

## **HEARTWOOD FOLK SCHOOL for Sustainability & Resilience**

**September, 2015**

After a summer break extended by a major challenge (see farewell below), we at Heartwood Folk School are now ready to restart in the fall. This is to continue our mission of teaching practical, joyful, Earth-caring, and community-strengthening skills – as do other wonderful organizations in our Pender community. Up next is an October 17 Annual General Meeting, followed by a class on Building Simple Greenhouses.

### **Farewell to a Key Heartwood Supporter**

Heartwood Coordinator Zorah Staar is very sad to announce the August 18 passing of her dear partner Colin McLarty, after a heroic battle with cancer. Colin was the primary, behind-the-scenes supporter of our non-profit educational society, and an inspiration who already knew 90% of the skills that we've taught so far. Thanks so much to other community members who have steadfastly supported us for years. We are also very grateful for your recent donations in Colin's honour, to the non-profit Heartwood Folk School Society.

### **Oct 17 Heartwood Annual General Meeting**

We always love to hear your suggestions about exciting new classes that you'd like to attend, coordinate, or teach (email [info@heartwoodfolkschool.ca](mailto:info@heartwoodfolkschool.ca)). The upcoming Heartwood Annual General Meeting (AGM) is an especially good opportunity to help guide our ship. Any interested persons are invited to attend a brief, informal AGM – at 10:30 am on Saturday, October 17 (Community Hall upstairs). You might check out the Winter Market at the Hall before the AGM (10:00 am), and stay for our Greenhouse class after (11:00 am). See [www.heartwoodfolkschool.ca](http://www.heartwoodfolkschool.ca) for more, and remember your children are always welcome to join us!

### **Become a Heartwood Director, or Help Coordinate!**

Our non-profit Society can have 5 to 8 Directors, and there's room for 2 more. A lot of Directors' business is handled by email, and then we meet every few months. However, Zorah Staar would also love more help with the practical coordinating of Heartwood classes, which involves some compensation from grant monies. Please call Zorah ASAP at 250-629-3825 if being a Director and/or helping to coordinate interests you.

### **Next class – Building Simple Hoop Greenhouses**

Our Pender climate causes tomatoes, peppers, sweet potatoes, and many other heat-loving plants to cry out for some greenhouse sun capture, especially once fall approaches. Greenhouse kits can be fairly expensive (even for a small one), but there is another option. It involves a lower wooden frame or your existing garden beds, hoops of PVC pipe, and clear poly plastic stretched over it, with optional window and door variations.

More will be revealed starting at about 11:00 am on Saturday, October 17 (after the AGM ends). This is when Heartwood is offering a mini-class on “Building Simple Hoop Greenhouses”, led by Zorah Staar. We also invite informal sharing about other kinds of greenhouse building. The class fee is \$5 (free for children or youth, or those on a budget). Please help us plan by pre-registering to [info@heartwoodfolkschool.ca](mailto:info@heartwoodfolkschool.ca) if you can.

### **Suggested Future Classes – Tell Us What Else You'd Like to Learn & Help With!**

- \* Water for Food Growing – Conservation, Rainwater, other Natural Harvesting, & Irrigation
- \* Pollinator Support for Food Growing – Bees, Butterflies, Wild Insects, Bats & More
- \* Top 20 Low-Tech Energy Devices – from Old to New, Getting Things Done Using Less Energy
- \* Top 20 Home Energy Conservation Methods – including new Smart Meter & Home Audit Techniques
- \* Top 20 Personal Energy Conservation Methods – including how we Move, Eat, Buy, Re-Use & Repair Stuff
- \* Sustainable & Resilient Neighbourhoods – for neighbourly cooperation on Food, Energy Use, & More!

*Zorah Staar, Heartwood Coordinator*

## **HEARTWOOD FOLK SCHOOL for Sustainability & Resilience**

**June, 2015**

On May 9, thirty handy Penderites learned how to bend metal fins to make our own solar hot water collectors, and much more! Now on June 13, we'll learn how to can, dry, ferment (?), or otherwise preserve those extra veggies and fruits that we might grow this year. See below and [www.heartwoodfolkschool.ca](http://www.heartwoodfolkschool.ca) for details.

### **Saturday, May 9 – Do-It-Yourself Solar Hot Water, Home Passive Solar, & Heat Recovery**

Steve Abbott of Salt Spring is a retired mechanical engineer and dedicated do-it-yourselfer. On May 9, we were intrigued and also very lucky to have him teach two Pender classes on “*Do-It-Yourself Solar Hot Water (Solar Thermal)*” and also “*Do-It-Yourself Home Passive Solar, and Heat Recovery.*” For both classes, there are now some starting point references up at [www.heartwoodfolkschool.ca/energy/classes](http://www.heartwoodfolkschool.ca/energy/classes).

**WARNING:** As discussed on May 9, important safety, insurance and building permit issues apply for some modifications of home plumbing, electrical, heating or other systems. You must consult experts, do your own research, have enough experience, and then decide if the cost savings justify a do-it-yourself approach.

For Pender engineers or experienced folks who do want to explore building their own solar hot water collector panels, Steve Abbott has offered to lend us the device he invented to bend metal fins around pipes. He can also provide more detailed information about the sustainable home heat recovery device he invented.

### **Saturday, June 13 – Food Preservation Classes (now including Root Cellars & Solar Dryers)**

We really appreciate the other Pender groups that encourage food growing! Heartwood itself focuses on useful topics that no one else is teaching at the moment. If we're growing more, then we need to preserve it. This is why on *Saturday, June 13 at the Community Hall*, we're offering 3 kinds of food preservation classes.

As a new addition, firstly at *10:30 a.m.*, a couple of local Penderites will present and answer questions about using a Root Cellar, and also building and using a Solar Food Dryer and/or a Wood Stove Food Dryer. Many of us store crops in sheds, but using an old-time root cellars is superior in some ways. As for food drying, electric units can work well, but many of them are plastic, and the metal ones cost a fair amount. What about building our own food dryers, to use the sun, or wood that we are already burning for heat?

Our other June 13 teacher is Lindsay Kearns of Victoria, who is passionate and experienced with many forms of food preservation (canning, drying, fermentation, and more). Lindsay has previously taught with Lifecycles ([www.lifecyclesproject.ca](http://www.lifecyclesproject.ca)) and the Victoria Compost Education Centre ([www.compost.bc.ca](http://www.compost.bc.ca)).

From *11:00 am to 12:30 pm*, Lindsay will teach an “*Overview of Food Preservation Methods*”. After a short break, from *1:00 to 2:30 pm* she'll offer a “*Food Canning & Fermentation Demo Class*”. Can you say salsa, sauerkraut, or kimchi? Come see how it's done! Please tell us when you register if you'd like a *participatory* canning and fermenting class, and then we might shift to that if the majority would like it.

*Registration for June 13:* The mini-class at 10:30 am is free, and then the 11:00 am and 1:00 pm classes are each \$5 payable at the door (\$10 for both classes – children or adults on a budget welcome for free). It helps us plan if you pre-register, so please email [info@heartwoodfolkschool.ca](mailto:info@heartwoodfolkschool.ca) or call 250-629-3825 for this. You are also invited just to drop by, and to share your own food preservation tips during the classes.

We are so grateful for the Vancity and CRD funding which helped keep Heartwood class fees accessible this year, and also the Pender Legion grant for an upcoming solar installation at the School Outdoor Classroom. Now we're planning Fall classes, and we welcome your suggestions. Which energy, food growing, arts & crafts, or other skills would you like to learn or teach? See [www.heartwoodfolkschool.ca](http://www.heartwoodfolkschool.ca) and let us know!

*Zorah Staar, Heartwood Coordinator*

## **HEARTWOOD FOLK SCHOOL for Sustainability & Resilience**

**April, 2015**

As I write this, 19 Penderites are about to venture into our local woods for a day of *Wilderness Skills classes*, including friction fire and shelter making. Then, what practical and joyful skills will Heartwood offer next? First there's May 9 *Do-it-yourself Energy Classes* on solar hot water and other home systems, followed by June 13 classes on *Food Preservation Methods*. See below and [www.heartwoodfolkschool.ca](http://www.heartwoodfolkschool.ca) for details.

### **Saturday, May 9 – Do-It-Yourself Solar Hot Water, Home Passive Solar, & Heat Recovery**

Firstly, if you missed Heartwood's March class on *Practical Solar Photovoltaics* for electricity generation, there are some useful class handout and reference materials at [www.heartwoodfolkschool.ca/energy/classes](http://www.heartwoodfolkschool.ca/energy/classes). However, handouts won't always be available, and the best way to learn is to come hear the expert teacher!

So jumping ahead to Saturday, May 9 at the Community Hall, at 11:00 am is our first new energy class, called "*Do-It-Yourself Solar Hot Water (Solar Thermal)*." Our visiting expert is Steve Abbott of Salt Spring – a retired mechanical engineer with experience installing and working on various solar thermal systems (for creating home hot water from the sun, instead of from increasingly expensive Hydro electricity). This includes Steve's knowledge of both do-it-yourself and professional installations, and 3-season or year-round systems. The first purpose of the May 9 class is for Steve Abbott to talk about effective, efficient, solar hot water systems that island people with sufficient knowledge could potentially install themselves.

The additional purpose of the 11:00 am class is for the Steve to answer questions about other solar hot water systems or components that people are considering installing or building themselves, or that they already have. This includes discussing important safety considerations and potential building code and insurance issues. The class fee at the door is \$5 per person (kids with parents or adults on a budget are welcome for free). To help us plan, please pre-register if you can ([info@heartwoodfolkschool.ca](mailto:info@heartwoodfolkschool.ca) or call 250-629-3825).

The second energy class on Saturday, May 9 starts at 12:45 pm, and is called "*Do-It-Yourself Home Passive Solar, and Heat Recovery*." After a half-hour break following the first class above, retired mechanical engineer Steve Abbott will continue the do-it-yourself focus. To begin with, he will discuss and show photos of passive solar house modifications that he did with his own residence (part of a previous Salt Spring Eco-Living Home tour). This includes particular insulation, shading, and window exposure options.

In addition, Steve will discuss the home heat recovery ventilator system that he designed and patented with a friend, which has a modified do-it-yourself version. Many of our homes are now more tightly-sealed (to avoid heat loss), but we still need ventilation systems, ideally involving recovery of outgoing heat that would otherwise be lost. In addition, Steve may have time to discuss other low-energy and water saving devices with which he is familiar, through his work with disaster relief in other parts of the world. The class fee at the door is \$5 per person (\$10 for both classes; kids with parents or adults on a budget are welcome for free). To help us plan, please pre-register if you can ([info@heartwoodfolkschool.ca](mailto:info@heartwoodfolkschool.ca)), or just drop by.

### **Saturday, June 13 – Overview of Food Preservation, plus Canning & Fermentation Demo Class**

Since we're growing more local food, we need to preserve it! So on Saturday, June 13 at the Hall, Heartwood is offering two classes by Lindsay Kearns, who is passionate and experienced with many forms of food preservation (canning, drying, freezing, fermentation, etc.). Lindsay is associated with Lifecycles ([www.lifecyclesproject.ca](http://www.lifecyclesproject.ca)), and trained through the Produce Preservation Program ([www.preserveproduce.ca](http://www.preserveproduce.ca)).

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*Zorah Staar, Heartwood Coordinator*

## **HEARTWOOD FOLK SCHOOL for Sustainability & Resilience**

**February, 2015**

New possibilities... who'd think we could make baskets from Pender broom? Heartwood's still developing a Wilderness Skills class, which led to First Nations Basketry classes, which led to experimenting with local Broom Basketry. Now our next skill-building class will be on Practical Solar Photovoltaics, taught by a Gabriola innovator who's helping to put solar panels on the roof of Pender Recycling. See below for more!

### **Feb 21 - Cedar Bark & Pine Needle Basketry classes**

On Saturday, February 21, two full classes of 25 Penderites will be privileged to learn about basketry from a visiting Elder. This is Roberta Skookales Pelkey of the Tsawout Nation, who in the past lived on the First Nations land beside Poet's Cove on South Pender. We are so grateful that Roberta is returning, to introduce Pender adults and children to Cedar Bark Basketry (11:00 am) and then Pine Needle Basketry (1:15 pm).

The Tsawout Nation is one of the Coast Salish peoples of our area who traditionally harvest local Cedar Bark for sacred, practical, and beautiful purposes, including baskets. This needs to happen in a culturally and environmentally appropriate manner. Pine Needle Basketry, on the other hand, commonly uses 6" to 12" conifer needles which do not grow locally. This led us to get the "okay" of Elder Roberta Skookales Pelkey to use the same coiled basket sewing technique with similar straight stems picked from local Broom, before it blooms. You can see [www.heartwoodfolkschool.ca/basket-making](http://www.heartwoodfolkschool.ca/basket-making) for how well this works, and also for new basket making links that we just posted. Since the February Basketry classes are introductory and filled up early, please email [info@heartwoodfolkschool.ca](mailto:info@heartwoodfolkschool.ca) if you're interested in more basketry learning in future.

### **March 15 – Practical Solar Photovoltaics class**

Heartwood's November 1, 2014 energy classes included an introduction to solar photovoltaic (PV) panels, which create electricity, and also solar thermal panels, which heat water. Now it's time to get practical with both! This begins with a Heartwood class on Sunday, March 15 (noon to 1 pm, Community Hall upstairs), just before the Pender Ocean Defenders discussion to begin at 1 pm downstairs. This noon Heartwood class is "Practical Solar Photovoltaics – Sample Installation & Creating your own Small Home Back-Up System".

What "Back-Up System" means is one solar photovoltaic panel, one large battery that is like a car battery but better, and the connecting devices called a charge controller and inverter. This is so that when the power goes out, you can have a source of electricity to power LED lights instead of candles, your radio, charging of your small device batteries, and potentially running your freezer (if you add other large batteries). It's true, you could just charge this back-up system with house current before power failures. However, it's more resilient, sustainable, educational and fun to do charging and re-charging with your own solar PV panel.

For the March 15 class, the teacher is keen solar expert Dave Neads of the non-profit GabEnergy. Dave will pop over to the Community Hall from Pender Recycling, where he will be helping the volunteers of the Pender Island Solar Initiative (PISI 2020) to install 39 solar PV panels! Dave will review his solar PV intro from November 1, explain the Recycling installation, and then discuss Small Solar PV Back-Up Systems. The class fee is \$5. See [www.heartwoodfolkschool.ca/energy/classes](http://www.heartwoodfolkschool.ca/energy/classes) for more info, and to pre-register.

### **April 21 or 22 – New format for Wilderness Skills class**

Good news! Now instead of a 2-day adult class, Daniella Roze of Thriving Roots is able to teach a 1-day Wilderness Skills class in the Pender forest, including BOTH adults and some of their children. This is proposed for EITHER Tuesday, April 21 or Wednesday, April 22 (whichever day when more Penderites can attend). To create this, we need you to see [www.heartwoodfolkschool.ca/wilderness-classes](http://www.heartwoodfolkschool.ca/wilderness-classes) for the latest details and costs, and email [info@heartwoodfolkschool.ca](mailto:info@heartwoodfolkschool.ca) ASAP to express interest. Let's re-wild together!

*Zorah Staar, Heartwood Coordinator*

This article is about Heartwood's January 17 class on Composting Basics and Soil, and also upcoming classes on: (1) Cedar Bark and Pine Needle Weaving/Basketry, (2) Knitting, and (3) Wilderness Skills.

Firstly, here's a brief summary from our Composting Basics class, attended by 65 Penderites! and taught by Alysha Punnett of the Compost Education Centre (more info in Fact Sheets at [www.compost.bc.ca](http://www.compost.bc.ca)).

