ripples

do u believe in raindrop fairies?

inside

secret agent of the moon
Who's yer HULA mama?
WOOOHAAA, happy happy wet new year to all u lovelies out there.

Yep, it's that time again; we're back for another episode and season with a jinda-dandy show. So relax yer mind and if ya got fears let 'em go, cuz winter is about water and she's here to help us flow. But yer anxious and wondering... Can we do it? Can we do it again and again? Can we continue to grow and flow and keep the creative juices alive? Can this culture be revived? Are there enough actions of the elevating kind to resuscitate life? Ohh damn, I don't know, but climb inside and we'll give it a try. Our lady winter has mad skills and I have a sneaking suspicion that the wisdom we need is in each season if we listen and believe. What she's telling me is that as the cold and dark draw life in, it's time to fest with family and friends. This is where our warmth, wholeness and light really come from.

Now is a time of stillness, wisdom and fear, and if we embrace em, how to live these visions w/conviction may grow clear. As for the quiet sage-like stuff, we'll get there later but the fear tearing this place apart is what I'm thinking about. This manipulation of our emotions is pushing us into war and consuming this planet whole. It's a driving force deep in the belly of what we have to step to with awareness, tenacity and compassion everlasting. You ready to back in that? Some of the fear I've been feeling lately is how to address these issues with collective ripples, bringing in other voices and energy while keeping our ripple essence intact. Which is sort of a crux for a lot of where we're at.

Powerful individual acts are needed, though alone we're not enough. TOGETHER we gotta rebuild this democracy from the ground up.

But help is at hand, like water, mentoring with patience and flow. Then there's our featured flavor this issue, the king daddy water sprite himself, Mr. Brock Dolman. Although u can call him totem Brock, cuz he's equal parts hood ornament, mentor and mascot, here to deepen the basins we relate in and guide us into hydro literacy. Brock is all about healing watersheds, but he more often worries about the water in our heads. So he'll help us shed and drain our disconnect, spreading love and retaining respect for the watery states of life.

So are ya ready?

Are ya ready to stretch yer limits so crazy far, the 'old' u won't even know who u are? Well here we gather again. Because again and again we'll rally and revel in hope and get all hopped up on reciprocity. But before we go any farther, let's step outside and tilt our heads to the sky, cuz the whisper of the season's dreams is in the pitter-patter of raindrop streams.

Ahhhh, yeah, there it is....
Now tally-ho, off to see mamacita agua amore we go.

---

NEW LEAF PAPER
ENVIRONMENTAL BENEFITS STATEMENT

This magazine is printed on Recycled Matt, made with 100% recycled and 50% post-consumer waste, processed chlorine free. By using this environmentally friendly paper, Ripples saved the following resources:

<table>
<thead>
<tr>
<th>trees</th>
<th>water</th>
<th>electricity</th>
<th>solid waste</th>
<th>greenhouse gases</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>128</td>
<td>167</td>
<td>116</td>
<td>212</td>
</tr>
<tr>
<td>fully grown</td>
<td>gallons</td>
<td>kilowatt hours</td>
<td>pounds</td>
<td>pounds</td>
</tr>
</tbody>
</table>

**NEW LEAF PAPER**

STANDARD OF UNINHIBITED GOODNESS

Ripples is written with 100% good luck, recycled thru life gazillion times. By reading the following words on many occasions thru these pages your insides will echo w/ eeeahingness:

<table>
<thead>
<tr>
<th>water</th>
<th>leaft</th>
<th>raindrop</th>
<th>oyster</th>
<th>more</th>
</tr>
</thead>
<tbody>
<tr>
<td>81</td>
<td>28</td>
<td>7</td>
<td>5</td>
<td>32</td>
</tr>
</tbody>
</table>

Above figures represent number of times each word was used in this issue of ripples

ripplesjournal@ Visit us in cyberspace at www.daily-acts.org

---

cover: communing w/sky peoples, Queenstown, NZ
photo: Erica Bose

contents:
6 secret agent of the moon
14 totem Brock
16 Who's yer HULA mama?
24 Raindrop Fairies
26 Daily Acts

written and edited by trathen heckman & Chas Moore
layout by bisbee design

"Our deepest fear is not that we are inadequate, our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous. Actually, who are we not to be...as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our fears our presence automatically liberates others." -Nelson Mandela

---

frozen flow, Sugar Bowl  photo: dustin lindgren
Ohhh winter, winter, wondrous winter...

Full of wetness and wishes born of the world's depths, wooly mufflers wrapping our neck. Yes indeed, it's dark and cold out there, and this is where we are renewed, as life and death mingle, birthing a new cycle. Solstice is the darkest day of the year and marks winter's birth, but it is the beginning of the end as days only grow longer and brighter from here. These months hint of something more, lying below the surface a patience that need not give it all away. It is here that we rest and lie fallow, renewing, conserving, storing, gathering strength and sowing faith in the hidden potential of buried seeds. From the dark mysteries of life new beginnings arise.

But these days aren't only of darkness, so we ready for that patch of clear sky to burst outside and lap up sunshine. Then as night comes, there's the joy of candlelit quiet time. Now is also about fortifying with laughterful living spaces of family and friends. Community is vital and winter encourages us to commune with ourselves and affirm unity with others, how is it that where we stay strong in the season of fear. The fear past generations experienced was over food supplies, severe weather and if the sun would return or not. While food and weather still worry much of the planet, we are often insulated from these worries. Sure we have our concerns, but too often are manipulated by corporations who push fear of lack so we buy more stuff. War hungry leaders in search of power, resources and bottomless military budgets use fear to stuff their pockets. Is it a coincidence that our government has put us on orange alert for heightened possibility of terrorists' attacks exactly when they're pushing for an unpopular and unjust war? Fear makes peaceful people agree to war.

It's important to differentiate between real fears and exploitation for profit and power. Lucky for us winter can help us with that, but her wisdom won't just land in our lap. And we can't depend on our eyes to show us where it's at. Ears are winter's favored organs of sense and when we listen, our internal compass speaks the way to the beliefs that are our true north.

