Inside... Fall 2010 Newsletter

• Our Fall Meeting
• Focus on Education
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• Help Wanted
Seek the truly practical, material life
But seek it in such a way that it does not numb you to the spirit that works within it.
Seek the Spirit, but not out of spiritual lust or spiritual egoism.
Seek it rather because you wish to become selfless in the practical life of the material world.

Turn to the ancient principle: Spirit never without matter, matter never without Spirit.
And say to yourselves, We will do everything material in the light of the Spirit.
And will seek the light of the Spirit in such a way that it enkindles warmth in us.
For our practical deeds.

- Rudolf Steiner -

The Biodynamic Association of Northern California, BDANC

is a member-run organization that aims to promote the biodynamic approach to farming and gardening. We allow time at our meetings for planning. Decisions are made by those who show up. We happen to really like getting together and through BDANC we have the opportunity to:

- gather a dynamic interchange of people from many arenas of biodynamics
- spread our collective knowledge, learn from each other and grow together through study
- get reports of activities in the larger biodynamic and farming community
- learn about the preps by making them together
- ensure availability of the preps to the community
- experience other farms and gardens
- renew our spiritual intentions and our commitment to each other

We accomplish our goals through:

- quarterly meetings
- a quarterly newsletter
- a membership mailing and emailing list
- making and selling the preparations
- meeting expenses with income from dues and preps

Membership
Marney Blair, marney646464@yahoo.com

Newsletter
Laura Liska, lauraliska@cs.com
Steve Reynolds, slreynolds@sbcglobal.net

Internal Correspondence (email blasts)
Patrick Garretson, patrick@californiaflowforms.org

Financials
Marney Blair, marney646464@yahoo.com

Preparations
Harald Hoven, hhoven@steinercollege.edu

General BDANC Correspondence
PO Box 715, Penn Valley CA 95946

National Biodynamic Correspondence
Biodynamic Farming and Gardening Association
25844 Butler Road, Junction City OR 97448
phone: 541-998-0105 or 1-888-516-7797
email biodynamic@aol.com, www.biodynamics.com
Furthering Biodynamic Education

We are grateful to Monte Black and the people at Ancient Lake Gardens for hosting our Summer Meeting at the last minute, when our scheduled venue fell through. It turns out we have much in common, leading to rich conversations throughout the weekend. As we sat in a large circle on Sunday sharing our questions about education, the air was filled with varying perspectives and heartfelt comments. We heard from apprentices and farmers, teachers and students. The folks at Ancient Lake Gardens themselves are working on their vision of land-based education.

So it seems timely that a unique opportunity has come our way. The North American Biodynamic Apprentice Training Program (NABDAP) has accepted our offer to host its annual conference. BDANC will co-sponsor the event to be held at Rudolf Steiner College. Scheduled for Feb 4-6, 2011, the conference will focus on legal issues of internship and the task of educating adults. We’ll gather farmer-educators throughout our region—biodynamic, organic, conventional—to exchange information and best practices, and to begin building a network of support. Hurrah!

Laura Liska, Editor
lauraliska@cs.com

Cover photos by Laura Liska
Inside photos by Laura Liska, Pete Huff, Gabrielle Dietrich, and Andy Scott

Purchasing Preparations

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To purchase preparations at the next meeting, contact Harald Hoven SEVERAL DAYS in advance.
916-965-0389 or harald.hoven@steinercollege.edu
A Weekend of Biodynamics: September 25-26, 2010

Hosted by
Adam Gaska and Paula Manalo, of Mendocino Organics at Heart Arrow Ranch On Golden Vineyards, in Mendocino County

Schedule of Events
Saturday September 25
9:00 Welcome and Announcements
9:30 Honoring the Cow (led by Matias Baker)
10:00 Making the preparations: horn manure chamomile, dandelion, oak bark (led by various BDANC members)
1:00 Potluck Lunch
2:30 Farm Tour
5:00 Group Study: The Story of BDANC (led by apprentice Ryann Mead)
6:30+ Dinner followed by socializing . . . Or join some of us in Ukiah for the festivities

Sunday September 26
8:30 Breakfast
9:30 An Exercise in Seed Saving with Chard
11:00 The Realities of Sustaining Today’s Small Family Farms: Economics, Resources and Culture (discussion led by Adam Gaska)
12:30 join us for lunch on the way home at the Ukiah Brew Pub

Cost
We invite you to attend at no charge, except for catered meals.

