

# Featured VBC Workshops

**VBC Workshop Series are \$10-20 sliding scale unless noted otherwise.**

## **Friday, May 28th**

### **The Ecology of Leadership Adventure**

**James Stark 2-4pm @Central Venue \$10-20**

This workshop is an introduction to the Ecology of Leadership EOL program. The EOL adventure is a blend of inquiry and skill development, self-awareness, and deepened nature connection with the principles of systems thinking and permaculture. You will also discover what holds you back and develop new tools, routines, mindsets and skills to be more effective in manifesting what you see for yourself and your community.

## **Saturday, May 29th**

### **Crossroads for Humanity: Power, Culture & Collaboration**

**Liora Adler & Andrew Langford 10-12pm @Central Venue \$10-20**

2010 - At this cross roads for humanity a questions arises: - What are the key projects that we should work on, with minimum effort and for maximum effect, and how might we best continue to develop a globally coherent and mutually supportive Work-Net of collaboration capable of stepping up to the scale of the task? This workshop starts with a realistic appraisal of the current situation with regard to the relative power of various interest groups seeking to configure and reconfigure all of human culture. We will pay particular attention to the emergence of powerful Patrix\*-dominated political movements like the Tea Party in the USA, the anti- indigenous antics of the ruling party of India and the rising strength of the Asian manufacturing complex. Importantly, we will be examining our relative power, those of us who envision an ecologically regenerative and social just culture, to theirs.

This is not to be alarmist, defeatist or hopeless (and we will look at how fear of these feelings interrupts our capacity for action) - indeed, we are deeply optimistic for a human future. We are seeking to come to terms with the scope of engagement required to de-construct and out-wit the Patrix\* in ourselves and in others and we are looking for allies in this work. he Patrix is the often hidden web of beliefs and behaviors arising our of racism, sexism, the class system, homophobia and more. The workshop will be active and inter-active.

### **Neighborhood Play, Everyday!**

**Mike Lanza 2-4pm @Central Venue \$10-20**

Kids hardly play anymore in their neighborhoods, and they're suffering because of this. This presentation will provide a detailed set of recommendations for how you can give your kids a life of neighborhood play:

1. Simplify Children's Lives - to clear out time for neighborhood play
2. Move to a Potential Playborhood
3. Make a Neighborhood Hangout
4. Embrace the Right Technologies - that get kids socializing face-to-face and spending time outside
5. Facilitate Self-Reliance, Don't Control

Find out more at [Playborhood.com](http://Playborhood.com)!

## **Sunday, May 30th**

### **Introduction to Heart of Now**

**Kim Kirchbaum 2-4pm @Central Venue \$10-20**

Heart of Now is the practice of personal permaculture, learning to listen to and trust ourselves fully, being present in every moment with our mind and body, spirit and emotion. We'll practice being present not only by ourselves, but while in community. This workshop is experiential, and as well as presence, we'll explore our beliefs and how they can enhance or limit our connections. We'll practice aligning our life with our vision. Using the seeds of our heartfelt desire to change the world

## **Monday, May 31st**

### **Linking the Permaculture Web: Ways we can be truly effective through collaboration**

**Doniga Markegard 10-12pm @Central Venue \$10-20**

Doniga and her husband Erik operate a family farm outside of San Francisco, managing 3000 acres in carbon sequestering perennial polyculture for grass-fed livestock. There is great potential for more collaboration to create mutually beneficial relationships between the large urban populations and the small rural populations and to create links between the vast public and private lands and ecologically minded land stewards. Doniga will share opportunities and ways everyone can have access to mentors to help people take action in regenerating the land, having an excellent quality of life and healing the planet. Come find out about Earth Action Mentor, the revolutionary online community collaborative that will help you to become truly effective in your own community and link up with the expansive permaculture web.

### **The Embodied Activist: Ecosomatic Tools for Change**

**Nala Walla 2-4pm @Central Venue \$10-20**

In this integrative workshop, we will first outline how the principles of whole systems theory and permaculture design are organically related to the principles of somatic and performance arts. Next, through participatory games and exercises, we will experience embodied practices as vital to “The Great Turning” to a just and sustainable culture. Our basic premise is that our own body is our most direct link to the Earth, and therefore a perfect place to begin upon an Earth-activist path. No experience necessary. Just come with an open mind, and be prepared to blur the line between work and play.