Intuition and values feed, comfort and reassure us when we hear them. In turn, we must feed and affirm these thoughts thru all we do, creating the space for them to saturate our insides 'til they spill out into the night. Even with all our distractions, if we tap winter's current, she'll see us thru the insecurity, isolation and lack that distracts us from our true voice.

Wooo, how ya feeling? 
Yep, me too.
All of it.
It's good to recall that now isn't about treading uphill in the snow both ways everyday. Remember, winter, water, flow? Slowing enough to hear what nature's inside and the rest of our lives are telling us is how we figure where to act and turn our fears into food. Then like the flow of healthy water, our movements can rejuvenate us. And we're not just talking physical efforts; what of the symphony of sounds all around? Laffer, chirps, the way of trees and read words all move through us. This is some of how we recalibrate our internal sense. Why not hear with stillness and intent? For me, rooting to the rhythm and sound of raindrops raining down is pure bliss. What do you hear? How deep does it reach?

Another way we bring ourselves in tune w/ the season is by loving our kidneys. In traditional Chinese medicine, kidneys are associated with winter and fear, water metabolism, our sexual organs and reproductive functions, also acting as the root of the body. Fear actually weakens kidney function and dampens the heart spirit as strengthening kidney function helps balance our emotions. They also need rest and enuf aqua to pee clear and copious.

And you know yer craving some root veggies, whole grains, and other warming, energizing foods. Or how about some seaweed in yer soup to fill up on minerals and caress yer innards. Then there're stinging nettles, she's pure luv for yer kidneys and blood. Damn, there's so much more, but u know riddles, he's a lil fella. So we pull back and reede in.

IN, IN and further in we reach as mama tierra draws us to her belly. This is her time, our moon mother, quiet, loving, receptive. Enuf drum beating for war, winter realigns us with the feminine, wisdom, compassion and strength. So climb into a full moon sky and grow still inside. Know when she is waxing or waning, new or full. Know that winter also comes each evening as night falls. Here we grow still and rest, observing the day and how it fits with our grander vision.

Now is to recalibrate and ready for tomorrow's unfolding so we might tap these timeless life cycles. How do u grow whole? With what intent do u finish and begin yer cycles?

Do ya know calendula? She's ez to grow, lovely to have around and guess what else? In these cold, short days, stepping into the garden to chew on a bright orange flower will LIGHT u up. A lil lady who shines that bright in the depths of winter is puruue magic and she's the giving type, so luv her and shelll treat u right.

"Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts... There is something infinitely healing in the repeated refrains of nature-the assurance that dawn comes after night, and spring after the winter."

-Rachel Carson

Mary con calendula
photo: ripples, the masked ripples
I am a secret agent
of the moon
ex-centric
extra-sensory
extra-terrestrial
celestial subversive
con-spiritorial
Spirita Sancta
holy
holy
holy

important notice
**************

It has recently been discovered that our immortal souls are manufactured on a tiny machine in a small room on the third floor of a roominghouse somewhere in Pittsburgh. There's one small window in the room and from it, you can see forever. One of God's most important jobs is making certain that every soul gets a glimpse out of that window before beginning its journey into the creation. That glimpse lives at the roots of every longing---so all you have to do is follow a longing to its roots and you will find yourself there again in a small room on the third floor of a roominghouse somewhere in Pittsburgh, beyond the hint of want, standing next to God, and looking out the window at forever.

these here words of the kick ass,
tickle yer insides type are kindly
provided by my friend Lynn Gross,
she's a star reading herbalist and
one of the coolest people I know
layout: your indentured rippler
photo: Baja, Mexico

words: Michael Bridge/god sleuth extraordinaire
image: Mother Goose and Father Ripples
Agua Vida

There's a lot going down, standing on the bridge mining at the high muddy waters of the Russian River. Rich earth minerals, debris and huge trees all flow to the sea while spontaneous pools whirl where opposing currents meet. Sure rivers flood, but these flash floods, rising quick and devouring the banks and riverbed are nature thrown out of whack by poor development and land use that lacks hydro literacy. We have to quit paving over life and allow water to return to the earth, not treat it as a problem channeling it away and intensifying downstream effects. Watch it flow across streets and sidewalks, down the drains of rooftops and thru sewer grates, concentrating toxins and force as it grows. Where do they go when our rains don't return to the earth, replenishing the depleted water tables and aquifers upon which we depend? Where do the chemicals go when they leave yer neighbors lawn? Talk to people, they often just don't know. All our decisions and actions are systemic whether we're in tune w/ nature's rhythms and each other or tied to painful effects crossing borders and generations in ways we don't understand or consider. This gift of gaining life literacy in our homes, schools and lives is about the juiciest treat imaginable.

We have limitless opportunities to free and unpollute our rivers, lakes and oceans, to enrich habitat in the wild and our yards and to redirect the cumulative impact that has left the western states w/ 5 million lbs of salmon returning upstream rather than the 300-500 million pounds a few generations ago. Screw Saddam, what about the salmon? Who will nourish the land when the salmon don't come home?

Though we won't get flustered over the enormity of healing the hydrologic and nutrient cycles and u don't have to quit having for this to happen. But we have to change our ways and end mindless waste. Recognize that none of this is token, to be taken for granted. We have to seed and plant this planet, to plan and dismantle these habits, to reach out, grab and unwrap it and think, 'oh yeah, goodness, strength...hot damn! I AM IT.' Yep, this is how it has to be, us owning our material dreams, cuz things don't bring esteem, the real prize is in enriching not destroying life's vital needs.

So when winter's rising up and yer peering down the swollen river, recognize the whirl of differing currents and groove to their wisdom. We gotta spiral and blend w/ outside forces not resist or bash against them. Dig and crave the fullness in finding the solutions imbedded in our lifestyle pollution. All this daily living tapping the wisdom in any stream has got more YUM than Krispy Kreme. Check out the yin and yang symbol, each within the other. Be it martial arts, water or whatever, why struggle when we can take what comes, move with it and redirect the flow. Don't get me wrong, it's definitely time to raise hell, but why not be connected and strong while doing so? Finding

common ground with others as we grow our ecological literacy and seek to act from life values is kinder on our constitution than the drain of battle. Like our cities and yards, we need to become pervious, opening our minds and pores to absorb cultural and seasonal storms. Celebrating unlikely partnerships and owning the lifestyle change that needs to be made is some of how to reclaim what we do and believe. But mending the disconnection breeding our decay requires more than Band-Aids and prophylactic protection. Sure organic potpies and recycling bins rock, but they're an early stop, not an end destination.