Meals
Lunch on Saturday is potluck so bring something to share. Saturday dinner ($15), Sunday breakfast ($7). Apprentice discounts available ($2 off per meal). PLEASE MAKE MEAL RESERVATIONS by SEPT 18th.
Accommodations

Tent camping is available on the ranch. You can arrive late Friday if you want to be there early the next morning. PLEASE CALL AHEAD FOR CAMPING.

There are hotels in Ukiah and Willits (15 min):
The Discovery Inn, Ukiah 707-462-8873
Holiday Inn Express, Ukiah 707-462-5745
Baechtel Creek Inn, Willits 707-459-9063
Best Western, Willits 707-459-5800

Directions

From Ukiah:

Heart Arrow Ranch is right off 101 North, 2.5 miles north of the West Road Redwood Valley exit. Pass Reeves Canyon Rd on your left. Go 0.7 miles. At the 35.19 mile marker turn into the driveway and up through the open gate. If you miss the driveway, turn around at Ridgewood Ranch. (See the Willits directions if this happens.)

From Willits:

Take 101 South. It is tricky to turn left onto Heart Arrow Trail from the south side of 101, so pass it, and further down 101 S, turn right onto Reeves Canyon Road. Turn around, and head north (left) on 101. Go 0.7 miles. At the 35.19 mile marker turn into the driveway and up through the open gate.

Once you get here:

Follow the paved driveway up the hill for 1/2 mile until it turns into a gravel road. Park by the big pond, a 5-min walk from the garden.

Contacts

Paula Manalo 240-626-3835 pmanalo@gmail.com
for meal reservations, camping, and questions
Harald Hoven 916-965-0389

to order preps in advance

Group Study

Ryann Mead, an apprentice at Live Power Community Farm, will lead us in a look at the beginnings of BDANC through stories from some of the original founders... including Harald Hoven and Gloria & Stephen Decater.

Planning Session

Join us over lunch on Saturday as we catch up on business for 2010. We invite you to bring proposals for work or events you’d like BDANC to support. We are a member-run organization, so everything that happens does so because someone took up the challenge to make it happen!
CALENDAR

september


SEPT 25-26: Mendocino Organics/Heart Arrow Ranch, BDANC Fall Meeting. Contact Paula Manalo pmanalo@gmail.com to reserve meals, camping. Email LauraLiska@cs.com for details.


October


OCT 8-10: Fair Oaks, CA. Alternative Hive Building Special event with guest instructor Uwe Bodenschatz. Rudolf Steiner College: 916-961-8727 www.steinercollege.edu

We welcome calendar items, articles and photographs for the newsletter. Submissions should be related to local biodynamic farming and gardening activities. Inclusion is subject to editor’s discretion and space available.

Items need to be submitted electronically, in simple text (no formatting please). Calendar and Help Wanted items should follow the format seen here in the newsletter.

Deadlines are:
- Spring : Feb 5th
- Summer: May 1st
- Fall : August 1st
- Winter : Nov 5th

Please email our editor, LauraLiska@cs.com

November

NOV 3-5: Michael Fields Agricultural Institute, East Troy, WI. 2nd Annual Retreat for Farm-based Educators. For information and registration contact Dana Burns: 262 495 4247 dalycabu@yahoo.com, www.biodynamics.com/FBEretreat2010


December


January

JAN 8-9: Frey Vineyard in Mendocino, CA. BDANC Winter Meeting. Details to be announced.

NEW HAPPENINGS at
Rudolf Steiner College

We are excited to begin another year of biodynamic education at Rudolf Steiner College. This year, in addition to our popular Biodynamic Farming and Gardening Series and Natural Beekeeping Series, we have some exciting new workshops.

• An Introduction to Biodynamics, a healthy discussion about what IS biodynamics and why is it important. led by Gabrielle Dietrich

• Biodynamic Basics—Courses in backyard gardening to help beginning and experienced gardeners plan, prepare and plant their gardens. led by David Basile

• Awakening Nature Perception—Workshops in observation, exploration and imagination for those interested in deepening their study of nature and understanding of biodynamics. led by Laura Liska

• Special Events, with guest instructors, on topics including Alternative Hive Building and Mushrooms.

For details and a brochure, visit us online at www.steinercollege.edu (under programs)

Awakening Nature Perception

Holistic practices, like biodynamics, require a bold change in how we think. In order to understand living processes, organs of perception that are attuned to Nature’s dynamic relationships must be awakened in us. We can do this through a practice which weaves together clear scientific observation with artistic contemplation. This practice develops the capacity for imaginative thinking and offers us the potential for a new relationship with Nature. In each of her workshops, instructor Laura Liska focuses on a different phenomenon—a tree, a rock, a color. Through exercises in observation, exploration and imagination, participants experience a new way of perceiving Nature.