The first challenge is the hardest foods to break down (e.g. bones, meat, dairy, fat, oils) and/or the ones that are the most attractive to rodents such as mice, rats and racoons (e.g. starches and cooked food). One option is the Green Cone Digester. This is a heavy plastic unit about 4 ½ feet high, with a lower section dug 2 feet into the earth, where food breaks down into a leachate that feeds the plants around it. The Green Cone "digests" the above tough items, and also regular vegetable and fruit kitchen scraps, but it isn't intended to handle other organic waste like leaves or garden clippings. The Cone also doesn't create harvestable compost, and requires earth to dig into, a very sunny spot, and an accelerator bacteria powder. Pender Recycling is happy to sell you a Green Cone and the powder ([www.penderislandrecycling.com](http://www.penderislandrecycling.com)).

What if you don't have enough sun, or you're on bare rock? A Bokashi-type unit is another option for tough foods (bones, meat, etc.) and other kitchen scraps. This has a covered pail with holes in it, sitting inside another pail. You also need "Bokashi bran" with microorganisms that ferment your kitchen scraps, producing a leachate that you can drain off and dilute for plants, and then bury in your soil after a curing period, or add to your compost system for finishing. Our local gas station sells Bokashi units, or you could make your own. See [www.islandvittles.com](http://www.islandvittles.com) and the "Bokashi Composting" book at the Pender Library.

What if you really want to create compost for food growing, and you have kitchen scraps plus leaves, garden waste, etc.? Then there's another heavy plastic unit called an Earth Machine (also at Pender Recycling). You put green and brown organic waste in the top, and out the bottom comes compost. It is a static or slow composting method so not recommended for bones or meat, plus you shouldn't put in starches or cooked food to avoid attracting more rats or other vermin. Therefore, an Earth Machine is mostly for raw veggie or fruit scraps and garden/yard waste. However, some Penderites handle this by burning leftover bones and meat scraps in their wood stoves, feeding starches or cooked food scraps to their chickens or animals, and/or putting ¼" mesh around the Earth Machine to keep rodents away from tempting bits.

For food growers, there are MANY composting and soil-building options. Others of us might simply use the kitchen scraps pick-up service of the local Waste Management company. First we encourage you to check the references at [www.heartwoodfolkschool.ca/composting-and-soil-building](http://www.heartwoodfolkschool.ca/composting-and-soil-building), to see if you could do composting yourself, while also enriching Pender soil and supporting local food growing! A related option is neighbour cooperation, e.g. sharing a Green Cone or Earth Machine, and figuring it out together.

### **Cedar & Pine Needle Basketry, More Knitting, and Wilderness Skills Classes**

(1) On Saturday, February 21, Elder Roberta Skookales Pelkey of the Tsawout Nation has kindly offered to teach classes on Cedar Bark & Pine Needle Weaving/Basketry. Please email [info@heartwoodfolkschool.ca](mailto:info@heartwoodfolkschool.ca) ASAP to express interest, after checking out [www.heartwoodfolkschool.ca/weaving](http://www.heartwoodfolkschool.ca/weaving) for class details.

(2) Sylvia Olsen of the Tsartlip Nation taught at Heartwood's 2014 "Knitting & Wool Learning Day". Now she'll be back on Saturday, February 28, to teach a follow-up Knitting Class, and also to release a new book of knitting stories and patterns (see [www.heartwoodfolkschool.ca/2015-knitting-class](http://www.heartwoodfolkschool.ca/2015-knitting-class) for more).

(3) Lastly, Daniella Roze is offering a Pender Wilderness Skills program on April 21 and 22 (limited size). Please see [www.heartwoodfolkschool.ca/wilderness-classes](http://www.heartwoodfolkschool.ca/wilderness-classes) and express interest ASAP. Let's re-wild!

*Zorah Staar, Heartwood Coordinator*

This article is about upcoming composting and soil building classes (a “hot” topic), potential wilderness skills classes, new Pender energy and food growing references, and more Heartwood classes to come!

### **January 17 – Composting & Soil Building Classes**

With the CRD’s January 1 deadline to eliminate kitchen scraps or organics from garbage, Heartwood wanted to support more composting education. Therefore we’ve arranged two 90-minute classes on Saturday, January 17, in the Community Hall upstairs. The 11:00 am class is “Composting Basics” (for homes and small growers), and the 1:00 pm class is “Soil Building – Really Important Tiny Lives”. The teacher is Alysha Punnett, from the non-profit Victoria Compost Education Centre (see more below).

To help us plan and set up, please pre-register if you can by email to [info@heartwoodfolkschool.ca](mailto:info@heartwoodfolkschool.ca), or call 250-629-3825. Each of the above two classes is \$5 payable at the door (\$10 for both classes). Please come a bit early to pay, and remember that Heartwood is a non-profit society so we appreciate your support! Children or youth with a parent, or adults on a tight budget, are welcome for free.

Here are more details. The 11:00 am class on January 17 is about Composting Basics, for residents or small food growers who’d like to handle their own kitchen scraps, leaves, etc. This includes using small outdoor units like an Earth Machine Composter to create soil, and/or a Green Cone Digester, which can handle other compostable wastes that can’t be put in your regular backyard compost (e.g. meat, dairy). The Victoria Compost Education Centre website shows units at <http://compost.bc.ca/shop/compost-bins/>, and sells them to the Pender Island Recycling Society in bulk, for resale to Penderites on a non-profit basis. Also, there are other ways to compost at home, e.g. creating your own compost area or digester. We are in discussions with Pender Recycling about them demonstrating some other ways at the time of the January 17 classes. See updated class details in future, at [www.heartwoodfolkschool.ca](http://www.heartwoodfolkschool.ca).

The second January 17 class at 1:00 pm is about “Soil and Soil Building – Really Important Tiny Lives”. This means for food growing and also in a broader sense. This includes the amazing microbial life in soil, strategies to encourage it (e.g. sheet mulching), good individual composting techniques for various amounts of material, soil stewardship, and more. Note: This class is not intended to discuss larger-scale commercial composting, which could help island folks not able or willing to compost at home.

### **Spring, 2015 – Would you like Wilderness Skills Classes?**

Other folk schools teach Wilderness Skills, so why not Heartwood? Please tell us your interests, because now there’s a Victoria source ([www.thrivingroots.org](http://www.thrivingroots.org)), potentially willing to teach on Pender in April. We’re talking about 1 or 2 full-day, outdoor, experiential classes on subjects like: (1) Natural Awareness, Navigation, and Tracking – Core Routines of Survival and Nature Connection; (2) Keepers of the Light – How to Carve & Use a Bow-Drill Fire Kit; (3) Shelter from the Storm – Building from Forest Materials; and more sedately, (4) Cedar, the Tree of Life - Basket Weaving with Cedar Bark. These courses cost \$70 to \$90 each (9 am to 3 pm), with an emphasis on deep connection to nature, learning from animals, and ancestral skills. Please email [info@heartwoodfolkschool.ca](mailto:info@heartwoodfolkschool.ca) ASAP if interested, so that we can arrange this.

### **New Pender Energy & Food Growing References**

It’s not like attending, but if you missed Heartwood’s very full November 1 Energy Classes, you can still see practical comparisons of solar, heat pump, and other options in the new Pender Energy Research Report (at [www.heartwoodfolkschool.ca/energy-research-project](http://www.heartwoodfolkschool.ca/energy-research-project)). The November 15 Beginner Food Growing Classes were also fun and informative (summary at [www.heartwoodfolkschool.ca/food/classes](http://www.heartwoodfolkschool.ca/food/classes)). Then in 2015, we’ve got new intermediate energy classes and food growing classes in development. Come on by!

*Zorah Staar, Heartwood Coordinator*

## **HEARTWOOD FOLK SCHOOL for Sustainability & Resilience**

**October, 2014**

Starting right on October 31, this is a Heartwood month for learning about new renewable energy options, and also beginner and organic food growing. This can be informally, or at upcoming classes (see below).

### **October 31 – A Pub Energy Chat, after Trick or Treat**

Whether or not you attend the classes below, you can meet two of our four teachers at a Browning Pub “Energy Chat”, starting at 7 pm on Friday, October 31. Dave Neads of GabEnergy and Ian Gartshore will be there. These visiting experts said that we could pick their brains, and share what local experts know too.

### **November 1 - Solar & Other Sustainable Energy Displays & Classes**

Firstly, for folks who can't stay for an afternoon class, by 10:30 am on Saturday, November 1, our four teachers will be downstairs at the Community Hall with some display materials. Then comes two classes, starting upstairs at noon and 2 pm. Each class is \$5 (\$10 for both), with children/youth and adults on a budget welcome for free. Please pre-register if you can at 250-629-3825 or [info@heartwoodfolkschool.ca](mailto:info@heartwoodfolkschool.ca).

The first class at 12:00 noon is “Solar Thermal & Photovoltaic – Intro to New Options & Incentives.” The second class, starting at 2:00 pm after a break, is “Heat Pump, Wind, Water, & Geothermal Energy – Intro to Local Options.” You can attend either or both classes, and it's helpful to say when you register.

The goal is introductory presentations and practical question-answering about what Pender people and organizations could actually do here, with sustainable energy technology and changing how we live. The teachers for November 1 are: Thomas Teuwen and James Smyth of Camosun Solar/Blue Sky ([www.camosunsolar.ca](http://www.camosunsolar.ca)) re: solar thermal/water heating; David Neads of the non-profit GabEnergy re: solar photovoltaics and heat pumps ([www.gabenergy.com](http://www.gabenergy.com)); Ian Gartshore of Shore Energy Systems re: a “sun pump” hybrid system and home energy assessments ([www.shoreenergy.ca](http://www.shoreenergy.ca)); and Zorah Staar re: an updated Pender Energy Research Report (coming soon to our website at [www.heartwoodfolkschool.ca](http://www.heartwoodfolkschool.ca)).

Good news: our November classes are just a start, because now we've confirmed both Vancity and CRD funding (thanks to David Howe) to support additional energy and food growing classes in future!

### **November 15 – Heartwood Members/Open Meeting**

Two weeks later, at 11:15 am on Saturday, November 15, any interested folks and all Heartwood Society members are invited to a brief Heartwood meeting. This is to offer feedback about what you'd like to learn next, and to approve a bylaw change, for our society's upcoming application for charitable status.

### **November 15 - Your First Pender Food Garden & Organic Growing Classes**

Then starting at noon the same day, Saturday, November 15, Heartwood is offering two food growing classes, upstairs at the Community Hall. Each class is \$5, with children/youth and also adults on a limited budget welcome for free. Please pre-register if you can, at 629-3825 or [info@heartwoodfolkschool.ca](mailto:info@heartwoodfolkschool.ca).

The first class at 12:00 noon is “Your First Pender Food Garden – Handling Local Challenges”. This is about starting to grow on an island with limited soil, water, and sun, but lots of deer, slugs, rodents, and also strange seasons (for folks not originally from the Gulf Islands). The second class, at 2:00 pm after a break, is “Organic Food Growing – What's Different & How to Succeed.” Two of our keen and knowledgeable teachers are Don Williams (“Dr. Don”) and Jon Meredith (“Dr. Bean”), of Pender Organic Community Garden fame. Our third set of teachers are the amazing Kikuchi family of Kenta Farm, who practice the Japanese “natural farming” or Fukuoka method. You can see [www.heartwoodfolkschool.ca](http://www.heartwoodfolkschool.ca) for more info. It really helps us to plan if you pre-register for classes, and you're welcome to drop in too!

*Zorah Staar, Heartwood Coordinator*



## **HEARTWOOD FOLK SCHOOL for Sustainability & Resilience**

**September, 2014**

Greetings! Key upcoming class dates are: October 11 for woodworking, November 1 for exciting new solar and other renewable energy options, and November 15 for “growing” more food growers on Pender.

### **Carpentry & Woodworking for Beginners (Oct 11)**

This is a course by Barry Nikiforuk, who will most likely be finishing with the third module on Saturday, October 11. The first 2 modules were scheduled for September 27, including an introduction to using carpentry and woodworking tools, buying woods of all kinds, and basic wood joinery techniques. The third module on Saturday, October 11 is proposed to be about the basics of wood finishing, stains, fillers, varnishes, etc., all dependent upon demand. Please contact [bjnikiforuk@shaw.ca](mailto:bjnikiforuk@shaw.ca) or 250-539-0017 if you're interested in attending module 3, or future courses as described above. It's fun to get handy!

### **Solar & Other Sustainable Energy Classes (Nov 1)**

Heartwood is offering two energy classes on Saturday, November 1, starting at noon at the Community Hall. Each class is about 90 minutes, for a \$5 fee payable at the door (\$10 for both classes), with children/youth and adults with lower incomes welcome for free. Please pre-register with Zorah Staar at 629-3825 or [info@heartwoodfolkschool.ca](mailto:info@heartwoodfolkschool.ca). If you couldn't register, come anyway, to learn about Earth-caring and cost-saving possibilities. We're grateful to the CRD/David Howe for partial funding support.

The first class at 12:00 noon is “Solar Thermal & Photovoltaic – Intro to New Options & Incentives.” The second class, starting at 2:00 pm after a break, is “Heat Pump, Wind, Water, & Geothermal Energy – Intro to Local Options.” You can attend either or both classes, and it's helpful to say when you register.

The goal is introductory presentations and practical question-answering on what Pender people and organizations could actually do here, with sustainable energy technology and changing how we live. The teachers for November 1 are: Thomas Teuwen or James Smyth of Camosun Solar/Blue Sky ([www.camosunsolar.ca](http://www.camosunsolar.ca)) re: solar thermal/water heating; David Neads of the non-profit GabEnergy re: solar photovoltaics and heat pumps ([www.gabenergy.com](http://www.gabenergy.com)); Ian Gartshore of Shore Energy Systems re: a “sun pump” hybrid system ([www.shoreenergy.ca](http://www.shoreenergy.ca)); and Zorah Staar re: the Pender Energy Research Report that our non-profit society previously spent 200 hours compiling, and which we plan to update.

November 1 will also include info on the CRD's new time-limited financial incentive, i.e. 33% of the cost of eligible solar thermal systems by registered installers (see [www.crd.bc.ca/solar](http://www.crd.bc.ca/solar) ASAP). However, the classes on this day are just a start, and Heartwood has applied for funding to support additional accessible classes, to go into more detail on solar and other do-it-yourself and cooperative renewable energy options.

### **Your First Pender Food Garden & Organic Growing Classes (Nov 15)**

The Newcomers and others have said that they would love some entry-level food growing classes, on an island of not much soil, many deer, different seasonal and organic possibilities, etc. Therefore, Heartwood is now offering two sustainable food growing classes on Saturday, November 15, starting at noon at the Community Hall. Each class is 90 minutes, for a \$5 fee payable at the door (\$10 for both classes), with children/youth and also adults with lower incomes welcome for free. Please pre-register with Zorah Staar at 629-3825 or [info@heartwoodfolkschool.ca](mailto:info@heartwoodfolkschool.ca). If you didn't have a chance to register, come anyway!

The first class at 12:00 noon is “Your First Pender Food Garden – Handling Local Challenges”. The second class, at 2:00 pm after a break, is “Organic Food Growing – What's Different & How to Succeed.” Our keen and knowledgeable teachers are Don Williams (“Dr. Don”), Jon Meredith (“Dr. Bean”), and the amazing Kikuchi family (Kenta Farm), who are all really looking forward to your questions. You can attend either or both classes, and it's helpful to say your choice when you register. See [www.heartwoodfolkschool.ca](http://www.heartwoodfolkschool.ca) for updates, references, and more! *Zorah Staar, Heartwood Coordinator*

## **HEARTWOOD FOLK SCHOOL for Sustainability & Resilience**

**August, 2014**

The Heartwood educational “gumbo” for this month’s article includes a potential accounting class encore, an intro to carpentry and woodworking, new solar energy options, and beginner Pender food gardening.