And u know where I'm heading w/ this, it's a different season, angle and approach, but back to our daily acts is where I always go. BOOM, u and me living the dream, stepping to life, to love and gift it in how we live it. It's in the fish u buy, don't buy and buy LESS of (make it a special occasion). Now I haven't eaten the chicken of the sea in a long time but recently at Bioner's I was blown away listening to Sylvia Earle describe the Blue Fin Tuna as one of the most majestic creatures on the planet and that eating them is equivalent to eating lions, tigers and eagles. Some perspective she put out is that it takes about 2 lbs. of plants to raise 1 lb of chicken meat, 20 lbs for 1 lb of cow

off to work, Lago de Peten Itza, Guatemala
photo: trathen
meat and for tuna? Around 100,000 lbs of plants to 1 lb of tuna. This MUST stop. Life cannot sustain this. On land we don't raise carnivores because they're the top of the food chain and too expensive but this hasn't stopped us from strip-mining the oceans. In addition, the higher up the food chain you go, the more toxins accumulate and since we put billions of tons of pollution in the ocean each year, it's not a healthy choice either.

Our power is also on the rest of our plate; it's local, organic and very based or taxpayer subsidized and conventionally raised, creating compacted erosive soils that breed toxic runoff and nutritionally deficient foods. In the U.S., industrial agriculture accounts for polluting 70 percent of the nation's impaired rivers and streams and 49 percent of affected lakes. CHOOSE local, small-scale, organic. We have the power to change this with our voices and dollars if we open our hearts and senses to what life shows us everyday.

Here I stand in the cold rain, looking down on the muddy river below. And u may say I'm drunk w/ delusions of grandeur but finding our flow is in getting to know why rivers meander the same as the wrinkles in our guts and brain. Meanders increase surface area, slow the flow and elevate absorption, whether its nutrients in water, food or blood. We're missing this concept in much of our lives and this is one of the main problems with how our culture approaches life. In seeking the shortest distance between A and B there is no long. So for the why, I look to the meanders of life. If we slow down, we'll absorb the awareness of what we're doing to the world and be fed by the magic we miss when zooming from A to B. Now doesn't that make sense? We need the time and openness to understand the impact of our actions. The earth needs the time and openness (less cement, healthy soil) to soak up a winter's rain, so neither our decisions nor wintry downturns are spit out elsewhere causing problems downstream.

**Water in these globalized lives**

Just up the road from where the Russian River meets the ocean, the Albion and Guadalua Rivers have been under a whole different threat, exposing one of the greatest issues we'll face in the next century, the privatization and theft of water. Yep, these issues fill books, but here are a few blurs from the cliff notes. Alaska Water Exports was proposing to fill water bags the size of several football fields from these rivers and to float it to San Diego for sale. This initiative was fought back by spirited local groups but deeply concerns us all as this corporation and ones like it just move on to a community somewhere else that may not be as aware or organized. The way international trade rules are set, once this precedent is established, there's no turning off the tap. ANYWHERE. It's vital to better understand this and to globalize human and earth needs not corporate greed. Corporations backed by global trade institutions and agreements are gaining ownership of the world's water supplies and placing profits first. These are decisions made by un-elected officials with no democracy in sight, affecting all our lives.

Care for another slice of craziness? Bechtel Corporation of San Francisco is preparing to sue Bolivia, one of the poorest nations in the world because citizens rose up and took back their water supply after Bechtel bought the city of Cochabamba's water company and proceeded to raise and even triple rates in some areas. Many users received bills over $20/month in a country where minimum wage is less than $60/month. Even families who dug wells decades earlier were forced to pay for their water. (www.ifg.org)

Bechtel has shifted the necessary corporate papers to Holland where an investment treaty will give them the best chance to win their lawsuit against Bolivia, which is in part for the loss of POTENTIAL future profits. (for stealing Bolivia's water) (www.democracynow.org)

On a personal note, which it always is somewhere along the line, I know a wonderful lady who works for Bechtel. I'm not demonizing individuals who work for a living, or even corporate leaders in difficult situations, but we must speak out and stop this degradation. A powerful way to do this is by opposing trade agreements such as the Free Trade Area of the Americas, currently being proposed. We must support organizations that work to create a just future while opposing current injustices.

By the time this is published, I'll be in Belize with my buddy Marino who lives in a blessed, pristine valley and drinks from a clean stream. Have you ever thought such things? Drinking from a stream? Why not? Even drinking from a faucet is starting to sound foreign and toxic. Plastic bottles? That's not where water belongs; we need to revalue what's going on and I know it's hard when yer zooming thru the day insulated from the impact of the investments in yer 401k, but this should worry us all. These are the rivers and lakes we live by, they're the companies we invest in and buy from that our government subsidizes. And what of Marino? Maybe the handful of transnational corporations buying up the world's water won't reach his little nook, but there are millions like him all over the world, unaware that their water is becoming a commodity to better the bottom line. Blue gold to be bought and sold? NOPE, not with u and me rocking the mic, sharing awareness that water is life, not to be privatized. So go purse a meandering winter stream, it's swollen flow, muddy debris, and currents spiraling where they meet. It's all right there. How's that tickle ya? The problem is the solution, conscious evolution imbedded in healing our lifestyle pollution. Care to upgrade your new year's resolution?