## **Tuesday, June 1st**

### **Holding Power Well: Process for Collaborative Groups**

**Starhawk 1-4pm @Central Venue, \$25**

In permaculture, in natural building, in social change work and visionary activism, the easy part is dealing with the vegetables or the cob. The hard part is often dealing with the people. Co-creative groups, collaborative groups without traditional hierarchies of power, can be empowering and inspiring places to work and be, but they face unique challenges. So often we come together full of enthusiasm, only to founder on the rocks of conflict and poor communication. And when no one has the authority to step in and set things to right, groups often spin out of control.

In this three-hour workshop, we’ll look at ways to structure our groups that foster clear communication and personal and group empowerment. We’ll look at the norms within our organizations, and whether or not they serve us. And we’ll share tools for decision making and constructive critique. Insights from both permaculture and magic will help us learn to be more effective and joyful as we work together to regenerate our world.

## **Wednesday, June 2nd**

### **Crossroads for Humanity: Power, Culture & Collaboration**

**Liora Adler & Andrew Langford 10-12pm @Central Venue \$10-20**

See Saturday, May 29th workshop for description...

## **Thursday, June 3rd**

### **Permaculture for Renters**

**Leonard Barrett 2-4pm @Central Venue \$10-20**

Wondering how you can participate in land-based solutions to social and environmental crisis, without owning property? Confused about where to start? For all of those folks who have thought or said “I want to practice Permaculture, but I don’t have any land,” Permaculture for Renters will provide a packed toolbox of strategies

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and methods that can be used anywhere: on balconies, while traveling, in tiny sideyards, indoors, on rooftops, and more! Leonard Barrett is a landscape designer, contractor, and educator based in Portland, OR. Through his firm, Barrett Ecological Services, he has collaborated on projects with some of the regions best and brightest in innovative design and planning, including Mark Lakeman (Communitecture), the City Repair Project, and the Springboard Social Innovation Forum.

## **Friday, June 4th**

### **Emotional Historians: Creativity & What Our Mark Looks Like**

**Jon Sands 10-12pm @ Central Venue \$10-20**

Leave the dates and times to the history books. Our goal is the arduous task of explaining what it felt like to be alive in 2010. We are emotional historians. In this poetry workshop, we'll excavate the value of creativity as a means of unfolding the world the way only our bodies can. We'll explore tangible writing exercises to assist in discovery. Some poems are meant to unlock how your childhood birthed your adult life, and some to excavate why raspberries are that particular brand of delicious, or why comparing yourself to a garbage can (or a '72 Cadillac, or a street lamp) makes absolute sense today. Bring a notebook, pen, and sense of adventure as we write to discover that it's all the big stuff.

### **How would We The People design and implement a plan which cuts Portland's car use by 80% within 20 years?**

**Paul Cienfuegos 2-4pm @Central Venue \$10-20**

The emerging scientific consensus is that the U.S. needs to cut its greenhouse gases by 70-90% within 10 to 20 years, or the world faces unbelievable climatic disruption. Car culture is one of the leading contributors. In this workshop, we will practice acting and thinking like We The People, as we collectively imagine how Portland's transportation systems will have to be fundamentally transformed. How will we end dependence on private cars? What will we replace car culture with, and how will it be funded? We'll develop a 5, 10, and 15-year timeline to get us where we need to go. Are We The People? We'll find out!

## **Saturday, June 5th**

### **Creating & Improving School Gardens**

**Matt Bibeau 10-12pm @Central Venue \$10-20**

School gardens have the potential to benefit not just the child, but also the school, community and the local economy. They promote academic success and healthy food habits while developing a child's resiliency and ecological literacy. They also improve schoolyard aesthetics and functionality, engage elders and neighbors, and bring awareness to the importance of supporting local food and farmers. This workshop will explore how school gardens can reach their potential. Many examples from Portland schools will be offered.

### **Botany for Gardeners**

**Marisha Auerbach 2-4pm @Central Venue \$10-20**

In permaculture, the home garden is often referred to as the "cultivated ecology." This workshop focuses on how the plants that we cultivate as food crops fit into an ecological system. We will look at the diverse varieties of crops that we can grow in our gardens and their botanical nature. We will compare and contrast the different ways that we can nurture each crop for its most desirable qualities in the home garden.

## **Sunday June 6th**

### **Introduction to the Transition Town Model**

**Transition PDX 11-12:30pm @TBD \$10-20**

Are you interested in learning how you can organize your community and neighborhood to create resiliency in the face of an uncertain future? Come get an introduction to the Transition Town model, which helps to bring the heads, hearts and hands of a community together to work towards energy descent.