and around the world will be presented.

Dan Cartier is a Mechanical Engineer educated at URI with a Certification in Energy Management. Dan has worked with renewable energy systems for over twenty years. Currently Dan is working for the Chariho Regional School District as Director of Building and Grounds and consults on renewable energy systems as well.

Introduction to Sustainable Biofuels

Patrick Keaney

Green Grease Monkey is a collective that has been converting diesel engines to run on waste vegetable oil (WVO) for four years. They also make biodiesel, a cleaner-burning diesel alternative from vegetable oil. This workshop will introduce people to the basic concepts behind biofuels and will present the challenges we face as we enter into the 'green energy' era.

Patrick Keaney is the co-founder of Green Grease Monkey, a Boston-based collective that has been converting diesel engines to run on waste vegetable oil since April, 2004.

Light & Lively Less Toxic Lifestyles ☞

Dotty Stumpf & Liberty Goodwin

Sharing opinions and information on leading a healthier life can be done via fun games, role plays, or quizzes. This workshop will address in light-hearted fashion such questions as: "Paper or Plastic" and "Bottled or Tap Water." Games allow people to brainstorm, debate and role-play with humor and shared wisdom. Older children welcomed!

Liberty Goodwin is the director of Toxics Information Project (TIP) based in Providence, RI. Before taking on her work with TIP, Liberty was a facilitator for Alternatives to Violence Workshops (mostly in prisons) and draws upon some of the interactive AVP activities as models in her current work.

Dorothy Stumpf is a retired professor of Environmental Health at Middlesex Community College in Lowell, MA who still teaches an online environmental health course with years of experience in using interactive means to explore environment and health issues.

Local Food Panel

Katherine Brown, Noah Fulmer, Jim Tull & Moderator Alicia Lehrer

With global warming, peak oil, and skyrocketing food prices in the headlines, the future of the food supply for Rhode Island is questionable. Leaders in the effort to relocalize will discuss the trials and tribulations of those efforts as well as reporting all the good news!

Katherine Brown is the Executive Director at Southside Community Land Trust in Providence, RI. Katherine holds a PhD is from Columbia University in Socio-medical Sciences, specializing in public health policy and cultural anthropology and left a two-decade career and tenure as a professor at UC Berkeley and Creighton University in order to promote urban agriculture. Katherine is inspired by the immediate and far-reaching effects when people gather to grow food together in the city.

Noah Fulmer is a co-founder of Farm Fresh Rhode Island, where he currently organizes local food forum networking events, farmers' markets and the guide to local food at farmfreshri.org. Noah aims to build a food system that values the environment, health and quality of life of Rhode Island farmers and eaters.

Jim Tull is a teacher and social activist with 30 years of experience in confronting local, national and international social problems. For 15 years he worked at Amos House, a Catholic Worker-inspired hospitality house offering meals, shelter and social services to the poor and homeless in Providence. Since leaving Amos House in 1995, he has taught courses in Community Service and Social Change, Peace Studies, Environmental and Global Studies and Philosophy at Providence College and the Community College of Rhode Island.

Alicia Lehrer has a BA in Environmental Science from Barnard College and an MS in Natural Resources Science from URI. Her interest in creating sustainable food systems was a focus of

her work leading the Southern Rhode Island Conservation District for 10 years which she carries with her as Director of the Woonasquatucket River Watershed Council. In 2007, she spearheaded the building and management of the Sessions Street Community Garden on the East Side of Providence. Alicia is also working to build a garden at the Dr. Martin Luther King, Jr. Elementary School in Providence.

Make a Peace Flag & Send Positive Wishes to the World 🦋

Ginny Fox

Children and grown ups will create a set of flags from 5 pieces of fabric, paints, markers, collage and string. Taking our inspiration from Tibetan Prayer Flags we will meditate to connect to our wishes and gratitude and then bring the peaceful world into being as we decorate our flags.

Ginny Fox is a peace activist, writer and editor. She also runs craft shows, after school programs, organized school events, and teaches peace wherever she can.

Making Music Together Instrument Making Workshop 🦋

On-going w/Apeiron Staff in the children's area

Join Apeiron's wild and wacky teacher tribe in make music for the earth! Dig through our treasure trove of recycled and resourceful materials. Make a chorus of new sounds. Parade through the festival and then take home your own instruments and noise making creations. Gear and guidance in the Enchanted Children's Forest between 12:00pm and 4:00pm. The parade departs at 5:00pm.