'Basins of Relations article, Permaculture Activist, Summer 02
www.bioneers.org
*Blue Gold by International Forum on Globalization*
take the time to let yer soul define
what u wish to refine, cuz it's all right here
and it's ez to forget and loose sight of
what we relish and reap delight from,
but... Somehow we must int

vespa, positano, Italy photo: trathen

rainwater tea photo: trathen

In Motion
A Center for Moving,
Healing and Martial Arts

Bernard Langan
Barbara Rei McColley

Classes, Bodywork, Workshops, Private Lessons
Chi Gung, Tai Chi, Bagua, Silat, Eskrima, Meditation
Develop a simple, profound practice for health and internal power
High quality instruction in a supportive, non-competitive environment

Call for Free Lesson, Brochure and Schedule of Events
510.528.9560
www.stillnessinmotion.com
813 San Pablo Ave., Albany, CA

At times I wonder if activism is a word we should scrap or reclaim. Really I think it's just about participating in life. Undoubtedly there are days when the ism I activate is bestowing the virtues of local bean curd, but at this moment I have no soapboxes or patriotic acts of buying to do. It's just the moon, and me and a few big pots of water from a rain barrel on the porch that I toss on the stove with a few handfuls of herbs from the garden. Some days the water feeds the plants, today it fills me. Yesterday was my first Christmas w/o mom. I had thoughts of mourning, but decided to bathe instead, letting all that ails drip away as I melt out thru my pores into a tub full of steamy rain water tea, watching the windows and walls light up w/ candles. Activism comes in all shapes and sizes and a million or more ways. Right now it's loving the rain and letting it's waters feed my body, for love of mom and all the times she nourished everyone else but herself. Those countless days and years spinning about til her insides gave out and decided it was time to go. I don't know how others function best, but when I tend to me, I have a lot more space to give and when healthy, I'll be around longer to give it. I'd say the greatest act anybody can commit is to treat themselves and what they love better, to make the space needed to play a greater role in our lives. And this doesn't mean we take on less, there's a lot of good to do and lives depend on how we live ours. When we appreciate and care for ourselves, and make sound decisions, we can help so many more. Being stoked on life and doing something about it is surely where it's at.
Basins of Relations

by Brock Dolman

Watershed, catchment, drainage basin, cuenca—by any name they function the same, and everyone on the planet lives in one, sailors on the sea alone excepted. Watersheds at all scales are highly evolved geomorphic, hydrological, and biological entities that provide the most comprehensive and demanding benchmark for judging the wisdom of our past and future land use practices.

Thinking like a watershed opens up new and exciting perspectives in art and science that can nurture our hearts and spark our imaginations. I emphasize HEART here because as a global society, the quality we most urgent-ly need is an open heart, a humility that allows us to perceive the Earth's watersheds not as human commodities but as living communities. In the light of recent events and global climate trends the current commodity path seriously threatens the continuance of our own and all species. The paradigms of corporate oil and community water do not mix. Solar power may fuel watershed processes, but it will take SOUL power to restore healthy watersheds.

Bring your hands together and cup them, creating a vessel. Envision the rim of your hands being a water-parting divide with thumb and finger tips rubbing. Fingers become mountain slopes, palms the hills and floodplains, each wrinkle and crease a watercourse conveying over-hand flow to the mainstream riparian ecotone of adjacent hands, spilling forth towards the mouth of articulated wrists. Soul-rooted watershed regeneration rests in the hands and hearts of each one of us: the power to restore ourselves by restoring our relations with our home basins.

Watersheds in the Mind

Effective watershed restoration must be based in watershed literacy. The word "watershed" has many different meanings and intentions. In 1875, Huxley first invoked watershed as a landscape entity or catchment basin stating, "All that part of a river basin from which rain is collected, and from which therefore the river is fed." This definition encapsulates the basic physical definition of a watershed today. Our challenge is to move beyond a static, hydrologic definition towards a dynamic understanding of the wholeness of watersheds and how they form the foundation of all human activities.

It's all watershed

"Watershed" also refers to a significant event. Lodged deep within our collective psyche is a subconscious recognition of the profound meaning of each distinctive drainage basin: new creatures, new places, new experiences, a new face of divinity awaits. A certain excitement of impending discovery, an archetypal intrigue, arises as you pass into a new "watershed." Watershed as metaphor brings awareness to a critical transition or point of demarcation, as, for instance, "they reached a watershed in the peach negotiations." What does it imply to "reach a watershed"? How does this resonate with the feelings of awe and apprehension at creating a ridge and gaging down into a new, unknown, and promise-filled "Basin of Relation"?

Terra Incognita

The earliest descriptions of North America by Europeans evoke a vision of snow-capped peaks, forested ridges, wooded slopes, rolling prairies, flood plains, riparian jungles, beaver wetlands, and river mouth estuaries brimming with wildlife-an ecstatically brimming world that cleansed and cooled and savored its own water to the benefit of unfathomable biodiversity. Let us dive into that vision for a moment: Rain falling at 30 mph is slowed and sweetened by outstretched leaves: these in turn drip nutrient-laden tea from the canopy to a forest floor of fluffy duff. Infused with humus capable of absorbing ten times its own weight in water, this protective sponge spreads the life-giving liquid over a flocculated soil shot through with nutrient-grabbing mycorrhizae, fungal threads connecting all the rooted plants. These vegetated landscapes of yore seeded and combed the aqueous clouds, rehumidified the downwind air, buffered their own climates, and passed on the surplus to recharge groundwater aquifers that sustained the flow of springs, creeks and rivers.

Now imagine this hydrological wonderland after some centuries of development based on desiccation: Cutting, clearing, burning, grazing, have hardened the upland capillaries and aquatic arteries of the landscape. Clearcut logging, mining overgrazing, logging, agriculture, housing commercial development, road building, and parking lots, all add up to extreme imperviousness in a watershed. The synergistic effects of cumulative impacts present a daunting challenge to would-be restorationists.

The idea of sustainability begs the question of ability to sustain what? The critical answer is cycles. With the near extinction of salmonids disappearing a cornerstone of the watershed's ability to feed itself. Salmon return, spawn, and die: bears, eagles, otters, crawdads, coons and multitudes of aquatic macro-invertebrates eat them and go forth throughout the watershed dispersing marine nutrients through their excrement and corpses. Salmonids are a watershed's keystone species, in that their presence disproportionately elevates the web of life. But salmon are not only a keystone species: they also represent the keystone process of nutrient cycling. Watershed starvation resulting from the near extinction of totem salmon is a reality of untold proportion.

