

2008 Prairiewoods ecological conference

Promoting Local Food and the Environment

Includes workshops, a retreat and performances by local, national and international speakers and performers. Local and organic foods will be served at meals throughout the conference.

September 23-27, 2008 • Prairiewoods, 120 E. Boyson Road, Hiawatha, IA 52233



Thursday, September 25, 7 p.m. Cedar Rapids Museum of Art

Actress Kaiulani Lee will present the one-woman play, *A Sense of Wonder*, based on the life and works of Rachel Carson.

Fee: \$15 advance/\$18 at the door.

Friday, September 26, 7-8:30 p.m. Prairiewoods

Helping Heal the Planet One Song at a Time by performer Earth Mama (Joyce Rouse).

Fee: \$12 advance/\$15 at the door.



Saturday, September 27, 10 a.m.-3 p.m. Prairiewoods

Earth Spirit Rising: Food, Community and the Spiritual Journey on a Planet Hungry for the Fullness of Life by Patricia Mische. This daylong workshop explores and celebrates Earth as a living, evolving community.

Fee: \$35 includes lunch.



Included in the conference is an Ecospirituality Experience for people who would like to further explore the sacredness of food. During the mornings of September 24-26 you may participate in reflective, educational and experiential activities related to food. Participants may choose to lodge at Prairiewoods or commute to the activities.

FEES

Ecospirituality Retreat Experience \$300

Includes conference activities, lodging and meals from Tuesday dinner - Saturday noon

Ecospirituality Experience-Commuter. \$175

Includes conference activities, lunch and dinner from Tuesday dinner - Saturday noon.

Workshop Fee \$125

Includes conference activities, lunch and dinner from Tuesday dinner - Saturday noon.

REGISTRATION

Come for the retreat and/or choose one or more workshops and presentations. To register for any of the activities, contact Prairiewoods at 319-395-6700 or e-mail at: ecospirit@prairiewoods.org. You may also visit our website at: www.prairiewoods.org.

Prairiewoods is located on 70 acres of woods and prairies on the outskirts of Cedar Rapids, Ia. We provide various workshops, programs, retreats and offer rental space for meetings.

SCHEDULE

Tuesday, September 23

- 3:30-5 p.m. Linn County Food Policy Forum
Speaker: Chris Taliga
 - 5-6 p.m. Social, silent auction, entertainment by Bob Ballantyne
 - 6-7 p.m. Dinner and Fund Raiser for the Iowa Valley Resource, Conservation and Development (IVRC&D)
 - 7-8:30 p.m. Film *King Korn*
- Fee for evening: \$25/per person or \$45 for two

Wednesday, September 24

- 7:45-Noon Ecospirituality Experience
 - Noon Lunch
 - 1-2:30 p.m. Establishing and Managing Native Prairie Species and Guided Prairie Tour
 - 3-4 p.m. Prairiewoods: An Ecological History by Peter Hoehnle
 - 4:30-5:30 p.m. Social, Native Food Demonstration
 - 5:30-6:30 p.m. Dinner
 - 6:30-7:30 p.m. Food in the Story of the Universe by Lucy Slinger, FSPA
- Fee: \$20 for afternoon and evening programs and includes lunch and dinner; or \$10 for day program with lunch or \$10 for the evening program with dinner.

Thursday, September 25

- 7:45-Noon Ecospirituality Experience
 - Noon Lunch
 - 1-2:30 p.m. Sustainable Stormwater Management by Wayne Petersen, Urban Conservationist
 - 3-4 p.m. Your Health, Your Body, and Iowa's Agricultural Landscape by Laura Dowd
 - 3-4 p.m. Food is Life, Life is Sacred, Food is Sacred by Travis Cox
 - 4:15-5:15 p.m. Waterways and Water Cycle of the Prairie and Woodland Landscapes by Christine Taliga and Peter Hoehnle
 - 4:15-5:15 p.m. Find Abundance in Growing Food by Fred Meyer with Backyard Abundance.
 - 5:30-6 p.m. Dinner
 - 7-8 p.m. The play, *A Sense of Wonder*, The Rachel Carson Story by Kailulani Lee, Cedar Rapids Museum of Art
- Fee: \$10 for afternoon program with lunch; \$8 dinner. *A Sense of Wonder* fee: \$15 in advance or \$18 at the door.

Friday, September 26

- 7:45-Noon Ecospirituality Experience
 - Noon-3 Lunch available for purchase throughout the afternoon
 - Noon-5 p.m. Local Market Festival, includes farmers' market, vendors, cooking demonstrations, entertainment by Earth Mama. No fee.
 - 4-5 p.m. Dinner
 - 7-8:30 p.m. Earth Mama Concert and Council of All Beings Ritual
- Fee: Earth Mama concert \$12/advance or \$15 at the door.

Saturday, September 27

- 10 a.m.-3 p.m. Earth Spirit Rising with Patricia Mische
- Fee: \$35 includes lunch. Advance registration encouraged.

WORKSHOP DESCRIPTIONS



Tuesday, September 23

3:30-5 p.m.

Linn County Local Food Policy Forum Chris Taliga will present draft policy statements addressing how a local foods' policy fits into Linn County's land use plan.

5-6 p.m.

Dinner and Fund Raiser for the Iowa Valley Resource, Conservation and Development The Iowa Valleys Resource, Conservation and Development's mission is to conserve and develop resources in the Iowa and Cedar Valley areas through education, demonstration and partnerships. Its programs help people protect and develop their economic, natural and social resources that help improve area economies, as well as the environment. Its focus includes land conservation, water management, community development and land management.