The Apeiron Institute fosters **enthusiastic environmental educators** with a passion for exploration and discovery based learning. Apeiron programs introduce young people to sustainable living topics through the arts and sciences fostering deeper relations with earth systems right where kids are!

Making Music Together Song Writing Workshop & Open Jam 🦋

w/RISA Artists Jan Luby & Terry Kitchen

Songwriting and jamming are two very earth friendly ways to build community and spend time with others. Join with Jan and Terry to explore your creative impulses, your unlimited songwriting potential, and practice playing and singing with real live people in the great outdoors.

Jan Luby is known for her engaging voice full of passion, range and power. Jan's songs are evocative, lyrical and infectious personal stories. Her approach to songwriting ranges from socially relevant to irreverent, heartbreaking to humorous.

Terry Kitchen's songs are portraits of ordinary people and emotions, captured with extraordinary compassion, honesty and humor. His songs have won the grand prize in the Mid-Atlantic Song Contest, first prize in the USA Songwriting Competition, and runner-up in the John Lennon Songwriting Contest. His album *Heaven Here on Earth* was Folk-DJ's #75 most played folk CD of 2007.

Marvelous Marvin's Circus Arts Workshop 🦋

Marvin Novogrodski

Hey kids and grown ups alike! Are you looking for more ways to have fun that don't involve electricity, driving or lots of manufactured equipment? Learn how to juggle, spin plates, walk on stilts, master the rhythm sticks, twirl rings, and discover your own balancing skills with Marvelous Marvin, he's marvelous.

Marvin Novogrodski is a lifelong Rhode Island artist and 20-year veteran of the Everett Dance Theatre in Providence. In conjunction with 3 artist project grants and numerous residencies awarded him through the Rhode Island State Council on the Arts, Marvin has created and performs "The Magic of Science" and "How the Body Works" which use circus arts, magic tricks and stupendous visuals to entertain and motivate students to learn about science.

Morning Sustainable Cities & Towns Conference

Carol Bragg, Beth Milham, Paul A. Roselli, Cliff Wood & Moderator Greg Gerritt

Looking to move your town or city toward sustainable development, policies and practices? Hear strategies, stories, anecdotes and advice from local officials and community leaders spearheading efforts to transform their communities into eco-municipalities. Some topics they will cover include energy, food, transportation and land use.

Beth Milham is a member of the new Newport Energy and Environment Commission and chair of its predecessor, the Newport Goes Green Task Force. Beth was also co-founder of Aquidneck Island Ecology in 1969, and currently chairs the Channing Memorial Church Green Congregation Committee, and coordinates Anna's Workshop, the HIV/AIDS Prevention Education program of AIDS Quilt RI.

Steeped in the land trust movement for over 8 years, **Paul A. Roselli** has helped shape land trust and conservation easement language and practice in the Town of Burrillville and throughout the state. A board member of the Burrillville Conservation Commission, the Blackstone River Watershed Council/Friends of the Blackstone, the Rhode Island Land Trust Council and other groups, Paul has developed sustainable practices to protect property and natural resources, help local food production and reduce the need for water, sanitation and air purification infrastructure.

Cliff Wood was elected to the Providence City Council in 2006. Since taking office, among other positions and responsibilities, Cliff is proud to chair the newly created Special Committee on Public Education. Prior to his election, Cliff was the first director of Providence's Department of Art, Culture + Tourism, created in 2003, where he launched such initiatives as Providence Sound Session, FirstWorksProv and FirstWorksKids, and the award winning Celebrate Providence! Neighborhood Arts Programming Initiative. Cliff also worked for Cornish Associates within their mission to rebuild Downcity Providence through such means as passage of the Rhode Island state historic tax credit.

Greg Gerritt has been actively working for the environment, peace, and justice since 1967. His organizational affiliates include the Green Party, the Environment Council of Rhode Island, and Friends of the Moshassuck. His most recent projects include helping found the Environmental Justice League of Rhode Island and the Prosperity Project. His primary focus is the ecology/economy interface.

Mosaic Wall Hangings of Fruits & Veggies 🍌

Deb Aldo

Want to participate in community art? Come make a mosaic wall hanging with brightly colored all-season ceramic tiles, using the same method that will be employed for the construction of a large public art sculpture called the WHOLE FOOD PYRAMID in conjunction with the Apeiron Institute in 2009.