Waterspread Restoration

The challenge before us is to design development patterns based on principles of rehydration instead of desiccation. Water is the ultimate resource not the problem. Spread the water out, slow it down, facilitate its proper percolation, instead of shedding the water away to flood your downstream neighbors with rooftop-laden, fish-killing toxic effluent.

There is an old bumper sticker that reads 'Minds are like parachutes, they only work when they are open.' Watersheds are similar in that they only work when they are open and porous, permeable, and porous to the bountiful falling water. Restoring a watershed's state of being means we open up our mind-sheets so they become permeable to new ideas. Our brains must absorb the idea that biological understanding holds the best promise of solutions for the seven generations to come. Our fundamental connection as a community is directly related to our shared existence amidst each Basin of Relation. Water movement over and within the land is a watershed's primary energetic component and our local currencies should carry the message 'In Water We Trust.' Water is the defining element that unrelentingly determines a community's ecological and economic carrying capacity. From living water all things spring forth: totem salmon, totem soil, totem forest, totem wildlife, totem watershed, totem planet.

Brock Dolman is the Permaculture program director at Occidental Arts & Ecology Center, brock@oae.org and www.oae.org. I HIGHLY recommend you find your way into a brook talk or brook walk because his understanding of water and nature will rock your brain, senses and spirit. *This is a very edited version of Basins of Relations article in the Summer 02 issue of Permaculture Activist Magazine, I definitely recommended the full version.
Who's yer HULA mama?

Yeah I know what yer thinking, we talk all kinds of game about winter, water and flow, but yer still wondering, 'how do I move like winter to celebrate the birth of a new year and renew the circle of life?' Oh nelly do we have a treat for u!

Enter Darcy Riddell, global justice Buddha mama, here to rock the hula hoop and help close the loops in our lives. Before I met Darcy I heard about this gal hula-hooping on T.V. at an anti-globalization rally. Then I saw the pictures below and thought, 'yah, she's groooooooooving'. Of course it only gets better. In getting to know her I've come to see that she doesn't just bubble w/ spunk and spirit but also has a strong understanding of the crisis humanity is facing. But she's not just aware, Darcy is stepping WAY up to take a leadership role in raising our ecological consciousness and guiding this global justice ship. And I think I've figured how she does it. Popeye's got spinach but Darcy's got hoop. I hoope d w/ her at the beach one day and even though I got nooo skills, a seed was planted cuz I could feeceed the magic.

While she has plenty of fun, for Darcy the hoop represents a sacred connection to the cycles of life that we too often ignore. It symbolizes peace and healing and how our lives intertwine with those who experience poverty and suffering. She sees the sacred hoop as a symbol of the spiritual path that is our collective heritage, connecting us to the indigenous cultures that are vanishing. And w/ mad sparkle all over her giggling smile she'd say, 'and of course, 'the feminine' and a kinder, more loving and fun way to make a statement and invite transformation!!'

Hula Hooping is all about flow and Darcy sees it as a metaphor that makes unseen energies and connections visible. She says, 'we have crazy energy swirls surrounding us all the time. The hoop sensitizes me to these swirls, and works to focus this energy.' So now our hula mama is gonna give us some tips on how to make our hoops. The rest is up to u. Maybe you'll send us a photo or a lil tale about yer hoop skills?

To further enrich yer hoop experience, I offer these tidbits from Bernie Langan, who I highly recommend if you're interested in movement arts: The water element supports movement and stillness alike. Our tendons and joints move on water and when exercising, our muscles are up to 90% water. Our brain and spinal cord think and respond to our internal and external environment in water. The surging of the water element helps willpower and ambition flow. When water comes to a rest we experience peace and perceive simultaneously different levels of our being. There are eternal moments between breaths and thoughts.

And now, the hoop recipe, to be done while sending out love, healing and spiritual warrior energies in our big global/local effort:

Ingredients:
- LIMITLESS loving intention to bring about positive transformation
- 3/4 or 1-inch PVC piping, at least 75 pounds per sq. inch, or thicker for heavier hoops (buy at local hardware store in 100-ft rolls, makes about 8)
- 3/4 or 1-inch 'joiners' (to match pipe size, get the shortest joiner you can find, they're plastic with little 'teeth' that grab)
- Colorful electrician's tape for patterns!
- very sharp knife
-optional vaseline for lubing the joiner

Directions:
- Breathe. Open your heart to the world. Measure out a hoop about heart height, around 12 ft. of piping. Cut end on a firm surface.
- Lubricate one end of joiner and insert it into the pipe. Lube the other end of the joiner and push it firmly into the pipe, as far as u can. Seal the joint with electrician's tape (black hides the joint).
- Consider the interconnection of the universe. Get inspired for a design and give it a little whirl; go on, you know you want to!! Adjust as necessary to get a circle.
- Decorate however you want! Planet stickers, sparkly tape, spirals, sacred colors, words of power, a rainbow...

And HOOP, sending out your hopes and visions for a just, thriving planet!!!

Hoop Dance

a poem by Darcy

Ah
I go for refuge in the buddha,
the dharma, the sangha
I go for refuge in the ultimate
nature of reality: relations
Oh! to be still in the
midst of action
Oh! to act amidst
endless change
How can we honour the sacred circle of life?
To make visible the constant dance?
To witness the divine buddha nature
in each living creature
May all beings join the dance!

Darcy the hula mama
photo: Sheryl Webster
Ever noticed at a party everyone ends up in the kitchen? Even in today's technological mechanistic world maybe we are drawn to the gathering place where we traditionally came to prepare and share food. Lately I've been concerned with ten multinationals that keep crashing the party. They aren't on my guest list. Yet I find them sneaking into my kitchen. But don't think of them as people, because they are not! They are large multinational corporations, which have forced their "personhood" on us. They capture $2,000 billion of retail food sales. They were involved in over 4,000 food industry mergers and leveraged buyouts. They have around 130 people, who are on their boards of directors, who largely control the world's food choices. They are Nestle, Philip Morris, Unilever, ConAgra, Cargill, PepsiCo, Coca-Cola, Diageo, Mars and Danone.