The non-profit Heartwood Folk School is about cooperating with other Pender groups or folks, to support the teaching of practical, joyful, Earth-caring, and community strengthening skills. See below for more!

### **More Practical & Computer Accounting Classes?**

Heartwood’s July accounting classes were a fun and useful learning success. In addition, some registrants couldn’t make it at the last moment, and some attendees expressed a desire for more classes. Please email [info@heartwoodfolkschool.ca](mailto:info@heartwoodfolkschool.ca) if you’re interested in 1 or more extra hours of teaching on “Practical & Computer Accounting for Local Groups & Enterprises”, for class fees of \$10/hour. The first session could repeat “Basics of Accounting & Financial Statements” by Zorah Staar, and follow-up hours could go further and/or repeat Lorelle Posten’s non-profit financial management material, based on demand.

### **Carpentry & Woodworking for Beginners**

When we had our February 8 meeting for Pender Community Transition to evolve into the Heartwood Folk School, a handy guy by the name of Barry Nikiforuk suggested a course on “Carpentry and Woodworking for Beginners.” Immediately, 7 people in the room expressed interest! Alas, Heartwood itself is not yet in a position to offer such a course, because we are still in the process of fundraising for things like more insurance, and for the sustainable energy and food growing classes described below.

However, Barry Nikiforuk is keen, and here’s his description of the 4-module course he’d like to organize and offer. This is not hands-on, but rather an introductory demonstration course for those interested in the basic tools and techniques used in woodworking and carpentry. The cost will likely be \$25 per module, and pre-registration is required ([bjnikiforuk@shaw.ca](mailto:bjnikiforuk@shaw.ca)). Modules 1 and 2 are tentatively on Saturday, September 27, starting around noon, and are “An introduction to woodworking and carpentry, hand and power tools”, and “Buying wood, plywood, and engineered woods, and basic wood joinery techniques”. Then tentatively on Saturday, October 11, starting at noon, is Module 3 about “Basics of wood finishing, stains, fillers, varnishes, and more”, and Module 4, which is a “question and answer to clarify anything previously covered or to address specific questions”, all dependent upon demand.” Let’s get handy!

### **Solar Thermal & Photovoltaic – New Options & Incentives**

Did you know that the CRD is offering a time-limited, first come-first serve financial incentive of up to 33% of the cost of eligible Solar Thermal water heating systems? This usually means piping fluid from a super hot rooftop panel, down to a heat exchanger that pre-heats the water for your water heater, which can significantly reduce gas or electric costs. If you’re interested in a professional install, go ASAP to [www.crd.bc.ca/solar](http://www.crd.bc.ca/solar) to check out incentives. What’s even more interesting is the potential to safely, legally, and cooperatively figure out how to create our own, much less expensive solar thermal systems.

There’s also Solar Photovoltaic electricity generating panels, which have dropped dramatically in price, just as Hydro rates rise significantly. This and more is why Heartwood is gathering resources for energy classes, to begin November 1 with “Solar Thermal & Photovoltaic: Intro to New Options & Incentives”.

### **Your First Pender Food Garden – Handling Local Challenges**

The Newcomers say there’s a need for a class about beginner food gardening, on an island of not much soil, many deer, etc. To make this and other food growing classes more accessible, we have applied for grant funding, which delays starting until November 15. See [www.heartwoodfolkschool.ca](http://www.heartwoodfolkschool.ca) for updates soon!

*Zorah Staar, Coordinator*

## **HEARTWOOD FOLK SCHOOL for Sustainability & Resilience**

**June, 2014**

Note: On Saturday, July 26 at 11:30 am, there is a brief, informal, Heartwood AGM, with treats! Then starting at 1:00 pm are classes on “Practical and Computer Accounting.” You can see below for more.

### **“Top 20 Herbs” and 100-Mile Medicine**

Did you know that if you had no other options, the local plantain weed could potentially keep you from dying of blood poisoning? On June 14, this and more was part of an enlightening class by Master Herbalist Don Ollsin ([www.donollsin.com](http://www.donollsin.com)), on the “Top 20 Herbs to Wildcraft or Grow for our Health.”

Warning: Medicinal herbs can be dangerous, so you need to consult with experts, study, and do research before doing anything with them. Here are a few of the herbs reviewed in the “Top 20” class: nettles, plantain, horsetail, echinacea, cleavers that cling to your clothes, and the usnea lichen-plant in our trees. To find out more, come to Heartwood’s July 26 AGM (11:30 am, Hall) and class notes can be your treat!

The goal is not to replace traditional medicine, but to supplement it by bringing forward the best local plant knowledge of thousands of years, including the First Nations with whom Don Ollsin has studied and taught. At a recent gathering of Parks Commissions, Belinda Claxton spoke to Gulf Islanders about the Tsawout’s “13 Moon Calendar” and medicine teachings. Let’s keep learning about 100-Mile Medicine!

### **Creating a Garden of Giant Mushrooms**

In fact, the best time to eat sun-loving “Garden Giant” Stropharia mushrooms is before they’re as big as dinner plates. On June 14, Don Ollsin taught a second keen group how to “Create a Mushroom Garden” at our Community Hall, out behind the right-hand parking. This involves particular layers, mounds and valleys of: cardboard; newspapers; alder or other deciduous wood chips; mushroom spawn; compost and soil; clover seed; and companion plants. The result will be delicious mushrooms, and super soil building!

For more about the above Herb and Mushroom sessions, see the photos at [www.heartwoodfolkschool.ca](http://www.heartwoodfolkschool.ca), plus you could take a Victoria or online class with Don Ollsin. There will also be June 14 class notes available, to folks who’d like to support the growth of the Heartwood Folk School by coming out for a...

### **July 26 Heartwood Annual General Meeting (AGM)**

We’ve already transformed the Pender Community Transition Society into the Heartwood Folk School Society. Now on Saturday, July 26, we need to have a brief, informal AGM (11:30 am to 12:30, Hall). All are welcome, and for \$2 you can become a Member and vote. Which classes interest you the most?

### **July 26 Classes on “Practical & Computer Accounting for Local Groups & Enterprises”**

We’ll start with “BASIC” accounting plus software options from 1:00 to 2:45 pm, then “FOCUS” deeper from 3:00 to 5:00 pm if you choose (see below). Non-profit or business folks are welcome! The teachers will be long-time Bookkeeper Zorah Staar, and Lorelle Posten CA, with a degree from the London School of Economics in Non-profit Management and 20 years experience in business, education, and non-profits. Registration is required. Please see [www.heartwoodfolkschool.ca](http://www.heartwoodfolkschool.ca) for the most recent info. Class fees are: BASICS- \$20, FOCUS - \$25, BASICS & FOCUS - \$35 (or sliding scale, call 629-3825). We’ll shape the classes based on your feedback, so please let us know which of these topics you’d like to register for:

- BASICS 1 – Demystifying accounting & financial statements (for nonprofits or business)
- BASICS 2 – Computer accounting options (Simply Accounting/Sage, Quickbooks, offline or online?)
- FOCUS 1 – Deeper into Simply Accounting/Sage (practical tips, project accounting, etc.)
- FOCUS 2 – Non-profit & community group financial management & fundamentals – let’s learn together!

*Zorah Staar, Coordinator*

**HEARTWOOD FOLK SCHOOL**  
**formerly Pender Community Transition**

**May, 2014**

Perhaps our Knitting & Wool Learning Day couldn't stir your heart, but are you intrigued by *mushroom gardening, herb gathering, computer accounting, or solar thermal rebates?* This sounds like an unusual combo, and there will be more, as we grow the *Heartwood Folk School for Sustainability & Resilience!*

Heartwood's mission is to be a non-profit educational society, offering local and visiting experts, to teach adults and also younger folks about *practical, joyful, Earth-caring, and community-strengthening skills.*

Wild plant gathering and local food growing can be all of the above. Heartwood Folk School is also interested in *other* skills to build community capacity, some of which are old, and some are new. One example is helping more Pender groups and enterprises get familiar with computer accounting programs. Another "tech" example is more of us getting into solar thermal. Heartwood is still busy organizing its new non-profit self, but in the interim, see below for the classes we are currently helping to stimulate.

**June 14 & 15 Workshops on "Fungi Gardens" and "Top 20 Herbs to Gather or Grow"**

Firstly, on *Saturday, June 14 (1:00 to 4:00 pm, Community Hall + demo site)*, Master Herbalist Don Ollsin MA (see [www.donollsin.com](http://www.donollsin.com)) will be teaching "*Creating a Fungi Garden.*" This includes spawn from the sun-loving "Garden Giant" Stropharia mushroom. A fungi garden is a food garden consisting of woodchips, soil, edible mushrooms, and suitable herbs or vegetables (e.g. brassicas like broccoli). As the spawn breaks down the carbon in the chips and releases oxygen, the seeds and plants use these to grow. Once the spawn fruits into mushrooms, insects discover them, then birds, who leave behind rich nitrogen adding to the primordial bed of fertility. Come out and join us in this hands-on experience of soil and food creation. *Pre-registration is required*, at <http://www.donollsin.com/fungigardens-workshop/>. The cost is \$20+GST to pre-order mushroom spawn, and \$45+GST for the workshop fee. Teaching is adult level, but registrants may bring children for free if they supervise them throughout. Let's learn together!

Then the next day, *Sunday, June 15 (1:00 to 4:00 pm, Community Hall)*, Master Herbalist Don Ollsin will be offering a workshop on the "*Top 20 Herbs to Wildcraft (Gather) or Grow For Your Health.*" Don will share his wisdom of 45 years, on key healthful herbs that grow wild or can be grown in our area. See <http://www.donollsin.com/blog/2014/5/5/100-mile-medicine>, which is about sharing the wealth of our green world with our human community, and also the issue of medicine security. For the June 15 Pender workshop, *pre-registration is required*, by contacting [don@herbalhealingpathway.com](mailto:don@herbalhealingpathway.com) or (250) 592-7544. The cost is \$45+GST workshop. Teaching is adult level, but registrants may bring their children for free if they supervise them. In future, Heartwood Folk School would like to offer classes for kids and also some childcare, but right now we are still developing the best ways and the resources to do this.

**July 26 Class on "Computer Accounting for Local Groups & Enterprises"**

How many times have you been at a non-profit or business meeting where the challenge was, "Who can we convince to be Treasurer?", or "I wish I could understand these financial statements!" Heartwood Folk School thinks this would be easier if more local folks were familiar with computer accounting. Therefore, on *Saturday, July 26 (Community Hall)*, Heartwood plans to offer "*Computer Accounting for Local Groups & Enterprises*". Sage (Simply Accounting) is what we will likely focus on, the class is open to all pre-registrants, and the time, fee, and scope is still being determined. Please contact [info@heartwoodfolkschool.ca](mailto:info@heartwoodfolkschool.ca) ASAP to express interest, and see [www.heartwoodfolkschool.ca](http://www.heartwoodfolkschool.ca) in future.

**Upcoming Workshop/Class on New Solar Options & CRD Incentives**

After the above, Heartwood Folk School is planning a class on new Solar Thermal and Solar Photovoltaic options, including new time-limited CRD rebates. You can start exploring now at [www.crd.bc.ca/solar/](http://www.crd.bc.ca/solar/)

*Zorah Staar, Coordinator*

**HEARTWOOD FOLK SCHOOL**  
**formerly Pender Community Transition**

**February, 2014**

Here's good news times three! On February 8, our Members officially voted for PCT to become the non-profit *Heartwood Folk School for Sustainability & Resilience*. Also, we've just confirmed Heartwood's first grant from the CRD. Thirdly, we invite everyone to our first classes on *Saturday, March 22*, which are about *Knitting and Wool*, with visiting teachers Joni, Adam and Sylvia Olsen of the Tsartlip Nation.

**Heartwood Folk School's Mission**

Heartwood's mission is to be a non-profit educational society, offering *local and visiting experts* to teach *adults and also younger folks* about *practical, joyful, Earth-caring and community-strengthening skills*. Key skill-building subjects for Folk Schools include food growing, energy conservation, nature skills, mechanical & building skills, traditional arts & crafts, health & wellbeing, community capacity-building, and more. We'll grow into this one step at a time! See [www.heartwoodfolkschool.ca](http://www.heartwoodfolkschool.ca) for potential classes, plus links to Folk Schools that already do so much to serve their local and nearby communities.

A key point is that Heartwood will focus on skills-based *adult education*. However, we're figuring out how to support people bringing their children to adult classes where this fits, and how to involve youth. We're also exploring some classes just for younger folks. All of this is about *cooperating with other valuable educational resources*, from Pender and nearby communities, so that we complement each other. We're already in cooperative discussions with the Pender School, Elder College, Hall, Library, and others.

Heartwood's particular focus is *key skills for greater sustainability and resilience which are not currently being taught locally*. This means supporting local and visiting "experts" and also regular folks, who could teach some of these skills here if we helped them share their knowledge. This includes reaching out with great respect to local First Nations, and to Elders and other experts of all cultures and backgrounds. We invite you to email [info@heartwoodfolkschool.ca](mailto:info@heartwoodfolkschool.ca) or call Zorah at 250-629-3825 if this interests you or your group. We can share expertise, schedule classes usefully, and re-skill our communities together!

**Knitting & Wool (March 22)**

Folk Schools often include traditional arts and crafts, especially practical, beautiful skills that we used to know how to do, but we forgot! My son was recently learning knitting at the Pender School with some fabulous Pender knitters. To help him at home, we looked on the internet. It was a wonderful feeling when I couldn't quite get those "net" instructions, but as I let go... my hands somehow remembered.

In addition to Pender experts such as the Knit Wits and others, there are some local Coast Salish folks who remember all about knitting, because they too never stopped. I'm speaking of Joni, Adam and Sylvia Olsen of the Tsartlip Nation, who are coming to Pender for a special day of *Knitting & Wool* teaching and sharing, on *Saturday, March 22* (10 am, Community Hall, all welcome). In addition to beginner and advanced knitting teaching, there'll be learning and dialogue about knitting as an ancient and international art; Coast Salish/local knitting and wool history; innovations such as traditional patterns on new machines; and knitting and wool as sustainable island enterprises. See [www.salishfusion.ca](http://www.salishfusion.ca) for more about the amazing Olsens, and go to [www.heartwoodfolkschool.ca](http://www.heartwoodfolkschool.ca) for class and registration details in the near future.

Running out of space, here are hints about the *next two Heartwood classes*, which we're able to offer with the support of a CRD grant thanks to Director David Howe! First there's a community capacity building class called *Computerized Accounting for Non-Profit Groups & Projects*. This is to assist initiatives without experienced Treasurers or Accountants, by teaching them to use accounting software. Then we also plan to do a class about *New Solar Thermal & Other Renewable Energy Options*, including extension of "Solar Colwood" rebates to our islands. This is just a start. What would you like to learn or teach? Please call 250-629-3825 and/or visit [www.heartwoodfolkschool.ca](http://www.heartwoodfolkschool.ca) to express interest and find out more!

*Zorah Staar, Coordinator*

## PENDER COMMUNITY TRANSITION (PCT)

January, 2014

### \* new Heartwood Folk School \*

On Saturday, February 8, 2014, at noon in the Community Hall, PCT Members and all interested folks, kids, and groups are invited to a meeting. This is about Pender Community Transition evolving into...