Deb Aldo is the principal of Pietre Dure Design and has a degree in Landscape Architecture and Horticulture. She designs landscapes and mosaic architectural installations throughout New England.

Deb creates mosaics that need very minimal maintenance: no mowing, no fertilizer, no pesticides, no water as part of a personal goal to live a more sustainable life.

Music to Love Up the Earth with Marcy 🐦

Marcy Gregoire

Marcy and her amazing, ever-changing kids' band have been wowing the masses with their funky folky blend of originals and beyond. A Southeastern Massachusetts singer/songwriter, performer and teacher, painter and jeweler, Marcy's contribution to Earth respect is thought-provoking, interactive and TONS of fun! Catch her new CD, *From a Seed*, coming soon.

No Child Left Inside in RI

Paul Beaudette & Shareen Knowlton

In recent years there has been increased interest in getting children and families outside immersed in nature play and learning. Obesity, attention span, learning skills and long term health and well-being are some of the concerns associated with lack of time outdoors. One vehicle for addressing these concerns is the No Child Left Inside Act of 2007 (NCLI), a bill introduced in Congress to amend current federal education legislation to include support for environmental education in our public schools. Find out more about NCLI and efforts on the ground in RI to see it through.

Paul Beaudette is an educator and environmental activist with training from Al Gore's Climate Project, who works with the Environment Council of RI, Save the Bay and the National Wildlife Federation among other endeavors.

Shareen Knowlton is the Director of Education at Roger Williams Park Zoo. She has been an environmental educator for over 15 years and has worked for organizations ranging from the Audubon Society of Rhode Island to Zoo Atlanta. She is the past President of the Rhode Island Environmental Education Association and currently serves as Treasurer on the board of the New England Environmental Education Alliance.

The Numbers: How Growing Population Affects Environmental Issues

Lee Strauss & Jeff Herman

The number of people on Earth has doubled in the last forty years, and another billion people are being added to the planet every 14 years. How is that impacting the issue of sustainability and what can be done about it?

Jeff Herman has worked for the United Nations for 16 years, living in 23 countries and doing research on environmental issues.

Lee Strauss is the chairman of the New England Coalition for a Sustainable Population (www.necsp.org).

Our Water Future: Managing a Shared Resource

Jane Austin

This workshop asks how to manage our shared water supplies to support both a vibrant economy and a healthy environment. The Coalition for Water Security has outlined a framework for responsible and effective water supply management and the General Assembly is considering a new policy framework for the state. What better time to look at how Rhode Island's efforts to manage our water measure up?

Jane Austin, Special Coalitions Liaison for Save The Bay, is a member of the Coalition for Water Security Working Group. She has worked on broad policy and advocacy campaigns for the protection of Narragansett Bay including nitrogen pollution reductions and sustainable urban waterfront redevelopment.

Parade of Creations 🦋

Calling all of the young at heart! Join **Zach Ladin** and the young people of the Sustainable Living Festival in a parade of their creations made on-site that day. What less could we do for the future of the world!

Pebble Mosaic Stepstones (Advance registration required. Click here to sign up)

Deb Aldo

Pebble mosaics have been around for thousands of years. Come learn this ancient art! Participants will arrange pebbles in a pleasing and organic shape. The pebbles will be placed into molds filled with dry concrete mix and then set with water. Bring pebbles, rocks, shells or beach glass that you have collected (FYI- dyed or polished stones and low fired pottery shards ARE NOT suitable for outdoor mosaics). The size of the pebbles can range from 3/4" to 3". Make sure you have enough material to fill a 12" space, we will have SMALL quantity of stone available.

Deb Aldo is the principal of Pietre Dure Design and has a degree in Landscape Architecture and Horticulture. She designs landscapes and mosaic architectural installations throughout New England. Deb creates mosaics that need very minimal maintenance: no mowing, no fertilizer, no pesticides, no water as part of a personal goal to live a more sustainable life.

Population and Sustainability

Barry Schiller

After a brief overview of some facts about human population growth and its environmental impact, including handouts from the Sierra Club's Population Committee, this workshop will discuss various strategies to deal (or not deal!) with this issue.