I used to buy Calistoga Water, my little local water company. I lived in the hills outside of Calistoga and now it's less than an hour's drive. Then I did some research. In the '80s Nestle Waters North America bought them. Nestle owns the Nestle brands waters, Vittel, Perrier, Contrex, San Pellegrino and 66 "local" waters. Don't need bottled water; I'll grab an Odwalla Juice instead. Cool company started by fellow freaks down in Santa Cruz, has been bought by Coke, Africa's largest employer. The great organic dairy Stoneyfield Farms has been bought by Danone the largest dairy company. Ben and Jerry's has been bought by Unilever the largest ice cream seller in the world.

There are three main reasons why I don't want to lend my financial support to these transnational corporations. The first is an issue of scale. David W. Orr, the ecological educator, beautifully writes in regards to scale on farms, but it applies to larger food systems as well: "Beyond some threshold, control requires power not stewardship. Grand scale creates islands of ignorance, small things that go unnoticed, and costs that go unpaid." I'm not sure where the threshold for a corporation is, but these 10 passed it a long time ago. I know from my restaurant experience, at the end of the night I wanted to be able to recall each table and what they ate—different criteria than sales forecasts for a division.

The focus on scale is interrelated to my second criteria, where is the locus of control? Odwalla, in addition to juice smoothies, which I incidentally love, makes snack bars. They label these as GMO free. So I emailed them to ask if their juice was also GMO free. They said yes, but they don't print it on the label. One of the four GE crops in line for introduction in California are strawberries. Who will decide if GE strawberries go into the juice, freaks in Santa Cruz or board members in Atlanta?

Also related is my third concern, relationships. When I economically support my local farmer at the farmer's market they appreciate my business. My support has a direct and positive influence on their lives. If a company has billions in sales, do they care about not being in my kitchen? No! In fact even if everyone who reads this eliminates these 10 corporations from their kitchen it won't have any noticeable effect on their financial performance.

Yet it is still worth doing. That money can go to small businesses that need your support and not just financially. Human relationships can't be symbolically expressed by a dollar sign, and they don't exist with a corporation.

It's about the smile the farmer has when she sees me in the morning. The knowledge and wisdom she shares. When I bite into her strawberry I don't worry about a fish gene having been spliced in, I think about her love that I can taste. I think about the beauty of a small farm; how she helps connect me to a larger world. A world bigger than just humans—the spirits combined with all matter that weaves us together. I don't need a Coke and a smile, I've already had the real thing and it can never be trademarked!

"Treating others as we would have them treat us isn't just good for them, it's also in our own self-interest. Goodness, mercy, justice and ecological prudence have both value and spiritual rewards. Before rushing out to do good, however, we might reflect on how much of the world's misery began with good intentions. Competence, in doing good is still an underdeveloped art.

-David W. Orr
OK, this may hurt, but REMEMBER we're in this together. So breathe deep and don't freak or recede cuz soon after we'll unclench our cheeks and unleash some serious lifestyle Tai Chi.

- 70%- of marine species worldwide need protection from population decline. Eat less fish, know which ones are ok to eat.
- Water tests around the world are revealing traces of antibiotics, estrogen, antidepressants, chemotherapy drugs, painkillers, tranquilizers, and other pharmacological agents. 50-90% of the drugs we take are excrated intact. Find a natural alternative for your health, for our water, for all life.
- A one-acre parking lot causes runoff of 16 times more rainfall than an acre of meadow, an acre of wetlands can store 1 to 1.5 million gallons of water. Free the earth, let her drink and breathe, break out unwanted cement and plant food.
- One-fifth of the world’s freshwater fish are endangered or extinct. Undam life, learn to heal habitats and reduce runoff, know your watershed.
- Of the world’s 500 major rivers, 250 are seriously polluted and depleted. Support groups working on global solutions, use less chemicals, buy local organic.
- More than 5 million people, mostly children die every year from illnesses caused by drinking poor quality water, about 10 by the time u read this page. Empower loved ones, share resources, vote with your dollars.
- An average 1/3 acre U.S. lawn uses 170,000 gallons of water in a year. Plant natives, mulch, ditch pesticides, use organic fertilizers.
- Composition of seawater is almost identical to that of blood. Last yer mother, the oceans are u.
- By 2025 2/3 of the planet will live in a state of serious water depravation. Conserve, educate, activate, globalize love not greed, water is life.
- Available fresh water is less than _of 1 percent of all water on the earth. Cherish each drop, reduce, reuse, catch the rain, and feed your yard w/ sink water.
- The richest 1/5 of the world’s people consumes 86 percent of all goods and services, while the poorest 1/5 consumes just over 1 percent. Conserve less, invest with your values, and discover solutions equitable to all.
- Between 1996 and 1998, 41 U.S. companies paid NO federal income taxes, while reporting $25.8 billion in pretax U.S. profits. Actually, they received $3.2 billion in rebates from the U.S. Treasury. Emrpow your decisions, be the change u want to see: www.citizenworks.org, www.ifg.org

Each of our lives is tied to these facts, discover your role, and grow rich effectively caring for life, bringing these gifts into yer flow. Inspire, educate, make like a wave and undulate.

"We're a much nobler country than our narrowest minds and loudest mouths suggest. I believe it is my patriotic duty to recapture my flag from the men who wave it in the name of jingoism and censorship."

-Barbara Kingsolver

President George W. Bush
The White House
1600 Pennsylvania Avenue NW
Washington, DC 20500

Dear President Bush,

Saddam is a ruthless tyrant and it would be better for the people of Iraq and cannot condone your means for achieving that end. Weapons, conventional or of mass destruction, kill people. The recent shuttle tragedy shows that our best technology is fallible, and many shuttle contractors certainly always in war they do too.