### **Heartwood Folk School for Sustainability & Resilience!**

Heartwood is intended to be an educational non-profit society, which offers multi-age, mutual teaching of *practical, joyful, Earth-caring and community-strengthening skills*. It's about Islanders teaching skills to each other and our youth, along with visiting experts and learners. Like PCT, Heartwood will continue cooperating with valuable local/area groups and experts, to organize educational workshops on food, energy, and community sustainability. However, now we plan to add more of the resilience skills also common to Folk Schools, and to develop resources for in-depth courses, at various sites. Some examples:

1. FOOD GROWING, PRESERVING, & COOKING (e.g. Beekeeping & Pollinators for Food Growing)
2. ENERGY CONSERVATION & RENEWABLE ENERGY (e.g. New Solar Thermal/Other Options)
3. NATURE UNDERSTANDING, CONSERVATION, & SKILLS (e.g. Wild Plant Gathering & Uses)
4. MECHANICAL, TECHNICAL, & DO-IT-YOURSELF SKILLS (e.g. Small Engine Basics/Repair)
5. BUILDING METHODS, DESIGN, & WOODWORKING (e.g. Basic Carpentry for Beginners)
6. ARTS & CRAFTS (PRACTICAL, TRADITIONAL) (e.g. Knitting & Wool, with First Nations)
7. PERFORMING ARTS (MUSIC, DANCE, TRADITIONAL) (e.g. Dances of Universal Peace)
8. HEALTH, WELLBEING, & PERSONAL DEVELOPMENT (e.g. Meditation for Kids & Adults)
9. COMMUNITY CAPACITY-BUILDING & SPIRIT (e.g. Computer Accounting for Local Groups)
10. RESILIENT & SUSTAINABLE NEIGHBOURHOODS (for education in each neighbourhood!)

Heartwood would offer courses on a non-profit, intermittent basis, with fees enough to cover teacher honorariums, other course costs, and slowly growing the Folk School. People could also earn credits to take courses, by helping with Folk School tasks like set-up or note taking, and/or by doing some teaching.

We would welcome experts who've already taught, but who want someone else to do course organizing and local outreach. We're also really keen to support *folks with valuable skills who've never taught*, and who need help to make it easier to share their knowledge. Finally, we invite cooperation with all local or area groups already involved with *key skill-building like the above*. This kind of education can help us to sustain our Earth, and also to respond more resiliently to *global challenges* like climate change/instability, energy and food supply issues, financial uncertainties, and more. In addition, the Folk School process of hands-on, mutually-supportive learning can connect community members in powerful, inspiring ways!

On Saturday, February 8, noon at the Hall, all are invited to come shape the *Heartwood Folk School for Sustainability & Resilience*. Current/new PCT Members will also be voting on a resolution, to change the constitution and name of the Pender Community Transition Society to the Heartwood Folk School Society, and to add Directors. Which practical, joyful, Earth-caring, and community-strengthening skills would you like to learn or teach? Call 250-629-3825 and visit [www.heartwoodfolkschool.ca](http://www.heartwoodfolkschool.ca) for more!

*Zorah Staar, Coordinator*

**PENDER COMMUNITY TRANSITION (PCT)**  
**\* learning and cooperating for a brighter future \***

**December, 2013**

**Elder Housing Initiative**

Google “Pender Evergreen Place” for more about this exciting Elder housing initiative. Now that Evergreen Place has its own non-profit society and Directors at work, PCT can step back with confidence.

**New Pender Folk School**

Of all PCT’s projects to date (see [www.pendercommunitytransition.ca](http://www.pendercommunitytransition.ca)), our educational workshops have had the greatest general interest and impact. Therefore, we now propose to shift to an educational focus. This is by creating a non-profit, multi-age, Heartwood Folk School for Sustainability & Resilience. You can let us know what you think, at our next meeting on Saturday, February 8 (noon, Community Hall).

What could Heartwood focus on?... practical, joyful, Earth-caring, and community-strengthening skills. We imagine it being a strong local and area-serving Folk School, seeking cooperation with other fine educational sources on Pender Island and beyond. Please email [info@pendercommunitytransition.ca](mailto:info@pendercommunitytransition.ca) if this interests you or your group. Let’s share knowledge and “re-skill” our communities together!

Folk Schools do this by supporting local experts (including Elders) to teach other community members, and also by welcoming experts from away. Many valuable, beautiful skills are from a more resilient past, and are sometimes called “lost arts”. Other key skills come from innovations, like new solar technology.

Heartwood Folk School would offer these wonderful learning opportunities, for any interested adults, youth and kids. Here are proposed subject areas, and (in brackets) some potential workshops or courses:

1. FOOD GROWING, PRESERVING, & COOKING (e.g. Beekeeping & Pollinator Support)
2. ENERGY CONSERVATION & RENEWABLE ENERGY (e.g. New Solar Thermal/Other Options)
3. NATURE UNDERSTANDING, CONSERVATION, & SKILLS (e.g. Wild Plant Gathering & Uses)
4. MECHANICAL, TECHNICAL, & DO-IT-YOURSELF SKILLS (e.g. Small Engine Basics/Repair)
5. BUILDING METHODS, DESIGN, & WOODWORKING (e.g. Basic Carpentry for Beginners)
6. ARTS & CRAFTS (TRADITIONAL & PRACTICAL) (e.g. Basketry, including First Nations)
7. MUSIC, DANCE, & PERFORMING ARTS (e.g. Introduction to Dances of Universal Peace)
8. HEALTH, WELLBEING, & PERSONAL DEVELOPMENT (e.g. Meditation for Kids & Adults)
9. COMMUNITY CAPACITY-BUILDING & SPIRIT (e.g. Computer Accounting for Local Groups)

We’d cooperate with other local groups, to offer learning not yet available, and also to host valuable existing programs. All this would be on a non-profit basis, with course fees enough to cover costs.

All interested folks are invited to call 629-3825, or come to our next meeting on Saturday, February 8, 2013 (noon, Community Hall). Which practical, joyful, Earth-caring, and community-strengthening skills would you like to teach or learn, at a new Heartwood Folk School...? Just google this name for more!

*Zorah Staar, Coordinator*

**PENDER COMMUNITY TRANSITION (PCT)**  
**\* a cooperative alliance for a brighter future \***

**October 30, 2013**

**Elder Housing Donations ASAP!**

We've reached a key moment with the Pender Evergreen Place non-profit Elder housing initiative. For us to know IF and HOW we can proceed, we need two kinds of donations, as soon as possible. Significant time and money has already been given, but now whoever else wants this to happen needs to join in!

**Urgent: Donations for Water Testing**

The Evergreen Place property is the beautiful, wooded lot between the Driftwood and airstrip. We appear to have enough water for 10 units, maybe more. Now to assess water quantity and quality with certainty, we need to install deep well pumps, or hire a specialized company to do this with their own equipment.

Therefore, we require another \$8,000 to \$10,000, and we don't believe we have other options to obtain it. Therefore, if you support this new Elder housing and/or retaining the land beside the Driftwood for other community purposes, then we invite you to donate ASAP. You can do this by cheque to the non-profit Pender Evergreen Place Housing Society, c/o Zorah Staar, 6612 Harbour Hill Dr., Pender, BC, V0N 2M1.

**Evergreen Lifelease Purchases**

So far, Evergreen Place is proposed as non-profit "lifelease purchase" housing, for Elders over 65. This is basically like buying a condo, but with more flexibility and no developer's profit. The non-profit Pender Evergreen Place Housing Society would buy, build, and own the land and dwellings. Elders interested in a cosy, supportively-designed, 1 or 2 bedroom dwelling would sell their larger home, to fund an Evergreen lifelease purchase. Then they could stay for the rest of their lives, or leave earlier. In both cases, they or their estate would receive a refund of the lifelease purchase price (minus a dwelling refurbishing amount).

**Evergreen Affordable Rentals Too?**

What about Elders who can't afford a lifelease? The Evergreen Place group knew that Plumtree Court was exploring adding 4 units to their Elder affordable rentals at 5719 Canal Road, so why duplicate that? Then when the new Evergreen Board (see website) began cooperating with Plumtree, we both realized that there may be Pender Elders with disabilities who really need affordable rentals by the Driftwood.

Potentially, there is significant government funding to create affordable OR moderately affordable Seniors rental housing. Then there is BC Housing rent subsidization, for the Housing Society or tenants if eligible. Local limits may be less, but provincially, "affordable" rentals are for "Seniors" age 55+ with gross household income under \$57,000/year, and "moderately affordable" rentals are for folks 60+ with gross household income under \$65,000/year. Also, tenant assets can be no more than \$100,000 (not including RRSP's). If this fits you, you might get on Plumtree's waiting list right now (call 629-3470).

**Land Donations for Affordable Housing**

Key point: For government funding to include affordable or moderately affordable Elder rentals at Evergreen (along with lifeleases), we need either donated land (not possible with this property), or at least \$150,000 of donations towards buying the land. This is important – could our community create this? Secondly, any new Elder housing on Pender (lifelease, moderately affordable, or affordable) must be supported by a joint Evergreen/Plumtree "Need & Demand Assessment" showing significant demand.

You can be a wonderful part of new Elder housing, by donating for Evergreen water testing, and/or donating to buy the land for our community. It's also crucial for folks over 65 who might want to live at Evergreen to do our Questionnaire ASAP. Just google "Pender Evergreen Place" or call 250-629-3825!

*Zorah Staar, Coordinator*



**PENDER COMMUNITY TRANSITION (PCT)**  
**\* a cooperative alliance for a brighter future \***

**October 30, 2013**

**Elder Housing Donations ASAP!**

We've reached a key moment with the Pender Evergreen Place non-profit Elder housing initiative. For us to know IF and HOW we can proceed, we need two kinds of donations, as soon as possible. Significant time and money has already been given, but now whoever else wants this to happen needs to join in!

**Urgent: Donations for Water Testing**

The Evergreen Place property is the beautiful, wooded lot between the Driftwood and airstrip. We appear to have enough water for 10 units, maybe more. Now to assess water quantity and quality with certainty, we need to install deep well pumps, or hire a specialized company to do this with their own equipment.

Therefore, we require another \$8,000 to \$10,000, and we don't believe we have other options to obtain it. Therefore, if you support this new Elder housing and/or retaining the land beside the Driftwood for other community purposes, then we invite you to donate ASAP. You can do this by cheque to the non-profit Pender Evergreen Place Housing Society, c/o Zorah Staar, 6612 Harbour Hill Dr., Pender, BC, V0N 2M1.

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You can be a wonderful part of new Elder housing, by donating for Evergreen water testing, and/or donating to buy the land for our community. It's also crucial for folks over 65 who might want to live at Evergreen to do our Questionnaire ASAP. Just google "Pender Evergreen Place" or call 250-629-3825!

*Zorah Staar, Coordinator*

**PENDER COMMUNITY TRANSITION (PCT)**  
**\* a cooperative alliance for a brighter future \***

**September 2013**

**Elder Housing Update**

We so appreciate your positive and insightful feedback! As a result, the new non-profit Elder housing initiative is now called "PENDER EVERGREEN PLACE". We've also clarified that our focus is to help folks over 65 with the greatest need for downsized, Elder-friendly dwellings, right beside the Driftwood.

There's been exciting progress so far. This includes two meetings, identification of many interested potential residents/Board members/helpers, rezoning support, well drilling, etc. We urge new people to express interest ASAP, by calling 250-629-3825 or googling "Pender Evergreen Place" and using our Questionnaire. Meanwhile, we've got a water puzzle to solve, where we could really benefit from help.

**Well Pumps & Further Testing Required**

The proposed property for Evergreen Place is the beautiful, 6-acre wooded lot between the Driftwood and airstrip. Three wells have now been drilled, and the good news from the driller and subsequent testing is that we appear to have twice as much water as we'd need to build 10 of the proposed Elder dwellings. However, it is essential for our decision making right now to know if there's enough water for UP TO 20 dwellings (as proposed), and also if the water requires treatment, as is common with many Pender wells.

With the deep wells in this case, we can only assess water with enough certainty by installing powerful pumps and high-pressure pipes, and then pumping out to depth. In fact, the wells for Evergreen Place and even the opportunity to buy this property only still exist because 6 community members (1 in particular) have voluntarily laid down a lot of time and money to get us here. Help from the Greenangels Choppers, the CRD, and our Southern Gulf Islands Economic Development Commission has also been essential.

**Donations Invited!**

Now we invite more of you to help, with donations at this key stage. If we can solve the water puzzle, this property is the perfect Seniors housing site. This is for folks over 65 who would otherwise have to leave Pender as they age, especially those who need to be closer to services. We are about to incorporate a new non-profit Housing Society and do further grant applications. In the interim, the non-profit Pender Community Transition Society has been hosting this initiative, and would be very happy to receive your donations "for Pender Evergreen Place", c/o 6612 Harbour Hill Drive, Pender Island, BC, V0N 2M1. Note: PCT is an incorporated non-profit Society but not a charity, so we cannot yet offer tax receipts.

**Revised Proposal**

We'd like to meet many age needs at Evergreen Place! However, LTC rezoning conditions now affirm a minimum age of 65, for at least 80% of residents. However, based on your majority feedback so far, we'll advocate for 20% of Elders to be able to have a younger adult co-resident over 30 (e.g. relative or caregiver).

The proposed dwellings would be 1-bedroom (e.g. 625 sq ft) and 2-bedroom (825 sq ft). The goal is independent living that is moderately affordable, for people who have enough equity or savings to make a flexible lifefee purchase (explained on our website). The non-profit housing Society would offer basic services for a monthly fee, e.g. dwelling/grounds maintenance, common area with guest bedroom, and more. Dwelling design would support changing abilities and care from other sources, but the housing Society itself would not provide any care services, just optional hospitality services (e.g. laundry, cleaning) for additional fees. If all goes smoothly, 2 years is likely when the first 10 dwellings would be completed.

The key is that we can help this be understandable and DOABLE for potentially eligible folks, who are interested now or in future. Just call Zorah Staar at 250-629-3825 or google "Pender Evergreen Place"!

*Zorah Staar, PCT Coordinator*

## PENDER COMMUNITY TRANSITION (PCT)

July, 2013

### \* a cooperative alliance for a brighter future \*

Pender Elder & Family Village: What has PCT been up to since our June AGM and Fruit Tree Workshop? Coordinator Zorah Staar has been exploring community economic re-localization and social enterprise in a very concrete way, by assisting with the proposal to develop housing for older Penderites.

Newsflash: This non-profit housing proposal has now gone inter-generational and open to younger folks, i.e. including small Pender families that have at least one person age 50 or more. Please read on if this might be you, and also use our Questionnaire to help shape this project and ensure that it happens!

We begin by noting one of the great sadnesses for Pender... when wonderful residents have to leave as they age, due to the lack of smaller supportive housing here. This is why Karl Hamson, Andrea Mills, the Southern Gulf Islands Economic Development Commission, Greenangels, PCT and others have been supporting a particular alternative. After exciting June 8 and July 16 meetings, here's the latest proposal.

Are you a single, couple, or small family, including at least 1 person age 50 or more, who can imagine living in a **Pender Elder & Family Village**? This would involve cosy, moderately affordable dwellings built by a new non-profit Society, on the wooded property between the Driftwood Centre and the airstrip.

Based on the strong (2/3) preference at the July 16, 2013 community meeting, the proposed Elder & Family Village now involves both "Elders only" AND "Elders + Younger" dwelling clusters. All residents benefit together! but the primary focus is still meeting the needs of Penderites from age 50 to 100, to...

- \*downsize (no more maintenance)
- \*be closer to services
- \*live single storey, in a home for changing abilities
- \*with independence
- \*social and inter-generational options
- \*and a way to stay on Pender as we age!