Barry Schiller is a recently retired math professor from Rhode Island College where he frequently used real population data to illustrate statistics. He has long been an environmental advocate who stresses paying attention to the numbers. He is a member of the Population Connection and is active on the Sierra Club's population list-serve.

Preserving our Native Medicinal Plants & Their Habitats

Kate Rakosky

The healing plants that our ancestors used, and that are still being used today, are disappearing in the wild at an alarming rate. Learn how we can each make a difference by our actions and choices. To quote Rosemary Gladstar, founder of United Plant Savers, "We wish to ensure that when future generations of plant lovers walk upon this planet, they, too, will know the medicines of their ancestors and the healing power that grows from the heart of the earth."

Kate Rakosky and her husband, Dan, are stewards of Sagewood Herb Farm (www.sagewoodherbfarm.com) in West Kingston, designated as RI's first United Plant Savers Botanical Sanctuary. An Herbalist and Master Gardener, she has been blessed to study with some of the most well respected herbalists in the US and abroad and now teaches at national and regional herb symposia and local workshops.

Reduce, Renew, & Relate: People's Power & Light's Green Power Program

Karina Lutz & Omay Elphick

Are you ready to go beyond switching a few light bulbs? This workshop describes People's Power & Light's green power program, how New England GreenStart works, what to look for in your utility bill, and how you or your organization can help spread the word and raise money at the same time.

People's Power & Light is RI's nonprofit green power provider, working to make energy more affordable and sustainable. Deputy Director Omay Elphick oversaw the development and construction of Save The Bay's exemplary green building. Development and Advocacy Director Karina Lutz has been involved in energy efficiency for two decades.

Renewable Energy Options for Home or Business

Bob Chew

This workshop will open your eyes to ways in which solar thermal, photovoltaic and wind applications can be aesthetically integrated into your home or business design. SolarWrights case studies will emphasize environmentally friendly guidelines for construction projects that utilize renewable energy systems.

Bob Chew has been a solar designer and contractor since 1977 and is a nationally recognized expert in the fields of renewable energy and green building design and construction

Retrofitting with Renewables & Energy Saving Ideas

Dan Cartier

After this workshop, the average home owner will be able to map out a plan that will allow them to live a fossil free life. It will cover available energy saving options, renewable energy systems that can be installed in the typical home, as well as green fuels locally available for cars or trucks.

Dan Cartier is a Mechanical Engineer educated at URI with a Certification in Energy Management. Dan has worked with renewable energy systems for over twenty years. Currently Dan is working for the Chariho Regional School District as Director of Building and Grounds and consults on renewable energy systems as well.

The Rhode Island Energy Star Homes Program

Jon Dember

The workshop is a general overview of the Energy Star Homes program, which helps people build high levels of comfort, indoor air quality, and energy efficiency into their new homes. Learn about available incentives for Energy Star Home certification, nationally recognized for representing greater value, lower operating cost, increased durability, comfort, and safety. Learn also about the LEED for Homes certification program of which the Conservation Services Group is also a provider.

Jon Dember is an Outreach Support Specialist for the Energy Star Homes program in New England, covering Rhode Island and Eastern Connecticut, and Massachusetts. He has also worked as a housing inspector for rent subsidy programs, for a community action program and he was a co-organizer of the CoopPlus of the Finger Lakes, a renewable energy member co-op.

Socially Responsible Investing in Perspective

William J. Horn

Socially Responsible Investing (SRI) is the process of aligning one's investments with their values. This workshop/ seminar will discuss the origins and progress of SRI.

Bill Horn is a Financial Advisor with Smith Barney in Providence. Bill develops comprehensive financial plans to help his clients manage, preserve, and grow their wealth consistent to their financial goals and objectives, while also providing investments that align with the values of the client.

Solar Electricity (Photovoltaics)

Len Loomans

Brief intro to the "basics": quantifying the solar resource, system design types, sizing techniques, estimating output, life-cycle costs, NEC compliance and utility requirements. Available state and federal rebates, tax incentives and Renewable Energy Credits/Green Power marketing will also be covered. If the sun is shining, we'll go outside for some hands-on demonstrations, and there will be plenty of time for questions.