After the shuttle tragedy, you comforted the country invoking the prophet Isaiah. His most famous quote, inscribed at the UN Headquarters, invokes a future when the nations of the world "shall beat their swords into plowshares," Help make that holy future NOW. Enclosed is organic rice with some biblical advice. Do not just send Iraq food aid, often full of GMO's. (Let's eliminate those but we can discuss that later) Instead help Iraq use the precious natural resource that they have, WATER. Help them grow rice (American organic farmers can help.) Israel, pioneers in aquaculture, can help raise fish in the same fields. Their Foreign Affairs Ministry writes, "In the context of the Middle East peace process, the water issue could serve as an important element in building relations between Israel and the surrounding countries." The French (who oppose your agenda but sure can cook) can help too.

You've been to a Texas fish fry; this can be worldwide. Then down by the riverside, of the Tigris and Euphrates, nations shall study war no more. United we can restore the planet, feed the people and grow peace, with some tasty food and celebration thrown in. That's better than war.

Peace and love,

PS. War can start quicker than this letter gets to you.

"If your enemies are hungry, feed them." Romans 12:20

Join national Rice for Peace campaign!
Check out http://www.rmpjc.org/RiceForPeace/
Please cut out and send with rice, make a copy or write your own version.

*Letter by Chas Moore

---

**Water for war**

So here it is, one case is all it takes to thoroughly illustrate the death and awful pain of water used for war. Mainstream media? Nope, not a trace, a true shame, but facts won't be forgotten or erased. We've got declassified docs full of terror and lies, there in black and white with no care for the children's cries, shaming our stars and stripes, shaping the propaganda and blaming Saddam for stolen lives. Hold on, who are the good guys?

It goes something like this:
- U.N. estimates more than 500,000 Iraqi children have died as a result of U.S.-led sanctions with unclean water as a major contributor to these deaths.
- Use of this type of sanction is in direct violation of the Geneva Convention, created to protect victims of international armed conflict.
- Documents from the Defense Intelligence Agency prove the Pentagon was fully aware of the mortal impacts on Iraqi civilians and was monitoring degradation of Iraq's water system. Pentagon's web site w/ docs www.gulflink.osd.mil
- These documents discuss development of counter-propaganda strategy to blame Saddam Hussein for the lack of safe water in Iraq.
- www.progressive.org/0901/iragy0901.html for the whole story and others
- BUY the book Censored 2003, for the top 25 censored stories of last year, this was number 4. What else is being hidden from us?
- This is beyond outrageous. USE this information. If we've intentionally destroyed Iraq's water system taking countless lives, lied, covered it up and blamed Saddam, what else might our leaders be lying about with the Iraqi situation?

Observe a forest:
its self-sustaining.

What if we designed our homes, our communities, our cities like the forest?

Permaculture. Check it out.

Lots of courses, the latest information,
www.permacultureinstitute.com

---

PERMACULTURE UNIVERSITY OF NORTHERN CALIFORNIA
P.O Box 341 | Point Reyes Station, CA 94956 | 415-663-9090 phone/fax
Raindrop Fairies

Early last year, pre-ripples I was really feeling like a seed inside, gathering and ready to burst out into the mix, knowing that now is for more, to rediscover living and be reborn. My guts were saying that we have to stretch past who we think we can be, cuz beyond the walls we choose, we're limitless.

As soon as I felt and wrote this, a quick discomfort grabbed my belly over the thought of it being in print. I had this fear of sounding too blissful or airy-fairy but within seconds, out the window thru the dim wet redwoods some unseen ray of light set one single drop of rain afire. It went on forever, glistening like mad at the end of a redwood needle. Sucked in by the shimmer, all I could sense was 'HERE lies your answer.'

Honor, don't deny what gives u shine.' And it wasn't some sort of 'oh look at the pretty raindrop.' I felt it all through me. Since then I've probably had a dozen such raindrop experiences envelope me with a presence beyond what I see or think. They come in moments of need, doubt or discovery; egging me on, affirming what the lives we've grown into often won't. How many affirming lil' sprites might be hooting and flashing thru our days with us oblivious or constructing barriers to 'that sort of thing'. Who's to say if ripples would be the same w/o that affirmation early on?

There's no objective reality, the world is as we dream. Why not manifest destiny and choose what sets u free! Too often we fear that funny or doubtful looks and disapproval can somehow invalidate our magic or turn it into something less. So we hold back, slowly losing track of our needs and ideals, allowing indifference to grow thick. Don't let fear and conformity or press your beliefs and dreams. There are masses who think your thoughts and care your cares, ready to validate and feed what u feel.

I hope to have bundled this first year of ripples in a way that it becomes more than seeing and reading. Maybe something inside will be part of that spark for someone or one of the sparks that leads to the spark or some piece of something in between, that extra spoonful bringing the sweet fullness of greater action. None of this becomes real til we assimilate it into our lives, and so we ripples just try to keep it aloof from an angle less used up. We desperately need more and different voices and actions. There are no hollowed or perfect moments. The magic is now, so ball yerself up and aim for the sky, reach far and wide.

Of course this is where fear creeps in. Are these words to whacked or cryptic, proud or preachy, more rhyme than reason? What if one of the bazillion 1/2 facts was remembered wrong? It's funny that what we fear might just be our greatest asset. I am whacked and as a matter of fact I recommend it. Breaking free from the convention we're spoon-fed is quite nice. With pride we can gain the strength to believe and do. Of course even a well-intentioned ego falls short of the power in spirit. But hell, if it gets us on the right path, as for the sermons and soapbox, they're good to stoke the fires and remind us not to settle for less.

There's enuff LESS out there, we need MORE. And not the current model of more but a more in the order of living and knowing what for, of loving and sharing and giving more. Human isn't having, it's being. Human BEING.

And as for the rhythm n rhyme, sure I can write as straight line as the next fortunate white guy, but that's not what's inside this time. We need more than a proper set of facts; we have a communal soul to recover and need rhythm to feed our acts. So tap that flow, let it feed and twine thru the roots of your deeds, mingling down in the darkness where efforts are born, slowly gathering for the emergence of spring. From the pulse of this primordial soup comes the lush abundance of what is possible.