Here's the core of the proposal. It involves a 6-acre rural lot, proposed to be rezoned for up to 20 dwellings. The initial focus of the non-profit Society is to build a first phase of 10 dwellings, in 2 clusters. The proposed semi-detached dwellings are 1-bedrooms (e.g. 650 sq ft) and 2-bedrooms (e.g. 850 sq ft), or possibly other sizes. The goal is affordability for people with at least moderate income and some equity or savings, especially people who would otherwise leave Pender as they age. The dwellings could support changing abilities, resident caregivers, and home care from other sources, but the Society itself would not (initially) provide care services. This would be a non-profit, break-even, development, with residents buying in based on a lifelease housing model, but call 629-3825 ASAP if the cohousing model interests you.

In terms of age requirements, the feedback from older Penderites that most of them don't want to be in seniors-only housing. Therefore, at least 1 resident purchaser for each Village dwelling would be 50 or more, but beyond that the "Elders + Younger" clusters of the Village would welcome small families. This could mean a grandpa cared for by an adult grandchild, or a grandma, daughter and grandson together, or an older parent raising two children, or even a couple with 1 over 50 raising a child or two (in 2 bedrooms).

Now the key is timing. There's an offer on the property, subject to conditions being met by October 31 re: proving water, rezoning, and financing. As soon as possible, we need to establish firm resident interest, a strong Board for the new non-profit Village Society, sufficient financing, and other community support!

Therefore we urge anyone interested in living in or helping with the Elder & Family Village, now or in future, to go to [www.pendercommunitytransition.ca/pender-elder-village](http://www.pendercommunitytransition.ca/pender-elder-village) (google "Pender Elder Village"). There you will find details of the New Proposal, and a Questionnaire by which you can shape and help this project. You can also just call Zorah Staar at 250-629-3825, and we'll help you find out more. Thanks!

*Zorah Staar, PCT Coordinator*

## **PENDER COMMUNITY TRANSITION (PCT)**

**May, 2013**

**\* a cooperative alliance for a brighter future \***

Quick fun alert: Just as you read this, the Saturday, June 1 PCT Annual General Meeting (9:30 am) and a free Fruit Tree Workshop (10:30 am) may be starting, down at the Community Hall. Any interested folks are welcome to drop by, for example before or after checking out the Saturday market. Read on for more.

### **June 1 PCT Annual General Meeting**

We'll have a brief, informal AGM from 9:30 am to 10:30, to review PCT's past year, and the exciting possibilities for the fourth year ahead. You can officially vote at the meeting, if you pay \$2 to become a member of the non-profit Pender Community Transition Society. In any event, we invite all your ideas about useful activity on the key community issues of energy, food growing, and economic relocalization.

One new project for which we're seeking funding is to reach out with neighbourhood workshops, as part of a Sustainable & Resilient Neighbourhoods Program. The second proposal is a Pender Island Hub (PIH) for Sustainability, Resilience, & Enterprise, i.e. a drop-in, gathering, learning, and cooperative work space, for any interested non-profits groups, community members, and sustainable enterprises. For more info, you can google "Pender" and "Transition" and have a peek at the definitions below. Please RSVP for our June 1 AGM if you can, or just drop in to the Hall, and/or email us feedback. This is especially if you're from a Pender group interested in the Hub proposal, or in the Neighbourhood Program resource materials.

### **Sustainability together with Local Resilience**

Here's one definition of sustainability: caring for our Earth, its inhabitants, and its resources, in ways that can sustain future generations worldwide, and leave them the healthiest possible place to live and love. Wasting less, conserving more... sustainability is an act of love for our world! This is even if... especially if... you don't yet know, exactly how it's going to ripple out to make a difference. Meanwhile we also get to care for ourselves, our families, our community, which is where local resilience comes in.

Local resilience is the capacity of a community to: handle disruptions or pressures; meet core needs from nearby sources; innovate, build skills, and adapt; and stay connected, healthy, and happy. All of this is about better handling worldwide impacts like climate change, shrinking availability of cheap fossil fuels, economic instability, plus local ferry challenges! Key issues for increasing local resilience include: energy, local food growing, economic relocalization, and community spirit. Here's the good news: much of what we need to do for sustainability also makes us more locally resilient, and vice versa. The love goes both ways! Also, innovation is a key part of this, along with bringing back the best of old ways, like growing more Pender fruit again instead of oil-dependent shipping from distant lands, hence...

### **June 1 Fruit Tree Workshop**

PCT has organized a free Fruit Tree Workshop on June 1 (10:30 - 12:30). Visiting experts Bob and Verna Duncan of [www.FruitTreesAndMore.com](http://www.FruitTreesAndMore.com) will present about temperate fruit trees for our area. Bob is a super source of knowledge and also fruit trees, of many varieties including citrus. After a talk and slide show, our guests will go into question and answer with the Penderites who attend, and dialogue with local experts too. This can include fruit tree choices, planting, care, pruning, grafting, preserving, semi-tropical options, and more. To help us plan, please pre-register for this free Fruit Tree workshop if you can, by emailing [info@pendercommunitytransition.ca](mailto:info@pendercommunitytransition.ca). You can also just pop into the Community Hall downstairs on Saturday, June 1, either for the 9:30 PCT AGM, or the 10:30 am Workshop, or both. All are welcome.

Final definition: community spirit, which can grow and grow as we join in fun and meaningful activities to create a stronger community. The future is brighter, when we come together to help create it that way!

*Zorah Staar, PCT Coordinator*

**PENDER COMMUNITY TRANSITION (PCT)**  
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**April, 2013**

Greetings! We had such a warm, fun, and informative time on March 9, with Pender's first "*Nettlefest Community Celebration & Dinner*"! You can see "Past Events" at [www.pendercommunitytransition.ca](http://www.pendercommunitytransition.ca) for photos and more. We also invite you to see our "Current Events" and to read below, for information about PCT's upcoming June 1 *Annual General Meeting* and *Fruit Tree Workshop* (all welcome)

Huge thanks go to everyone who helped co-create the first Nettlefest experience, in particular organizer Adrian Schamberger, the various wild plant experts who shared their wisdom, demo chefs Alison Feargrievies and Teresa Carle-Sanders, all the tasty nettle potluck cooks, and also folksy-fine musicians Matthew, Cher, and Dan Weisenberger. Final thanks go to Vancity, the CRD, Pender's Local Trust Committees and Greenangels (the Choppers), for modest funding to support this local food celebration.

Hard to believe, but as of this April, Pender Community Transition begins our fourth year of initiatives. These are on the key community resilience issues of *energy*, *local food*, and *economic relocalization*. We're really grateful to the other Pender groups who are already active on some of the above issues. The PCT goal is to encourage co-operation between all of us, and also to initiate helpful additional projects.

Now, all interested folk are invited to the first PCT event of the season. This is on Saturday, June 1, and it is a *free Fruit Tree Workshop* by Bob and Verna Duncan of Saanich ([www.FruitTreesAndMore.com](http://www.FruitTreesAndMore.com)), preceded by the *Pender Community Transition AGM*. Both of these are at our lovely Community Hall.

### **June 1 PCT Annual General Meeting**

The AGM will be at 9:30 am, to review PCT's exciting past year, and to invite your ideas about useful topics to explore in the coming year. PCT will continue offering workshops to encourage energy conservation and renewable energy, and also more local food growing. Following up on our February 9 *Innovation & Social Enterprise Event*, we're also continuing to explore new forms of social enterprise.

What is social enterprise? It can be a non-profit society, co-op, B.C. hybrid company, or even a regular company, creating profits or resources in an innovative way (e.g. selling something new), and then using those profits or resources to support social and community purposes in the broadest sense. These and other forms of innovation to help our local economy are being jointly worked on with two new groups: the Southern Gulf Islands Economic Development Commission ([www.sustainableislands.ca](http://www.sustainableislands.ca)), and the FELÁÑET Centre for Innovation & Peace at Hope Bay (contact Derek Masselink at 629-3303). We're happy to report more at the AGM, and we invite you to google "Pender" and "Innovation" in the interim.

### **June 1 Fruit Tree Workshop**

This free Fruit Tree Workshop will be from 10:30 a.m. to about 12:30. Visiting experts Bob and Verna Duncan ([www.FruitTreesAndMore.com](http://www.FruitTreesAndMore.com)) will begin with a presentation about temperate fruit trees for our area. Bob was instrumental in starting BC Fruit Testers, and is a super source of both knowledge and countless varieties of trees (including citrus). After a presentation and slide show, our guests will go into question and answer with the Penderites who attend, and dialogue with our local experts too. This can include fruit tree choices, planting, care, grafting, pruning, preserving, semi-tropical options, and more.

Besides delicious, healthy fruit, the goal is to increase local food growing from more fruit trees being planted, and also to make full use of the beautiful, sometimes-ignored trees we already have. The Fruit Tree Workshop is free, but *please email* [info@pendercommunitytransition.ca](mailto:info@pendercommunitytransition.ca) to pre-register if you can, which helps with planning. Anyone going to the Saturday Farmers Market on June 1 is also welcome just to drop in to the Hall (downstairs), for the 9:30 PCT AGM and/or the 10:30 workshop. See you there!

*Zorah Staar, PCT Coordinator*

**PENDER COMMUNITY TRANSITION (PCT)**  
**\* a cooperative alliance for a brighter future \***

**February, 2013**

Greetings! We had an inspiring time with 60 Penderites and honoured guests, at our February 9 workshop on "Exploring Innovation & Social Enterprise". All Pender folks, organizations, and businesses are invited to have a peek at the morning notes and afternoon comments from this stimulating event, at [www.pendercommunitytransition.ca/innovation-and-social-enterprise-event](http://www.pendercommunitytransition.ca/innovation-and-social-enterprise-event). Creating a community economic development fund, an educational and peacebuilding centre, a co-op for selling useful local goods and hanging out – these are just a few of the innovations discussed. Together we can follow up, on new paths to a more cooperative, sustainable, economically healthy, and resilient Pender community!

Now in a week or so, you're invited to an innovation borrowed from Galiano... Pender's first "Nettlefest" community celebration & dinner! It's on Saturday, March 9 at the Community Hall, between 3:00 pm and 10:00 pm. Make sure you go to [www.pendercommunitytransition.ca](http://www.pendercommunitytransition.ca) for the latest information.

"Nettlefest" is a free, all-ages, potluck and musical event... to celebrate the coming of spring, the green and purple wonder of nettles as a gift from our Earth, other delicacies from our local food growers and makers, and the wondrous connections of our amazing community! All Pender grown-ups and kids are invited, whether you're a nettle lover or nettle-neophyte. Daytime activities are planned to start at 3 pm, including a presentation on nettles as medicine, local chefs whipping up nettle delicacies, and more.

By 5 pm or so, we'll start gathering at the Hall to share potluck dishes or desserts, including either nettles, OR another locally grown food if possible, e.g. local eggs, beans, veggies, fruit. If you're stuck, please feel free to come anyway, as long as you bring something to share. Some nettle possibilities: nettle soup, nettle lasagna, nettle quiche – pretty well any cooked dish that has vegetables in it could include a few incredibly tasty, very mild, and healthy nettles. Or just cut a bunch (with gloves, down to the top 2 or 4 leaves), bring them along, and we'll steam them after you arrive for people to sample straight up.

The evening program (starting at around 7 pm) will include some exciting new music for Pender ears, fun competitions such as best nettle dish, nettle products to pitch (serious or funny), or even nettle tribute poems, plus the simple pleasure of sharing a community meal. Stay tuned for more info shortly, and contact event organizer Adrian Shamberger ASAP ([thefixer49@yahoo.com](mailto:thefixer49@yahoo.com) or 250-629-6968), if you'd like to contribute something in particular, or if you're stuck for a nettle source or interested in communal picking. Contact co-organizer Zorah Staar ([info@pendercommunitytransition.ca](mailto:info@pendercommunitytransition.ca) or 250-629-3825) if you know of a good nettle picking site, recipe, or other interesting nettle information to add to our website.

Meanwhile they're arriving... peeking through sunny-shady grass, near wet areas. Look under last year's tall brown stalks, e.g. at Shingle Bay Park. Now here are just a few cooking ideas for this green delicacy. Nettle sauté: with butter, garlic, leeks, and a pinch of nutmeg. Nettle omelet: fold into an omelette with parmesan. Nettle soup: onions, garlic, potatoes, vegetable or chicken stock, plenty of nettles, a splash of cream or milk, then blitz in a blender, and add raw parsley for vivid green, plus salt and pepper. Nettle pizza: mozzarella, ricotta, some garlic infused olive oil, and nettles on top before you pop it in the oven.

Nettles are a superfood, rich in chlorophyll, iron, magnesium, and more. They're famous for their healing effects – a tonic for reproductive health, rheumatism, and more. People in similar climates all over the world know this. An Irish webpage led us to <http://feralkevin.com/?p=161>, where's there's a video recipe for nettle juice described as "the best drink ever, and the most beautiful green colour I have ever seen".

Come see the wondrous green yourself, and celebrate community on March 9! Please bring your potluck dish OR dessert, plates, cutlery, and non-alcoholic drinks. Or just show up with a bunch of nettles in hand. Wait... not in hand – they hurt! However, after 10 minutes of steaming, the sting is gone, and you have the best-tasting greens many Penderites have ever tried. Just make sure you google "Nettlefest" and "Pender" for the latest info, before you and your friends or family head over to the first Pender Nettlefest!

*Zorah Staar, PCT Coordinator*

**PENDER COMMUNITY TRANSITION (PCT)**  
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**January, 2013**

See PCT's February 9 Innovation Event below! I'm just back from our January 19 Poultry Workshop... talking chickens and turkey, with 30 Penderites interested in raising something good for ourselves and our Earth. This can also increase the self-sufficiency and local resilience of our Pender community!

You're invited to email [info@pendercommunitytransition.ca](mailto:info@pendercommunitytransition.ca) if you'd like the *workshop handouts*, or if you're interested in an informal *poultry club (including kids)*, for more tips and cooperation. This is a good, old-timey thing – having delicious eggs from backyard coops. It goes hand-in-hand with those of us who don't have chickens... increasing local buying from our wonderful farmers and growers who do!

Moving from the old to the new, what about some *innovative paths* to a more cooperative, sustainable, economically healthy, and resilient Pender community? This is what PCT's next event in February is all about. We encourage you to spread the word, because our whole community could benefit from "*Exploring Innovation & Social Enterprise on Pender*". This informative and fun workshop is on Saturday, *February 9*, between 10 am & 3 pm (Community Hall, free event, but *please register* as below).

This gathering involves *an invitation* to all Pender people, families, existing businesses, community groups, and government representatives (including Coast Salish peoples and guests from away). We'll offer stimulating *guest presenters*, and then dynamic, fun, and effective *community conversations*.

This is to address *key challenges* for Pender (and many communities), such as: supporting younger residents, year-round local business, and struggling community groups; responding to worldwide impacts; and creating more local economic resources to meet our needs into the future (i.e. economic re-localization).

Pender Community Transition is hosting this Innovation event, supported by Vancity, the CRD, Southern Gulf Islands Economic Development Commission, our Local Trust Committees, and GreenAngels. All of these see the need for our communities to do things differently, to become more sustainable and resilient.

Four of the "*innovation experts*" who'll speak on February 9 are: Molly Harrington (Assistant Deputy Minister, BC Ministry of Social Development); Adam Olsen (Tsartlip First Nation, Saanich Councillor, innovative entrepreneur); Rupert Downing (Victoria's Community Social Planning Council); and Toby Joseph (Tsawout First Nation economic development). This day therefore involves the innovation of Pender reaching out to some of the Coast Salish peoples who were here 6,000 years before us.