Len Loomans is a Consulting Energy Engineer with over 20 years experience within the electric power industry. Currently he provides clients with engineering design & commissioning services for renewable energy systems; including photovoltaics, wind, hydroelectric, cogeneration and other energy efficiency & conservation technologies. He also teaches a Photovoltaics Class for the Lifelong Learning Div. of CCRI. Len holds a B.S. in Electrical Engineering from Colorado State University.

Solar Hot Water Systems Design

Dan Cartier

This workshop will review the basics of solar hot water systems and the best systems for New England. Decision making, basic system design, necessary installation skills, resources for solar hot water education and component selection and purchasing will all be outlined and explained. Photos of real world projects will be shown.

Dan Cartier is a Mechanical Engineer educated at URI with a Certification in Energy Management. Dan has worked with renewable energy systems for over twenty years. Currently Dan is working for the Chariho Regional School District as Director of Building and Grounds and consults on renewable energy systems as well.

Songs of Living & Flying with Zach 🐦

Zach Ladin

Come listen to and play music with Zach a consummate musician, educator and naturalist who weaves his great love for nature into songs like "I Wanna Be a Hawk," "We Dig Worms" and "Mabel Norman" (of the Norman Bird Sanctuary!!)

Zach grew up in southern New England, and from an early age was drawn to the forest, ocean, and other places wild. Zach began playing violin and guitar when he was six years old and started songwriting and performing as a young man. Zach effortlessly melds his deep sense of awe and gratitude about all life with his beautifully crafted music. Zach's main mission in life is to share this overwhelming sense of wonder with others and to help people nurture their own awareness' through music full of hope, gratitude and joy.

Striving for Sustainability: Holistic Home Design and Creation

Erin & Jim Malloy with Maryellen Snyder

This workshop will explore the social, environmental and economic benefits of thoughtful and heart-full home design and food cultivation using our off-grid earthen home as an LIVING model.

Erin and Jim designed and built, as well as led hundreds of volunteers in the creation of their earthen home in North Central Vermont. They live comfortably in their inexpensive; energy efficient; wind, solar & wood-powered cob home surrounded by a fruit orchard. **Maryellen Snyder** documented this process through her photography and is an environmental educator working with Apeiron.

Students & Service: Creating Tween & Teen Led Climate Change Projects

Josh Tryon, Jessica Offir & Colin Carlson

How can middle and high school students work to reduce the carbon emissions of their communities? How can they affect change at individual, business and government levels? We will discuss short- and long-term projects that teens can run in schools, with friends or on their own.

Colin Carlson is the Director of the Cool Coventry Club, a Connecticut student-based climate change organization that has won state and national awards. He is also a Steering Committee member of the Connecticut Youth Activist Network (an offshoot of the Great Land Conservation Trust) and a senior at Stanford University's Online High School, where he is editor in chief of the student newspaper.

Jessica Offir holds a Ph.D. in social psychology. She has worked in the field of behavioral intervention and as a secondary school teacher in Connecticut.

Joshua Tryon is a recent graduate of the University of Connecticut [NOTE: as of May 2008!] and spends his free time participating with Cool Coventry Club events.

Sustainable Living: One Old House at a Time

Cindy Saksena

This workshop describes the process of selecting and/or rehabbing a house with a view to environmental sustainability and affordability over the long term. The approach taken in this workshop stems from the philosophy of and desire for "aging in place."

Cindy Saksena is a retired Home Ec/FCS teacher and former architect's wife. She has taught in Massachusetts, India and Rhode Island and is now working with CREW and Sustainable Warren.

Take a Walk on the Wild Side!

Kate Rakosky

Enjoy a one hour walk exploring the wild medicinal plants growing in various habitats all around us. We will identify these plants and discuss traditional uses and herbal legend and lore surrounding them. Do you recognize any from your backyard? Now that we've met them, let's work to protect the habitats of these beautiful healing plants!

Kate Rakosky and her husband, Dan, are stewards of Sagewood Herb Farm (www.sagewoodherbfarm.com) in West Kingston, designated as RI's first United Plant Savers Botanical Sanctuary. An Herbalist and Master Gardener, she has been blessed to study with some of the most well respected herbalists in the US and abroad and now teaches at national and regional herb symposia and local workshops.

Today's Sustainable Biodiesel in Rhode Island

Jim Malloy, Nat Harris & Ed Booth

We will explore the local sustainable “cradle to cradle” model of the R.I. Sustainable Biodiesel movement with a focus on local collection, production and distribution. This clean and efficient transportation and home-heating fuel is available TODAY in Rhode Island.