Acorns and Oaks (Trees) Oct 23, 2010

With the Oak as a guide, trees are explored from root to leaf tip, through seasons and life cycles. With deepened awareness, the role of trees and use of Oak bark in biodynamic agriculture will be considered.

Sandstone and Clay (Rocks) Dec 4, 2010

Here is a chance to spend a day playing with rocks! With help from natural science, participants work imaginatively into structures and formations of Na-
nature’s most ancient creations. With new insight, the relationship of the mineral kingdom to plants and the use of mineral substances in biodynamic agriculture can be explored.

**Chicory and Sunflowers (Color) April 30, 2011**
We experience color as an aspect of the phenomenon of Nature—brown rock, red bird, blue chicory, yellow sunflower. To truly understand color, it must be lifted out of the confines of the physical world and observed as a phenomenon in its own right. Participants will be led through exercises that reveal a hidden order in color, a language of Nature read by the soul. What will be discovered when, with awakened perception, we look again at Nature’s colorful creations?

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**2nd ANNUAL RETREAT for Farm Based Educators**
whose work is inspired by biodynamic agriculture, Waldorf education or anthroposophy.

Co-convened by A Week on the Farm and the Biodynamic Farming and Gardening Association, in partnership with: The Michael Fields Agricultural Institute, Angelic Organics Learning Center, Philadelphia Community Farm and Wellspring Retreat Center

**Wednesday, November 3 – Friday, November 5**
**Michael Fields Agricultural Institute,**
**East Troy, Wisconsin**

Last year’s retreat was a significant first step towards forming a collegiate, connected group of farm- and garden-based educators inspired by anthroposophy. Retreat organizers intend for this year’s gathering to further develop this collegiality and to deepen awareness of this vocation.

Participants will have the opportunity to explore curricula, discuss funding possibilities, and learn about integrating animals into their programs. Also included will be work and artistic activities at a nearby site as well as a Theory U Case Clinic session.

For more information and registration contact Dana Burns: 262 495 4247 dalycaibu@yahoo.com
www.biodynamics.com/FBEretreat2010
HELP WANTED

Farming Family Desires new Farm
We are a family of three wanting to move off our farm in Kansas to start a larger venture. Our ideal situation would be a sustainable organic homestead for us to live and work on full time. We are college educated, been farming all our lives, and ready to make the move to a longer growing season. We are open to do a lease-to-own, crop share, or co-own and operate etc. We are energetic, highly motivated self-starters with extensive know-how and experience in all aspects of organic/biodynamic/sustainable/permaculture growing and marketing, composting, dairy/meat goats, equine, and poultry and basic maintenance to manage a farm. We prefer to live off grid. Please feel free to contact for more detailed information, resume, and interview. 
Angela Rothweiler
greenergirl@gmail.com
913-660-6282

Farm for Sale
The farm next door (26 acres—it used to be part of our farm) is for sale. It has a large 3 bedroom Spanish style house on it and the soil is 1st class silty clay loam, very deep and well drained. It has some the best water resources in California, Lake Berryessa water. I water my 21 acres (about 14 under cultivation) for about $400/ year and it comes to us at 80+ psi. Zoning would allow for another 1,800 sq.ft “manager” house. We are trying to find someone to buy it and farm cooperatively with us. 
Matthew Engelhart
founder/owner Cafe Gratitude, L.L.C
matthew@cafegratitude.com
415-229-7768

Community Supported Assistance
Help us help each other. If you have land available, equipment to sell, need a farmer, would like to farm, please submit your needs to our editor for printing in future issues. Email simple, unformatted text in the format seen here, to lauraliska@cs.com.

Making yarrow prep and making music at our summer meeting
BDANC MEMBERSHIP

Today’s Date _________________________________

Name _________________________________

Address _________________________________

City/State/Zip ________________________________

phone number ________________________________

email address ________________________________

Are you a: new member? renewing member?

Are you a: farmer? gardener? teacher? other?

What would you enjoy having included in the BDANC programs this year?

How did you find out about BDANC?

Select one:

☐ For BDANC membership only:
  Please make checks out to BDANC for $25
  Mail check and this application form to
  BDANC, PO Box 715, Penn Valley CA 95946

☐ For joint membership with the BDA:
  Please make checks out to Biodynamic Farming and Gardening Association for $60
  Mail check and this application form to
  Biodynamic Farming and Gardening Association,
  25844 Butler Road, Junction City OR 97448

Are You Due to Renew?

Membership is for one year. The last year for which you paid dues is indicated on your address label. IF YOUR LABEL DOES NOT SAY 2010, please use this application to renew your membership.