Key questions that we'll explore at the event are: useful innovations in how community members *connect and cooperate*; innovations to benefit both *Pender and our Earth*, including supporting the *existing Pender businesses* essential to our economic health; and a particular form of innovation called "*social enterprise*". Social enterprise means a community organization, co-operative, or hybrid company (specially incorporated) that creates profits and jobs for social and community purposes in the broadest sense.

"Exploring Innovation & Social Enterprise" is a *free, fun, and informal event*, and all are welcome (including younger folk!) *Please register* by emailing [info@pendercommunitytransition.ca](mailto:info@pendercommunitytransition.ca) or calling 629-3825, so that we can provide you with more information and a sandwich lunch (for a fee, or bring your own). Updates are at [www.pendercommunitytransition.ca/innovation-and-social-enterprise-event](http://www.pendercommunitytransition.ca/innovation-and-social-enterprise-event).

Meanwhile, Pender Community Transition knows that there's something as important to our community as hearing useful presentations, discussing challenges, etc. That is... just to hang out, with nothing more complicated to do than sharing local food and getting to know each other. That's why our follow-up to the February 9 Innovation event is a *March 9 "Nettlefest" Community Dinner & Celebration* (stay tuned).

Let's keep finding new ways to connect, and create innovative paths to a brighter future – together!

*Zorah Staar, PCT Coordinator*

**PENDER COMMUNITY TRANSITION (PCT)**  
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**November, 2012**

Where to begin? You want to conserve some energy, and maybe also be part of this “energy transition” to renewable, low-carbon sources, but how to start? Just in case it creates a few “sparks” for you, here are some stories from Pender’s second annual, November 17 Energy Action Day.

First, a story in a picture... an exquisite collage of tissue paper, tiny details, and love. This is what a young family brought to the Energy Action Day, to give a glimpse of their amazing little, off-grid house. They rely on a solar photovoltaic panel in a tree, solar water heating on the roof, a composting toilet, and more. To have a peek, you can google “Pender” and “Transition” and check our November 19 post.

An older Pender couple shared a similarly inspiring story, of coming here in 1999 and wanting to live low-energy and low-impact, but not having a clue how. So they found a Pender builder and an energy expert they could trust, and soon they had a small south-oriented cabin, with 1 solar photovoltaic panel and 2 deep cell batteries. This is enough to run some lights, radio, sound system, computer, coffee grinder, food cooler, etc. Instead of a well pump for water, they have rainwater catchment from their metal roof.

Off-grid is not for most of us, but these stories show the option of having some photovoltaic, e.g. for backup during power failures like the one happening as I write this! What follows are not recommendations about any particular options or persons, but rather just some informative places to start your own research.

J. Scott was one of the Energy Action Day speakers who focussed on solar energy, i.e. photovoltaic electric panels and also solar water heating (see [www.illuminatesolar.ca](http://www.illuminatesolar.ca)). Photovoltaic panel prices have dropped by 2/3 in the past few years, so what didn’t make sense for your house before might be worth considering now. Further on small photovoltaics, an engineer Penderite recently had a good experience purchasing a tabletop battery charger, and a larger, handy folding PV unit (from [www.eco-worthy.com](http://www.eco-worthy.com)).

Further on solar water heating, PCT just heard again from last year’s Energy Action Day speaker James Smyth ([www.pacificsolarsmart.com](http://www.pacificsolarsmart.com)), who’s spent a lot of time sharing information with us. Now Smyth is offering a new, lower-cost but high efficiency system, e.g. at \$2,000 for do-it-yourself people, or more for installation. Remember too, CRD Building Inspection should be called about any energy retrofit.

Everyone’s energy needs and abilities are so different. That’s why it can be useful to start with a home assessment by an Independent Energy Advisor, like Doug Green from this year’s Energy Action Day (see [www.advancedhomeenergy.ca](http://www.advancedhomeenergy.ca)). An assessment costs \$175 plus travel, after the government rebate that’s supposed to be in effect until March, 2013. You can learn a lot about your energy-saving options, and also become eligible for other rebates until March, 2013. For lower-income families, BC Hydro offers a free kit of energy-saving devices, and also a free home assessment if your Hydro has been high.

This year’s final speaker was John McQuaid ([www.waterwindsolar.com](http://www.waterwindsolar.com)), who has broad experience with various renewable energy installations. In particular, he talked about the new ductless heat pump units that can be a super-efficient way to heat an area of your house. These have a “head” that looks like a baseboard heater installed inside, with pipes leading through the wall to a small heat exchange unit outside. McQuaid also has experience with both simple and complex rainwater catchment systems. One version to explore is using gravity to provide water even during power failures, when the pump is out.

Thanks so much to everyone who contributed to an inspiring Energy Action Day, including our funders – the CRD, Pender Local Trust Committees, and Vancity. Thanks also to the Pender family who let us end the day with a test-drive of a display - their fabulous Nissan Leaf electric car! (see [www.nissan.ca/leaf](http://www.nissan.ca/leaf)).

You can go to [www.pendercommunitytransition.ca](http://www.pendercommunitytransition.ca) for more about energy, and also food growing and economic relocation – three key areas for community resilience. Next up for PCT: a Poultry Raising Skill-Building Workshop, on Saturday, January 19, 2012. Please call 629-3825 if you’re interested!

*Zorah Staar, PCT Coordinator*



**PENDER COMMUNITY TRANSITION (PCT)**  
**\* a cooperative alliance for a brighter future \***

**October, 2012**

*Newsflash:* Pender's second annual *Energy Action Day* has now zipped back a week earlier, to Saturday, November 17, 2012, (10 am - 3 pm, School Gym). This is to avoid any electrical or energetic interference with the toy reindeer, mini-Santas, or interested Penderites circling round to the Hall's Yuletide Gift Faire on November 24. We invite you to mark the new November 17 Energy Action Day on your calendars!

This is a free community event for anyone who wants to learn or share energy information, including all ages and levels of experience – especially our kids! The Energy Action Day will include fun and informative displays, a kid area, expert and inspiring speakers, cool energy videos, and lively networking. It's about *energy conservation*, i.e. many ways to use and need less energy, and *energy transition*, i.e. shifting to low-carbon, renewable, resilient energy sources where possible. Come out to hear from off-island *and* on-island experts, and call Zorah at 629-3825 if you have some knowledge or a display to share.

In addition to displays from 10 am, the schedule begins with a 10:30 am *Cooperative Meeting* between Pender groups and people concerned with energy issues, including Pender Community Transition, Moving Around Pender, the Recycling Centre/Society, Eco Homes Network, our new Economic Development Commission, and others. Any group or person is welcome to come talk about their projects and activities relating to energy issues, and to make suggestions about community cooperation and mutual support.

The first *off-island* presenter at 11:30 is Independent Advisor Doug Green, speaking about home energy evaluations to discover many ways to use less energy in our homes (see [www.homeperformance.com](http://www.homeperformance.com)). Then at 12:30, we'll have a presentation from John McQuaid of Wizards 4 Environmental Technologies, who has broad practical expertise installing solar photovoltaic and hot water systems, heat pumps, drain heat recovery, wind turbines, water treatment, rainwater catchment, etc. (see [www.waterwindsolar.com](http://www.waterwindsolar.com)).

You can also see the *energy references* at [www.pendercommunitytransition.ca](http://www.pendercommunitytransition.ca) for information about various energy options, our Pender Energy Research Report, Solar Water Heating Project, etc. All of these PCT activities, plus the 2011 and 2012 Energy Action Days, were made possible by funding from the Pender Local Trust Committees, GreenAngels, and Eco Homes Network, plus the CRD and Vancity.

Maybe you're wondering *WHY* Pender Community Transition has organized Energy Action Days. Our goal is: Pender cooperation to *reduce oil dependency, carbon emissions, and other damage to our Earth*, and to *transition with resilience and self-sufficiency* through peak oil, climate change, and other global challenges. Developing *community resilience* is the key, and guess what? We become more resilient, as we learn to live well while conserving energy, using less oil, and shifting to low-carbon renewables instead.

*Peak oil* will have a major impact on all communities. World oil extraction rates have maxed out and begun declining, which is exacerbated by continually growing demand. "Easy" cheap oil is ending, yet our food, medicine, clothing, buildings, and much more rely on it. Specifically, conventional oil production peaked by 2006, and is forecast to decline by 3% per year. Meanwhile, *unconventional oil* such as tar sands involves more pipelines and tankers, and much greater risk, cost, emissions, and damage to our Earth.

What about *climate change*? Despite well-funded campaigns creating confusion, over 95% of qualified scientists say that simply to continue the world's *current* levels of greenhouse gas emissions would commit us to a very dangerous global average temperature rise, climate instability, and severe threats to agriculture, water, and nature. Meanwhile, plans for increased *unconventional* oil production are projected to make our climate situation even worse. For this and other reasons, like peak oil and pollution, the wisest course is to cut our carbon emissions ASAP, and to support similar action by all those in power.

Our future is brighter when we come together with the best of ourselves, building trust and cooperation, doing our part for the world, and *choosing* to make our communities more resilient and self-sufficient. To find out more, google "Pender" and "Transition", and come out to the November 17 Energy Action Day!

*Zorah Staar, PCT Coordinator*

**PENDER COMMUNITY TRANSITION (PCT)**  
**\* a cooperative alliance for a brighter future \***

**August, 2012**

August 8 at Montague Harbour was inspiring beyond words... at times up to 50 Islanders from *Galiano, Gabriola, Pender, Saltspring, and Mayne...* gathered on the sunny shore. We talked excitedly about our local projects and also discussed inter-island cooperation on *key sustainability and local resilience issues*. These included economic relocalization, renewable energy, alternative transportation, community arts and spirit, and more. See the recent post at [www.pendercommunitytransition.ca](http://www.pendercommunitytransition.ca) for a great group photo!

*"We've done this kind of project, so you can too!"* That was the main message of this gathering about strengthening our communities, while also causing less damage to our Earth. For example, the energy subgroup of Sustainable Gabriola talked about how they were saving \$3,000 or more per unit on air source heat pumps, by becoming a dealer for a good system and then cooperatively helping each other to install it. Then some of the 10 Pender folk at the gathering talked about the PCT energy and other initiatives of the past year, including the Solar Water Heating Public Education & Bulk Buying Project.

*Newsflash for any Penderite still interested in Solar Water Heating:* I've just been emailed by the Victoria supplier who provided a lot of information and offered us a bulk-buying discount last year. With government rebates no longer available, this supplier has designed a simpler flow-through system intended for seasonal use, at about half the cost of other systems. Without the rebate regulations, a do-it-yourself install could be more feasible, and there are even some Penderites who've expressed interest in helping each other figure this out. Please email [info@pendercommunitytransition.ca](mailto:info@pendercommunitytransition.ca) to find out more.

Now is a good time to talk about various PCT initiatives for the coming year. We're starting with a *Climate Change Presentation and "Inspiring Movie" on Saturday, September 22 (7 pm, at the Hall)*. First Julie Johnston will share what she learned at a special Al Gore training on the latest climate change news and community activism in response. This is a tough topic, so we thought what better way to follow it than a second showing of PCT's *"Youth & Elder Film: Wisdom for a Brighter Future"*. Remember, our Elders knew how to be resilient through a lot, and how to live well using much less energy and "stuff".

Food growing is a second key issue for local resilience and self-sufficiency. That's why PCT started our third year by obtaining a CRD grant for the new *Greenhouse at the School*, and other projects. Thank you CRD Director David Howe! Now on the weekend after the climate change talk and film, we're following up with our *Community Seed Bank initiative*. We already know of 15 people keen to help, but we need to learn more and organize. Therefore, PCT is arranging a *Skill-Building Workshop on Seed Saving & Seed Banks, on Saturday, September 29 (noon to 4 pm, Upper Hall)*. PCT also really believes in honouring our farmers and growers, which we intend to do at a *Local Food Community Dinner on Saturday, October 27*.

Going back to energy, PCT plans to have a second *Energy Action Day on Saturday, November 24 (School Gym)*. This is another day of fun and informative displays, expert and inspiring speakers, cool videos, and lively networking. It's about energy conservation (i.e. many ways to need less energy), and energy transition (i.e. shifting to low-carbon, renewable, sustainable sources). We're still waiting to hear about some grant applications, but we really hope a School Solar Photovoltaic Demo Project will be involved.

A third key issue for local resilience is *economic relocalization*. This means Penderites meeting more of our core needs by buying, selling, bartering, and sharing with each other, and with nearby islands too! This is why PCT has sought funding for a *Pender Local Currency Pilot Project*, and we expect to hear by mid-September whether we can do it. Local currencies are a wonderful way to raise awareness about local sustainable buying from our island businesses and social enterprises. This builds a more resilient local economy. By early next year, you could be paying for some things with a Pender five dollar bill!

Money's not the only way we can help each other get what we need. Google "Pender" and "Transition" to find the PCT website. Then look for *Pender Helping System (PHS)* to the right, for a way we're developing to support more bartering, trade, and sharing with each other. Together we're stronger!

*Zorah Staar, PCT Coordinator*

**PENDER COMMUNITY TRANSITION (PCT)**  
**\* a cooperative alliance for a brighter future \***

**July, 2012**

Did you know that 70 or 80 years ago, Penderites used to row or sail over to some of our neighbouring islands... to play cricket? Or to play tennis, have a picnic, or kick up their heels at a dance, with their fellow Gulf Islanders on Salt Spring, Saturna, Galiano or Mayne. The men had to find wives somewhere! Apparently they might even have a midnight sip or two, to stay warm as they rowed back in the night.

Often this was after a hard week of farming, logging, house building, and also walking or cycling just to get around Pender. Gee whiz – our Elders must have been strong! Pender Community Transition learned about this when our kids were doing the filmed interviews for “Youth & Elders: wisdom for a brighter future”. This is the 65-minute DVD available at [www.pendercommunitytransition.ca](http://www.pendercommunitytransition.ca) and elsewhere.

It's fascinating and inspiring to me that the islands of our Salish Sea used to be much more interdependent – firstly through the Coast Salish First Nations, and then through the social, cultural, agricultural, and economic connections of the early settlers and residents. I learned this when PCT met last summer with people from the Island Futures Boat Network of Gabriola ([www.islandfutures.ca](http://www.islandfutures.ca)). They are dedicated to reviving inter-island cooperation and sustainability, supported by a network of existing small boats.

Ferries come to mind. I've been told that there was once a free ferry from Pender to Salt Spring, where Penderites could go to buy what we needed and sell what we'd grown or created. However, then the provincial government cancelled this and decided that we should go to Sidney by ferry instead. Gradually it has become more and more difficult, inconvenient, and expensive to move between our local islands by ferry, and we've lost the habit of moving between them by small boat (especially the low-carbon way!) The result is that many cooperative relationships, economic supports, and local capacities have been lost.

However, we can get these back! This is why the Island Futures people from Gabriola went to sea last summer... sailing first to Galiano and then on to Pender, where a bunch of us had a very friendly and exciting discussion with them. One resulting decision was to have an even bigger inter-island gathering.

Now this is about to happen! On August 7 and 8, islanders from Pender, Gabriola, Salt Spring, Mayne, and Saturna are sailing, boating, and kayaking over to Montague Harbour on Galiano. You could call this a gathering of the sustainability and local resilience tribes of our islands. Pender Community Transition is involved because we are a cooperative alliance whose goal is to help our community become more locally resilient and self-sufficient, while also causing less damage to our Earth. This basically equals sustainability, which is easier to achieve when our communities share information and cooperate.

The big inter-island discussion day is Wednesday, August 8, in Montague Harbour provincial park (down by the beach), followed by music-making and general merriment that evening. All are welcome, but go to current events at [www.pendercommunitytransition.ca](http://www.pendercommunitytransition.ca) to find out about logistics for boaters, campers, etc. Discussion topics include knowledge-sharing and inter-island support for: local food growing; renewable energy; economic relocalization; community spirit and arts; alternative transportation; and more.