Nat Harris is the production manager of Newport Biodiesel, focused on the continued development of a biodiesel processing plant creating local, sustainable fuel for Rhode Island and the surround areas.

Ed Booth is the operations manager of Newport Biodiesel and is a former R.I. Postmaster. He continues his life long interest in alternative energy sources with Newport Biodiesel.

Jim Malloy is the operations manager of T.H. Malloy Biofuels and has been distributing biodiesel in R.I. for four years. Jim is also the co-creator of a fossil fuel-free; wind, solar, wood-powered; mortgage-free; efficient, affordable, earthen Home nestled in amongst an orchard and gardens.

Top 10 Things You Can Do to Care for Your Bike by the Recycle-a-Bike Collective 🦋
Flat tire? Wobbly wheel? Loose cable? Seat too high? There are lots of reasons why your bike may not be working the way you'd like. Let us help, and keep you and your bike on the road where you belong. This workshop will review the ten most common things that can go wrong with a bicycle, and how to fix and maintain them. Bring your own bike and tools if you have them, and we will provide example bikes, tools, parts and handouts for those who don't.

Recycle-a-Bike gets bikes out of the garbage and back on the streets. We provide people access to used bikes, parts and tools, and the skills to build and maintain their bikes. We support bike riding as an affordable, healthy, and environmentally conscious way of getting around. We are a volunteer not-for-profit community bicycle workshop in Providence, R.I., currently housed at the Steel Yard, active since 2001. Visit www.recycleabike.org and www.thesteelyard.org.

Tracking Series 🦋

New England Trackers is dedicated to sharing wilderness and survival-related knowledge, and organizing gathering places and "dirt time" sessions for those in the New England area.

Awareness Games 🦋

Ellen Bidlack, Tim Grantham & Paulinka de Rochemont

Bring the whole family to explore new ways to experience the world around us through owl eyes, foxwalking, and sensing games. Find out how these simple skills can change our daily lives.

Ellen Bidlack finds that practicing primitive skills is a good way to connect more deeply with the environment and learn new things about the natural world. Ellen attended Tom Brown, Jr.'s school in New Jersey, and helped to form New England Trackers in 2002.

Tim Grantham has had a lifelong love affair with old skills and ways of living. He has studied primitive skills with the Tracker School and has been trained in the Vision Quest experience with Earth-Heart.

Paulinka de Rochemont, born and raised a city girl, has a deep love for wild places and nature. Now a student of Tom Brown Jr., a member of the New England Trackers and a

resident of the woods of West Greenwich, RI, she helps make the world a better place by caretaking.

Fire by Friction 🦋

Tom Turck

Learn the basics of traditional fire making and see what rubbing two sticks together can teach you about survival in the wilderness and civilization. We will gather materials from the landscape, build a low-smoke fire structure, and "bust out a coal" with a bow drill.

Tom Turck has been a primitive firebug since 1978 after discovering Larry Dean Olsen's "Outdoor Survival Skills." He is also an AMC 4000 Footer.

Gratitude Ceremony 🦋

Tim Grantham

People who live close to nature are constantly grateful for all that the Earth provides. This state of thankfulness is something we often lack in modern society. Let us come together in a Ceremony of Gratitude for the land which supports with a fire, drumming, smudging, and an opportunity to share your gratitude.

Tim Grantham has had a lifelong love affair with old skills and ways of living. He has studied primitive skills with the Tracker School and has been trained in the Vision Quest experience with Earth-Heart.

Water & Energy Conservation by Aquatronics Industries and Global Green Technologies

Howard Schachter

This workshop presents practical methods of water and energy conservation, alternatives to bottled water, and a sustainable living concept utilizing an energy saving constructed living design that features recycled EPS plastics, and is fully equipped with rain water supply, solar energy and a composting toilet.

Howard Schachter is a graduate of Metallurgical Engineer University of Wisconsin (1955) with over 50 years in the industry. For the last 30 years he has been dedicated to designing and installing environmental systems in harmony with nature with special emphasis on water remediation and conservation.

Weeds Walk 🦋

Karen Talbot

Most people are becoming more aware of the natural health benefits of herbs, but did you know that many of these are available for free at roadsides, in empty lots, and your own backyard? Join me in a weed walk to discover the food and health benefits of wild and not so wild plants. Delectable tidbits and elixirs will be offered to the adventurous!