7-8:30 p.m.

Film King Korn, a feature documentary about two friends, one acre of corn and the subsidized crop that drives our fast food nation.

Wednesday, September 24

1-2:30 p.m.

Establishing and Managing Native Prairie Species by Rob Roman and Christine Taliga. This presentation will focus on the identification and management of prairie invasive species. This workshop also includes a prairie tour to identify prairie species; maintenance and/or establishment of prairie vegetation; and the many uses, cultural, culinary and medicinal of native plants. Rob Roman is the Vegetation Management Specialist with Linn County Secondary Road Department. Rob has planted and managed native herbaceous species since 1981. Christine Taliga is the coordinator for the Iowa Valley Resource, Conservation and Development, a trained botanist and leading expert on prairies.

3-4:30 p.m.

Prairiewoods: An Ecological History by Peter Hoehnle, Iowa Valley Resource, Conservation and Development. Peter will present a landscape history of Prairiewoods using original survey notes, historical accounts, agricultural and population census records. The presentation provides an overview of the ecological history of this piece of Iowa landscape and how it has changed, been developed and restored over the past 170 years. Peter Hoehnle has served as project manager for the Iowa Valley Resource, Conservation and Development since March 2007. He has an expertise in crafting landscape histories that help people discover the story of their land.

4:30-5:30 p.m. • Social, Native food demonstration

5:30 p.m. • Dinner

6:30-7:30 p.m.

Food in the Story of the Universe by Lucy Slinger, FSPA. Lucy will tell the story of plant life, the source of food, fuel and oxygen as part of the greater story of the unfolding of the universe. Participants will be challenged to a game of "dinner analysis." Lucy is a former Prairiewoods staff member and the environmental advocate for the Franciscan Sisters of Perpetual Adoration and a presenter on the New Universe Story.

Thursday, September 25

1-2:30 p.m.

Sustainable Stormwater Management by Wayne Petersen. This workshop provides an understanding of how people can bring sustainable water management practices to their own properties and take an active role in protecting water quality and stabilizing stream flows in the community. Wayne is an Urban Conservationist employed by the Iowa State Department of Agriculture and Land Stewardship in the Division of Soil Conservation.

3-4 p.m.

Your Health, Your Body and Iowa's Agricultural Landscape by Laura Dowd and Iowa farmers. Learn how numerous farmers are dedicating their lives to implementing earth-friendly farming methods to protect Iowa's rich agricultural resources, our food supply and our health. Laura is the founder and executive director of Local Foods Connection, a non-profit organization that purchases produce, meat products, bread, eggs and other goods from small family farmers and donates the food to low-income families in Iowa City, North Liberty, Fairfield, Des Moines and Cedar Rapids.

3-4 p.m.

Food is Life, Life is Sacred, Food is Sacred by Travis Cox. This program will focus on the maxims covered in the title and how there are relationships between each one. Travis Cox is a native Iowan who received his B.A. in philosophy from Central College, his M.A. in Philosophy, Cosmology and Consciousness from the California Institute of Integral Studies and is simultaneously attempting to get an M.F.A. in Creative Writing and the Environment and a PhD in Sustainable Agriculture from Iowa State University.

4:15-5:15 p.m.

Waterways: Water Cycle of Prairie and Woodland Landscapes by Christine Taliga and Peter Hoehnle. Chris and Peter will discuss the historical place of rivers in the history of the Prairiewoods region from an ecological, social, economic and political standpoint. Participants will embark on a tour of the waterways within Prairiewoods.

4:15-5:15 p.m.

Find Abundance in Growing Food by Fred Meyer with Backyard Abundance. This Iowa City-based organization will provide the many benefits of gardening and growing your own foods. Fred is a certified Permaculture Designer and Web Designer. He is the Backyard Abundance Campaign Director and serves on the Johnson County Environmental Advocates Board of Directors and the Johnson County Master Gardener Steering Committee.

7-8 p.m.

A Sense of Wonder by Kaiulani Lee. This one-woman play is based on the life and works of Rachel Carson, patron saint of the environmental movement and author of *Silent Spring*. The play recreates the life of this poet and scientist as the extremely private Carson is thrust into the role of a public figure as she defends her love for the natural world. Lee wrote and has performed *A Sense of Wonder* at more than 100 universities, the Smithsonian Museum, the United Nations, the Sierra Club, the DC Environmental Film Festival and countless other organizations. **Note location:** Cedar Rapids Museum of Art.

Friday, September 26

Noon-5 p.m.

Local Market Festival will be held outdoors at Prairiewoods. Local foods and market products will be available for purchase. Many vendors will provide demonstrations and hands-on experience with various items related to food. Entertainment by Earth Mama. No fee. Prairiewoods will sell food throughout the day.

7-8:30 p.m.

Helping Heal the Planet One Song at a Time by entertainer Earth Mama (Joyce Rouse). She's a singer with a serious message. Yet, the environmental advocate tries to make it fun by infusing her work with eco-friendly humor, dance, music and energy.

Saturday, September 27

10 a.m.-3 p.m.

Earth Spirit Rising: Food, Community and the Spiritual Journey of a Planet Hungry for the Fullness of Life by Patricia Mische. Through meditation, presentation, reflection and discussion, Mische will explore and celebrate Earth as a living, evolving community. The workshop will look at the implications of ethics, public policy and best food practices at the local and global levels. Mische is the co-founder and president of Global Education Associates, a network of people in 90 countries which collaborates in research and educational programs for the advancement of ecological integrity, peace, justice and human rights. Mische was a leader in developing the Earth Covenant and the Earth Charter.