These key issues for local resilience and self-sufficiency remind me of what PCT intends to do this fall, once our next funding is confirmed. We've planned another year of projects to serve our community, including: supporting the School Greenhouse purchase; organizing a second Energy Action Day; a Solar Photovoltaic School Demo Project; two Local Food Community Dinners; Skill-Building on Seed Saving and a Seed Bank; a Local Currency Pilot Project; and an ongoing Economic Relocalization Campaign.

Responding to worldwide challenges like peak oil, climate change, and global economic instability can feel overwhelming. However, transitioning our communities is like a continuum, where everything we do to become more low-carbon, locally resilient, and self-sufficient is helpful. We are stronger when we start taking steps towards the brighter future that we want to create, especially when our wonderful community groups work together! You can google “Pender” and “Transition” to find out more.

*Zorah Staar, PCT Coordinator*

## PENDER COMMUNITY TRANSITION (PCT)

May, 2012

### \* a cooperative alliance for a brighter future \*

What's happening on the evening of Friday, June 15 at the Hall? It's the community premiere of "**Youth & Elders: wisdom for a brighter future**"! This is PCT's 65-minute film of Pender kids interviewing Pender Elders, about how people lived here in the past. These interviews give inspiring glimpses of community self-sufficiency, resilience, cooperation, and connection. Here are a few more samples:

**Solomon Reece** is the son of Sharon Jinkerson-Brass and deceased Pender Elder **Victor Reece**, of the Tsimshian Nation. Sol told us about his brother Tsawout, Tseycum, and other First Nations, who lived seasonally on Pender, sustainably harvesting food. For 7,000 years, they cooperatively shared these islands, and buried their dead on these shores so that their spirits could move as they needed to, across the waters.

Pender is part of traditional Coast Salish First Nations territory, which stretches from Vancouver Island down to the shores of Washington and Oregon. This was the reach of speakers of a certain "Salishan" language family, characterized by multiple consonants without intervening vowels. Now this area is once again being called the Salish Sea, full of coastal treasures that we all share, and all must protect.

Moving from 7,000 to 135 years ago, 1877 was when the first permanent White settlers "pre-empted" land on North Pender. **Washington Grimmer** bought such land in 1882, and we were grateful to interview his granddaughter **Bunty England**. Bunty had stories galore, including about her uncle Neptune being born in a rowboat, and how her family met all their food, energy, and trading needs.

Meanwhile in 1886, **Arthur Spalding** became the first permanent settler on South Pender, at a homestead that is now a park named for this wife, Liliias Spalding. Their grandson **David Spalding** gave us images of how past Penderites farmed, worked, and also had fun, including rowing to other islands to play tennis!

Another person we interviewed for the Youth & Elder Film is **Barb Pender**, family historian and niece of David Spalding. Her grandpa was a Pender distantly related to the English survey ship's Commander for whom our islands are named. However, Barb's grandpa was the Pender who got stuck here in a storm, was taken in by Arthur and Liliias Spalding, and ended up marrying one of their beautiful daughters.

Here we must admit that our knowledge of Pender history is minuscule compared with that of **Peter and Elizabeth Campbell** and also **John MacKenzie** of the Pender Islands Museum Society. Pender Community Transition and our filmmakers (Joanne Green and David Ohnona) are extraordinarily grateful for the fascinating, practical details and period photographs that these Museum experts shared with us.

I was equally fascinated to learn from **Helen Allison** that when she moved here with her husband Robert in the 1970's, there were only about 400 residents. Helen herself had about 100 sheep, and soon became the island "sheep-midwife" for difficult cases, and also organized visiting veterinarian calls at her home.

Final interviewee **Andrea Spalding** came to Pender about 20 years ago, and has researched and written a children's book about old-time Pender – "Sarah May and the New Red Dress." However, the story of past resilience that I most remember hearing from Andrea was about her father in wartime England. He and others would gather glass from bombed buildings, and use it to make greenhouses to grow more food.

Ordinary human beings are amazingly capable of cooperatively figuring out how to get their needs met, even at times of great challenge. Our world will have challenges with sustainable energy, food growing, and re-localizing our communities. The future is brighter when we bring forward the best of the past!

Come find out more on Friday, June 15, 2012, when all are welcome to a brief, interesting PCT annual meeting at 6:30 pm, followed by the **free, all-ages, 7:00 pm community premiere** of the Youth & Elder Film. DVD's will be available too. See [www.pendercommunitytransition.ca](http://www.pendercommunitytransition.ca) for more. Thanks so much to all the people and also the funders who made this possible: Vancity, CRD, Pender LTC's, and GreenAngels!

*Zorah Staar, PCT Coordinator*

**PENDER COMMUNITY TRANSITION (PCT)**  
**\* a cooperative alliance for a brighter future \***

**April, 2012**

This month we're inspired to talk about deer-sharing, poetry-sharing, and money-sharing. The source for this is the last of PCT's 7 projects for our second year. This is our film about "Youth & Elder Wisdom for a Brighter Future!" – now being edited by passionate filmmakers Joanne Green and David Ohnona.

We began filming at the Pender Museum last fall, with keen historians Peter and Elizabeth Campbell answering questions from curious Pender kids. More than one asked about Pender "hunting" in the past.

We were fascinated to learn that garden fences here were often high enough to keep the cow out, but low enough to let the deer in. However, when a visiting deer was dispatched as a much-appreciated source of food, there was no electricity (until 1958 or so) and no refrigeration to keep the meat cool in summer. The solution was to share venison with grateful neighbours, who next month would likely share in turn.

We're not advocating "open season" on deer, which is a complex issue for island ecosystems, and vegetarians! Rather, we're wondering how to learn from past examples of living creatively and well, with much less energy and "stuff", creating more local food, and sharing or trading what we do have.

There are other kinds of mutual sharing by Pender Elders that we were even more inspired to hear about. It was Barb Pender of South Pender (the family historian), who told our camera about fun, non-electric Pender evenings 100 years ago. These involved early residents not only spending a lot of their visiting time telling stories and making music, but also reading poems – written from their own hearts and spirits.

This might even involve a poem about a real blackberry, because people weren't busy thumb-wrestling with an electronic one. Meanwhile if you lived to the left of what is now Poet's Cove, in evenings you might also hear, over the water, the songs and ceremonies of the First Nations people who came by boat to stay in tents there, on land used for generations by their Tsawout, Pseycum, and Penelakut Elders.

Community spirit and connection is what we're talking about... just as important to local resilience as key issues like energy, food growing, and economic relocalization. This leads to our final subject this month – money-sharing. Specifically, we mean creating a local currency to more effectively share our community's amazing resources with each other, and to help build the capacity to meet more of our core needs right here.

In this case, the inspiration comes from the more recent past – Salt Spring 11 years ago. That's when a group of our sister and brother islanders considered the many areas around the world who've created local currencies, and then this group created the Salt Spring dollar (see [www.saltspringdollars.com](http://www.saltspringdollars.com) for more).

Imagine a Pender ten dollar bill – a "Pender Tenner"? It could be legally issued with the same purchasing value as a Canadian ten dollar bill, but useable only on Pender, as an ever-present reminder and vehicle for local buying and economic development. On Salt Spring, hundreds of local businesses, organizations, Chamber of Commerce members, and even the banks accept and give change in their local currency. It circulates at par, generally 3 times faster than regular dollars, and also creates a 5% contribution to local community groups, funded by a 5% deposit fee if you exchange back for Canadian dollars. Additional revenue comes from tourists who accept change in Salt Spring dollars, but then take it home as souvenirs!

Developing a local currency is one of several projects being considered by Pender Community Transition, as we head into our third year of existence and another grant application season. We invite you to see what we've been up to at [www.pendercommunitytransition.ca](http://www.pendercommunitytransition.ca), and then to give us feedback about how we could all cooperate next, to create a more connected, Earth-friendly, and resilient Pender community.

We also invite you to mark the evening of Friday, June 15 on your calendar, which is the date of a brief PCT AGM and then the premiere of the Youth & Elder Film. The film is also about the incredible wisdom and inspiration that comes from our youngsters, with whom and for whom we are creating a brighter future!

*Zorah Staar, PCT Coordinator*

## **PENDER COMMUNITY TRANSITION (PCT)**

**February, 2012**

**\* a cooperative alliance for a brighter future \***

**SCHOOL NUT TREE PLANTING CEREMONY:** Perhaps right at the moment you're reading this, 11 young hazelnut trees are being welcomed into the Earth at the Pender School! This is a local food growing project that requires patience – a gift for our future. If it's past the February 29, 11 am ceremony time, I can tell you that here's what we did, with the help of some great Pender kids and grown-ups.

The day before (February 28) we had school and community volunteers busy with hole digging, soil moving and mounding, planting, and fencing of the first 8 hazelnut trees. Then on February 29, we organized a ceremony to plant the remaining 3 trees, and to honour everyone who supported this project: the Pender School, Community Farmland Project, Nu-To-Yu, Local Trust Committees, CRD, Vancity, our local Home Hardware, Braedon's Big Digem, GreenAngels, and people like you! We plant these first community nut trees as an affirmation and a fun positive step towards more local food growing on Pender, in particular the proteins that we need each day just as much as our fruits and veggies (see [www.pendercommunitytransition.ca/community-protein-and-starch-growing](http://www.pendercommunitytransition.ca/community-protein-and-starch-growing) for more about this).

**1st ORGANIZATIONAL COOPERATION MEETING:** On January 31, we were very happy to see 44 committed Penderites (and 4 cheery kids), in a nicely cosy circle in the Hall Lounge.. This "Open Pender Organization Conversation" included a range of group representatives keen for more cooperation between us, a bunch of new faces, and lots of exciting and practical ideas about Pender re-organizing and re-localizing for a brighter future! The context was how our community can become more connected, resilient, and Earth-friendly, especially to better handle worldwide impacts like peak oil, climate change, and global financial instability. The big cooperative ideas from January 31 will now be the subject of a...

**2<sup>nd</sup> ORGANIZATIONAL COOPERATION MEETING:** This is on Saturday, March 10 (6:30 to 7:30 pm, Community Hall). That's the night PCT is showing the entertaining "Growthbusters" film at 7:30 pm (about busting out of our culture's obsession with endless economic growth, see [www.growthbusters.org](http://www.growthbusters.org)). Any interested folk can come early at 6:30, for informal full-group or small-group conversations about:

a. an "umbrella" non-profit society – to help some existing Pender non-profits with similar purposes, by having one AGM and one set of financial statements, joint grant applications, central administration, etc.;

b. economic relocation & justice – follow-up discussion about new social enterprises, co-ops, hybrid corporations, local credit, and other ways to create and fairly share resources for community purposes. This discussion may combine with the umbrella/hub one above, because we need to fund it somehow!

c. community farmland & food growing – With food security being fundamental to our future Pender resilience, we believe that acquiring community farmland such as the Hastings or Ross-Smith property is a #1 priority for cooperation right now. Email [matildath@hotmail.com](mailto:matildath@hotmail.com) or come out on March 10 to help, especially re: funding research. You can also email [rozkempe@shaw.ca](mailto:rozkempe@shaw.ca) about Pender seeking more resources for a range of local food growing initiatives (e.g. like the wonderful Galiano Food Program).

In addition, March 10 can include more inter-organization conversation about two other key issues: how we transport ourselves, and how we connect as a community once we get there! Moving Around Pender is hard at work on a transportation survey and plan, including big cooperative projects like new cycling and pedestrian paths (email [peter.pare@hli.ubc.ca](mailto:peter.pare@hli.ubc.ca)). Secondly, Pender Restorative Justice is evolving into a resource not only for victim/offender situations, but also for the process of how community members gather, communicate, resolve conflict, and cooperate on challenging issues (email [japeacock@shaw.ca](mailto:japeacock@shaw.ca)).

See [www.pendercommunitytransition.ca](http://www.pendercommunitytransition.ca) for more about the March 10 Organizational Cooperation Meeting and "Growthbusters" movie. The future is brighter when we come together on this stuff!

*Zorah Staar, PCT Coordinator*

**PENDER COMMUNITY TRANSITION (PCT)**  
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**January, 2012**

This month's article is a "smorgasbord" of PCT-related initiatives to check out, if you want to get active on key community transition issues like energy, food growing, and economic relocalization. Dive in!

**JANUARY 31 "OPEN PENDER ORGANIZATION CONVERSATION":** (Tuesday, January 31, 7:00 pm, Community Hall). This gathering was initiated on the suggestion of people from the Farmland Acquisition, Moving Around Pender, Recycling, and Restorative Justice groups. Here's who's invited – any Pender organization, business, or person who cares about our community becoming more connected, resilient, and Earth-friendly, and also people having meaningful and fun experiences as we reach for this! What are some key ways for our community to re-organize and re-localize, in order to sustainably meet more of our core needs right here? This includes practical steps like more cooperative efforts between groups, joint funding applications, potential social enterprises, and other new possibilities we can envision.

**NEW SOCIAL ENTERPRISES?** Many non-profit groups sell something. However, "social enterprise" can mean a non-profit society developing the capacity to sustainably create and sell much more of a good or service, to help meet a core community need (e.g. for energy, food, clothing, etc.). Another kind of social enterprise is a private business choosing to use significant revenue for socially or environmentally beneficial purposes (yeah!) The final kind of social enterprises we might talk about on January 31 are the new "hybrid corporations". These are legal entities with bylaws that describe very specifically how profits may be created (e.g. in Earth-friendly, locally beneficial, and socially just ways), and then how those profits must be used for social/community purposes, and for a limited financial return to investors.

**FEBRUARY 9 NUT TREE MEETING:** As part of PCT's support for more community protein and starch growing, we've acquired 11 little hazelnut and 2 walnut trees for our **School Nut Tree Project**. This and other cooperative projects can be discussed on January 31 (see above), but now we're also having a meeting to focus on the nutty part. The tentative date is Thursday, February 9, noon to 2pm, probably in the School Community Room, but check Current Events at [www.pendercommunitytransition.ca](http://www.pendercommunitytransition.ca). We're inviting Pender students, teachers, other staff, and all interested community members and groups to come consider our community school grounds, and how to plant community nut trees there and elsewhere. Big thanks to the School, Pender Home Hardware, and Braedon's Big Digem for their support of this project!

**FEBRUARY 25 "SEEDY SATURDAY" & COMMUNITY SEED BANK PROJECT:** PCT enthusiastically supports the upcoming Farmers' Institute "Seedy Saturday" (February 25, 10 am to 2 pm, Community Hall). This is a fabulous one-day chance for our community to share, trade, and sell the seeds we've saved. However, PCT also wants to support all interested food groups and growers cooperating to create a year-round Pender Community Seed Bank – an essential step for future food health and security. Go to [www.pendercommunitytransition.ca/pender-community-seed-bank](http://www.pendercommunitytransition.ca/pender-community-seed-bank) for more.

**GARDEN OR COMPOST SHARING:** Maybe you're keen to get into local food growing but you don't have the land, or you have land or compost (like maple leaves) but less ability to do the work. Go to [www.pendercommunitytransition.ca/garden-or-compost-sharing](http://www.pendercommunitytransition.ca/garden-or-compost-sharing) to see how we can connect on this!

**MARCH 10 "GROWTHBUSTERS" MOVIE:** Going back to why economic relocalization is so important for communities, there's a very entertaining movie that PCT will be showing on the evening of Saturday, March 10, at the Community Hall (preceded by a little meeting). "Growthbusters" is about our culture's obsession with endless economic growth (now impossible), and how we "bust" out of that.