Karen Talbot has been an herbalist for over twenty years and has led weed walks for individuals, groups, and schools. She is a member of RadHerb, an organization working to support and nourish diverse, inclusive, and reciprocal healthcare networks throughout the Northeast.

What is Bio-Diesel? 🍃

Bob Cerio

This workshop is an introduction to Biodiesel, the fastest growing alternative Energy Resource in the US today and a look at emerging markets.

Bob Cerio is the Energy Resource Manager, CEM, BOC with Hudson EcoFuels specializing in energy conservation and management services augmented by renewable alternative energy resources.

Wind Power RI: A Retrospective and Overview

Lefteris Pavlides & his students Alyssa Keating, Rachel Hampton & Kyle G. Regis

Learn about the significant progress that wind power has achieved in Rhode Island and answer the question “what is next?” Different ways that towns and cities in Rhode Island can benefit from wind power development will also be explored.

Lefteris Pavlides, a professor of Architecture at Roger Williams University, has directed the Rhode Island Wind Power Project since January 2005. Recently he co-founded the Rhode Island Wind Alliance and is serving as its first President.

Alyssa Keating, Rachel Hampton and **Kyle Regis** are Roger Williams University architecture students working with the RI Wind Alliance and other wind projects in RI. Recently they presented symposia on *Perceptions on Wind Turbines in the Rhode Island Landscape* and *Contributions to Formation of Rhode Island Public Policy in Wind Energy* at the 39th International Environmental Design Research Association conference in Mexico.

Women’s Leadership in Sustainability Conference 🍃

Kira Gould, Keynote Speaker

Connie McGreavy and Eugenia Marks additional panelists, Karina Lutz Moderator

There is a growing body of academics, activists, faith leaders and public servants who feel more women are needed in high places to effect change. Coinciding with an explosion in the marketing of “green,” the creation of the “green collar” workforce and a mainstream desire to act on behalf of the planet, there is much at stake for the sustainability movement. What are the forces acting in our favor and against us, and do women have a unique role to play in enhancing our power and scaling up our individual and collective efforts? Hear from new and seasoned agents of change about this vital issue.

Key Note Address by Kira Gould

BECOMING NATIVE TO PLACE

What if we could learn to live as natives of this place? Kira Gould’s talk will explore this idea through the work of William McDonough + Partners, the efforts of the architecture and design community, including the American Institute of Architects Committee on the Environment. She will relate this to something she calls the diversity imperative, using the lens of the book *Women in Green: Voices of Sustainable Design*, which she co-authored with Lance Hosey. How we define sustainability, how we work together, and who we tell the stories are central to how we adapt to a changing world. We are all designers now. Even what we eat is an act of design—one of many that can help us find our homes as natives.

Kira Gould, Assoc. American Institute of Architects, is a Boston-based writer and the director of communications for William McDonough + Partners. Gould has written on sustainability for

Metropolis, Architectural Record, The Boston Globe, and other publications. She is the 2007 chair of the AIA Committee on the Environment (COTE) and co-author, with Lance Hosey, AIA, of the recently released book *Women in Green: Voices in Sustainability*.

Eugenia Marks serves as Senior Policy Director for Audubon Society of RI, where she landed 28 years ago after a circuitous route: Civil rights activist and Poetry Society of America assistant in the 1960s, inner-city school teacher, motherhood and product-design graduate student in the 70s, graphic designer and environmental studies graduate student in the 80s. Under her presidency, the Environment Council of RI was awarded “Affiliate of the Year” by the National Wildlife Federation.

Connie McGreavy is Principal of Conserve by Design LLC, a green consulting firm. She has 30 years experience as an environmental scientist, consultant, lobbyist, regional planner, architectural designer and construction manager. She was one of the first women to be certified as an installer of active solar hot water systems in the region and is currently organizing a local chapter of the US Green Building Council in Rhode Island. She has a Bachelor’s of Science degree in Environmental Conservation and a Master’s degree in Public Administration.

Karina Lutz works in development and advocacy for People’s Power & Light, Rhode Island’s nonprofit green energy company. A sustainable energy advocate since her days as editor of Home Energy magazine in Berkeley in the 80s, she also teaches yoga and writes poetry and plays.