**MARCH 31 DEADLINE FOR HOME ENERGY REBATES:** As discussed at PCT's November 12 Energy Action Day, there's a March 31, 2012 federal government rebate deadline, by which time eligible energy refits must be done and evaluated (e.g. solar water heating, new insulation, etc.), so book now. Also, go to [www.pendercommunitytransition.ca/energy-references-tips-and-skills](http://www.pendercommunitytransition.ca/energy-references-tips-and-skills) to find out more, about provincial rebates, home energy evaluations, and do-it-yourself options. Let's figure this all out together!

*Zorah Staar, PCT Coordinator*

**PENDER COMMUNITY TRANSITION (PCT)**  
**\* a cooperative alliance for a brighter future \***

**December, 2011**

How can Pender folk really connect and cooperate... on the things that are most important for ourselves, our community, and our world? This includes what's important to us right now, and also what we can do to create a more resilient, Earth-friendly future, in the face of some fairly ominous worldwide impacts. These are the key questions for **Community Transition**, and if it was simple we'd have done it by now!

I know that love is involved – a spirit of caring and empathy for other human beings that can bridge even dramatic differences between our backgrounds and beliefs. The Pender Choir's recent Christmas concert was overflowing with this kind of energy! I wonder how far we'd get if we brought the same shining openness to more community meetings, about complicated challenges like building roadside bike and walking paths, or buying a major property for the community farmland that we will surely need in future.

Then there's the challenge of how to respectfully communicate at meetings – especially when we don't agree, or have had past differences. Inspired by a First Nations "talking stick", PCT has tried inviting people to speak in turn while holding a "talking egg", or even a heart-shaped potato. Then this seemed too "out there", so we kept sitting in a circle but tried more "normal" meetings. People told me later that we interrupted each other less, when we each held something important in our hands while talking.

Lately, some people from Pender groups like the Farmland Project, Moving Around Pender, Recycling, and Restorative Justice have been reaching out to each other in new ways – proposing joint action on big projects, joint funding applications, and maybe re-organizing or combining some non-profit societies. Question: how do we weave together essential current Pender organizations (including businesses) with new community initiatives that also need to happen (including hybrid social enterprises). How do we re-organize and re-localize, to sustainably meet more of our core needs on-island? There are many gifted Pender people able to help us with the process of this. There are also useful community models, e.g. the UK idea of "**Transition Planning**" on key issues like energy, food growing, economic relocalization, etc.

The various local groups seeking a new level of cooperation were interested in a joint meeting in January, so now PCT is happy to get the ball rolling by initiating an **Open Pender Organization Conversation, on Tuesday, January 31, 2012 (7:00 pm, Community Hall)**. Here's who's invited – any Pender organization, business, or person who cares about our community becoming more connected, relocalized, resilient, and Earth-friendly, and also people having meaningful and fun experiences as we reach for this! This meeting is a chance for friendly conversation about how diverse community members and groups connect and face challenges together. This includes practical things to do next, like joint funding requests, cooperative projects, potential social enterprises, and other new possibilities we can envision together!

Speaking of cooperative projects, there's one PCT has initiated that can also be discussed at the January 31 meeting. This is **Community Protein & Starch Growing**. Pender farmers, gardeners, and food groups are doing their hard-working best to help us grow more than a small percentage of the vegetables and fruit we need each day. However, for good health, less carbon emissions, and future food security, it's equally crucial for communities to grow more of the proteins and starches that we also need.

The question is - what kinds of protein and starch (e.g. nuts, beans, wheat, cereals, potatoes, eggs, chicken, lamb, etc.) are most important and doable for Pender, and how do local growers and groups cooperate to get there? PCT has chosen to start with acquiring 11 little hazelnut and 2 walnut trees, as part of the **School Nut Tree Project**. In the new year, we'll be inviting Pender School students, teachers, other staff, and all interested community members and groups to engage with us in a process to find the best way to plant community nut trees, on the schoolgrounds and elsewhere. In the meantime, big thanks to the Pender School, Pender Home Hardware, and Braedon's Big Digem for their support of this project!

If you're interested in any of the above... from co-creating a more resilient Pender to planting little trees... we invite you to go to [www.pendercommunitytransition.ca](http://www.pendercommunitytransition.ca) and find out more about getting involved!

*Zorah Staar, PCT Coordinator*



**PENDER COMMUNITY TRANSITION (PCT)**  
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**November, 2011**

So there was a power failure, setting up a dark gym with headlamps, multiple competing events, and finally an evacuation! Despite all this, Pender's first ENERGY ACTION DAY on November 12 was very well-attended and went amazingly well. About 150 Penderites and kids came through, and I'm sure the Kikuchi's deliciously-sustainable food was part of why a bunch of them stuck around for a while.

After guest speakers about do-it-yourself energy conservation projects, home energy evaluations, and solar water heating options, Guy Dauncey blew our minds with compelling roadmaps to a more sustainable and resilient future. Just as Guy had completed the main part of his talk and showed how we need to "sound the alarm" and change how we live, the fire alarm did in fact go off, so the conversation had to continue outside in the rain. This was while the fire trucks rolled up and eventually verified a sprinkler electricity malfunction. Now Guy Dauncey has suggested using Skype for additional ideas specifically about our island, so stay tuned for when Pender Community Transition might arrange this.

My favourite part of the Energy Action Day was the kids playing their way through the "energy question stations", inspiring us with their visionary alternative energy pictures, and watching with big eyes as the grown-up energy "keeners" demonstrated their cool gizmos. Thanks so much to all the people and groups who helped and participated, and to the Pender LTC's, Eco-Homes Network, CRD, and Vancity for helping fund this event! As a follow-up, we're having a SOLAR WATER HEATING INFO MEETING on November 22 (go to Current Events at [www.pendercommunitytransition.ca](http://www.pendercommunitytransition.ca) to see what's up).

Yet community transition is about more than energy. There's also food growing, economic relocalization, alternative transportation, reducing waste, protecting biodiversity, building community spirit and wellbeing – key ways our communities can become more resilient, self-sufficient, and Earth-friendly.

This is why PCT has just acquired 10 LITTLE HAZELNUT TREES, intended to have their permanent growing place on the Pender School grounds (but don't tell your kids – this is a present we're going to ask them to guess about!). What gives? Protein! That's what nut trees give us, and a lot more. There are already some great Pender growers and groups working on increased local growing of veggies and fruits, but we also need to explore growing more proteins and starches (e.g. nuts, beans, grains, potatoes, etc.)

Before we plant the hazelnut trees, PCT will invite all interested folk (teachers, parents, kids, other groups and community members) to figure out the why, where, and how... together! Part of the "how" is money, and that's where you come in. PCT needs help to pay for strong deer fencing, planting soil, and more nut trees! Have you flown in the past few years? Here's your chance to mail a "local carbon offset" donation to our non-profit Pender Community Transition Society (c/o 6612 Harbour Hill Drive, V0N 2M1). Go to [www.pendercommunitytransition.ca/community-protein-and-starch-growing](http://www.pendercommunitytransition.ca/community-protein-and-starch-growing) to learn more and get nutty.

Maybe you haven't felt like "leaving on a jet plane" for a bit, but you have another secret wish – to get into the movie business! Our YOUTH & ELDER FILM PROJECT: "Old & New Wisdom, for a Brighter Future" is having kids interview Pender Elders. This started November 2 at the amazing Pender Museum. The film is about old wisdom and ways of living that involved much greater community connection, cooperation, and local creation of food or goods, and how that connects with new wisdom and sustainability. For example, older folk can know a lot about living well, while needing much less energy and "stuff".

We invite any interested person to call 629-3825 about having a friendly interview for the Youth & Elder Film. We also invite anyone to make a \$20 donation (same address as above) towards DVD duplication costs, and then be one of the first people to receive the resulting DVD. GreenAngels has kindly offered to match donations, to help us to share the inspiration of our Pender Elders and Youth as widely as possible.

You can just google "Pender" and "Transition" to learn more and connect. All Penderites, Penderlings, and Pender groups have much to learn from each other, and many gifts to share with our community!

*Zorah Staar, PCT Coordinator*

**PENDER COMMUNITY TRANSITION (PCT)**  
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**October, 2011**

In a nutshell, community “transition” means changing how we live right now, to create a brighter future for ourselves, our children, our communities, and our world. But guess what - community “sustainability” can mean pretty much the same thing!

That’s fortuitous, because at Pender’s November 12 ENERGY ACTION DAY, there’s an inspiring “future guy” named Guy Dauncey, plus some other really knowledgeable folk, coming to talk with our community about all this stuff. This is on Saturday, November 12, 2011 (10 am to 3 pm, School Gym).

Pender’s first ENERGY ACTION DAY is a free, all-ages event, with informative and fun displays (including our kids, and various Pender groups), expert and inspiring SPEAKERS, plus cool photo slides and lively networking! It’s about ENERGY CONSERVATION (i.e. many ways to need less energy, including in our homes), and ENERGY TRANSITION (i.e. shifting to low-carbon, resilient, perpetual energy sources). Contact 250-629-3825 or [info@pendercommunitytransition.ca](mailto:info@pendercommunitytransition.ca) if you have something to share!

What our 4 visiting speakers will be sharing is as follows. At 10:30 am, Energy Advisor Ian Gartshore ([www.shoreenergy.ca](http://www.shoreenergy.ca)) will be talking about home energy audits, and do-it-yourself energy options. At 11:15 am, James Smyth ([www.pacificsolarsmart.com](http://www.pacificsolarsmart.com)) will present about certified solar water heating installations (done for you, or with do-it-yourself involvement).

Please note in this regard that Pender Community Transition (PCT) has initiated a SOLAR WATER HEATING PUBLIC EDUCATION & BULK BUYING PROJECT, to support and save money for the first 15 or so Penderites who become involved. Go to [www.pendercommunitytransition.ca/energy-references-tips-and-skills](http://www.pendercommunitytransition.ca/energy-references-tips-and-skills) for more. The 11:45 am speaker at the ENERGY ACTION DAY is Doug Green ([www.homeperformance.com](http://www.homeperformance.com)), and he’ll discuss accessing rebates for various home refits.

Then at 1:00 pm comes Guy Dauncey – author, activist, and sustainable communities consultant, who works to develop a positive vision of a sustainable future, and to translate that vision into action. Guy’s unique story-telling presentation is entitled “2032 - A Visit to a Truly Sustainable Pender”. If we could create a sustainable future reality for the North and South Pender Islands, what would it look like?

Guy is currently writing a work of fiction set in Vancouver in the year 2032, by when it has become the greenest city in the world. For our own ENERGY ACTION DAY, you will be invited to time-travel twenty years into a future Pender, by when we will have become one of the greenest, most sustainable communities in the world. What do you see? What does it feel like? Your home - neighbourhood - local economy - housing - transport - nature - food and farming - energy and heat – politics - healthcare?

Guy says come prepared to believe in a new reality, and to share in new possibilities. His presentation is grounded in his technical and practical knowledge as President of the BC Sustainable Energy Association ([www.bcsea.org](http://www.bcsea.org)), which operates major projects including Green Landlords, SolarBC, and the Climate Change Showdown. Guy Dauncey is also author or co-author of 9 books, co-founder of the Victoria Car Share Coop, and co-founder of the Prevent Cancer Now organization. See [www.earthfuture.com](http://www.earthfuture.com) for more.

Both “transition” and “sustainability” involve decreasing oil dependency, carbon emissions, and other damage to earth. In addition, if we’re going to “sustain” ourselves through peak oil, climate change, and other global resource and financial challenges, then our communities will need to become more resilient and self-sufficient in areas like energy, food growing, economic relocalization, and more. Go to [www.pendercommunitytransition.ca](http://www.pendercommunitytransition.ca) to see where the November 12 ENERGY ACTION DAY fits in.

Finally, big thanks to our funders for this event (the North and South Pender Local Trust Committees, Eco-Homes Network, CRD, Vancity, and GreenAngels), and to the other Pender groups and folks sharing displays, photos, and more. No matter what the challenges, the future is brighter when we come together!

*Zorah Staar, PCT Coordinator*

**PENDER COMMUNITY TRANSITION (PCT)**  
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**September, 2011**

It was a sunny, super-hot summer day about 2 years ago, when I stopped working in the garden, and came into the cool basement laundry room to put some wet clothes in the tumble dryer. I had a distinct sense I was missing something. Then suddenly a light bulb went on in my head, as I remembered being 10 years old, and spinning the old outdoor laundry contraption while I hung up clothes for my chores.

There are so many ways we used to live and accomplish things, that not only used a lot less energy but were also: efficient; ingenious; healthy because we had to move; good for the Earth; often less expensive; and sometimes even fun! There are also many new methods and technologies being created, for us to live well while using much less fossil fuels, and shifting to low-carbon / renewable / perpetual energy sources.

In May of this year, Pender Community Transition (PCT) completed an Energy Research Report on feasible alternative energy sources for Pender. This included handy comparison charts for homeowners and our community. See [www.pendercommunitytransition.ca/energy-references-tips-and-skills](http://www.pendercommunitytransition.ca/energy-references-tips-and-skills) for more.

Now we're happy to say that PCT has just confirmed some much-appreciated funding, to follow up on our Energy Research Project and various other plans! This funding comes from the Pender Local Trust Committees, the CRD, and Vancity. All that's required is for us to raise some local matching donations.

Right now we have about 2/3 of the money we requested – a good amount for some useful community transition and education projects. This is about our community becoming not only lower-carbon, but also more resilient, self-sufficient, healthy, connected, and with greater community spirit. All interested Pender people, families and organizations are invited to be involved! Below are the energy activities PCT is starting with, but we also have food growing and economic relocalization projects in the works. Google “Pender” and “Transition” to find our website and see how you could get involved, for example:

**THURSDAY, SEPTEMBER 29, 2011 (7:00 pm, Community Hall Lounge) - ENERGY GROUP**

**MEETING:** Anyone interested in energy conservation and local alternative energy creation is welcome to come out, to follow-up on our first Energy Group Meeting. We're going to discuss PCT's upcoming Solar Water Heating Project (see below), plus any other energy ideas that you might share to help Pender homeowners, businesses, and our community. We'll also be talking about...

**SATURDAY, NOVEMBER 12, 2011 (10:00 am to 3:00 pm, School Gym) - ENERGY ACTION DAY:**

This event will be developed in cooperation with other groups and all interested Penderites, including the younger ones! We intend to include teaching presentations by experts, display materials, and practical demonstrations about ENERGY CONSERVATION, i.e. living well while using less fossil fuels, and ENERGY CREATION, i.e. feasible low-carbon and renewable energy sources. We invite you to email [info@pendercommunitytransition.ca](mailto:info@pendercommunitytransition.ca) or call 250-629-3825 if you or your group have any energy knowledge, displays, or skills to share. See also our Solar Water Heating project below. If you want to get active immediately, you could start with a home energy audit, as the first step towards receiving time-limited government rebates such as \$1,750 for a certified solar water heating installation by March, 2012.

**SOLAR WATER HEATING PUBLIC EDUCATION & BULK BUYING PROJECT:** Based on the PCT Energy Research Report, the goal of this project is to educate and support as many Pender homeowners, businesses and community sites as possible, to commit to and begin installing solar water heating. This will be facilitated by useful knowledge sharing and demonstrations during PCT Energy Group Meetings and at the Energy Action Day, and by attempting to coordinate bulk-buying with some installers or suppliers. Cooperation like this, plus exploring do-it-yourself options, can save money for all involved. Contact [info@pendercommunitytransition.ca](mailto:info@pendercommunitytransition.ca) if you might be interested. The future is brighter when we come together, making our community more resilient and also doing our part for the Earth!

*Zorah Staar, PCT Coordinator*