A while back I heard preacher Mathew Fox quote a poet who said that creativity is our greatest force and that thing most natural to our being. Not something separate or more. He compared it to a pear ripening on a tree, eluding that to find our natural flow and creativity is to give way to the rightful progression of who we are. The only problem is, we've gotten distracted and have lost track of what our natural progression is. But when we set aside fear and doubt and put ourselves out there, life often shows up w/open arms. Now that I'm down w/ the raindrop fairies, I'm curious what other elfin wonders might be scrambling through our lives encouraging our creativity and flow??????
Try a few of these goodies on for size

1. Take a bath
2. Drink lots of water, Laurel Brody, a TCM practitioner recommends an oz. of water a day for each 2 lbs. of body weight
3. Conserve at home (yard, faucets, washing car or clothes, shower)
4. Reduce home water pollutants (drugs, antibacterial and toxic soaps)
6. web sites:
   * www.treepeople.org - doing amazing stuff w. trees and water
   * www.EnvironmentCalifornia.org water solutions galore
   * www.codepink-fpacc.org these ladies are where it's at
   * www.geocities.com/rainsystem/ how 2 build rain barrels
   * www.epa.org The EPA has honored the 30th anniversary of the clean water act with The Year of Clean Water. How will u celebrate it?
   * Other watery sites: www.water-ed.org; www.keeper.org; www.gefish.org;
7. Books for yer brain, belly and soul:
   * Water Wars: Privatization, Pollution and Profit by Vandana Shiva
   * Cadillac Desert by Marc Reisner
   * Sensitive Chaos by Theodore Schwenk;
   * The Water Wizard by Viktor Schauberger
   * The Holy Order of Water by William E Marks

Yin Yang Water
by Bernard Langan

Yin Yang water is Taoist medical water used to balance and cleanse our body’s
energy, especially benefiting the digestive and elimination systems. Drink it first
thing in the morning.

- Mix one-half glass (16 oz. total) of room temperature filtered or spring water
  with half a cup of boiling filtered or spring water. Don’t use ice or refrigerated
  water.
- You can add a tablespoon of local organic honey, which is considered the best
  herbal medicine by Chinese Taoists. Bees visit millions of flowers to produce 1
  lb. of honey. Honey is a powerful medicine, but don’t give this water to babies
  or young kids.
- As you make and drink this, bring awareness and intent to the goodness and
  balance with which you are starting the day.

“Sow a thought and you reap
a thought. Sow an act, and you reap a
habit. Sow a habit, and you reap a
character. Sow a character, and
you reap a destiny.”

-Anonymous

---

daily
acts

Thoreau wrote ‘our truest life is when we are in our dreams awake’. This
somehow helps me embrace and give thanks for our cultural psychosis. With our
visions and dreams we gotta sing a new tune and be sure to include more than
just the choir. It’s time to step out of our comfort zones and REAL others in.
Whatever it takes, I’ll get up on stage and hula-hop in a pink tu-tu while rock-
ing the electric boogaloo and clobbering ghouls like Scooby-Doo. And maybe if u
suit up too, we’ll scoot these solutions into the news cuz we need publicity to get
to this nation’s heavy hearts off apathetic complicity. If that’s what it takes, we need
to bust out w/ acts of the embarrassing kind, to make those strides and walk those
lines. Get over fear and pride.

It’s time to cultivate super efforts in ourselves and others as well. This is about
coming together like the Justice League or Jackson 5 and getting all sugar lips, so
tap that foot and clap those hands. We gonna sing it like lil mike did… ‘It’s as
easy as ABC, du decoo doo door. It’s as easy as 1-2-3, du decoo doo door. It’s as easy
as ABC, 123, u and me rocking d-e-m-o-c-r-a-c-y’. Yep that’s what I’m talking
about, jiggie that bootie.

Welp, here’s where things are at. Actually before that, I’d like to remind u
what I was recently reminded of, the largest environmental organization on earth
(Sierra Club) was founded by John Muir and a half a dozen committed individu-
als. This is no time to think small and a handful of us have been coming together
to solidify the foundation of daily acts organization. So get ready to climb aboard
and really show the power in our combined efforts. We’re talking plans for a kick-
off party/fundraiser in late spring, so get on our mail list or keep yer eyes peeled.
Daily Acts is also co-organizing a series of sustainability tours and workshops to
highlight and share the goodness all around us. Even when u feel alone and bor-
der on overload about the gener-
ations of disconnection in our genes, remember,
all behind them
are eons of ances-
tors back-
strokeing in the perfection of life’s stream.
1 Become a real conservative If every house in the US replaced just one 4-pack of virgin fiber toilet paper with 100% recycled it would save 537 million gallons of water. Average American domestic water use is 75-150 gallons every day per person. The average person also flushes the toilet over five times a day—IF IT AIN'T BROWN DON'T FLUSH IT DOWN. Filling the washbasin uses 1 gallon, leaving the water running uses 2-5 gallons to brush teeth; 2 gallons to wash hands and 20 gallons!! to shave. Also stop leaks, many are silent and you might be wasting water without knowing. Replace your old toilet and your clothes washer; the two most water consuming devices in your home.
- Learn more at www.whouse.org

2 Use a green company
- www.earth-tones, 888-327-8486 uses 100% of its profits to support environmental groups and their prices are competitive. Tell them ripples hooked u up!!
- www.ecoisp.com 50% of their profits go to the environmental organization of your choice.

3 Write For most causes you can find a group that will provide you with action letters you can send to your government or businesses. Earth Action Network www.eanetwork.org is a top option. Using your own words is better—still—a quick postcard or a letter giving them a piece of your mind and heart does the most. Personal emails work too.
- www.house.gov www.senate.gov President@whitehouse.gov
- Phone calls are also fast and EASY. Capital Hill Switchboard (800) 839-5276. The White House (202) 456-1111 (guess he can't afford an 800#)

4 Read You've got ripples and all these great websites and books but check out these fine publications as well.
- Alternative Press—Utne Reader; The Nation; Adbusters; Mother Jones; Lilipoh; The Permaculture Activist

5 Eat well Most of California's water is used for agriculture, this is true in most states as well. So your food choices effect water use. So buy seasonal, local and small scale. Get to know the people who grow your food—join a CSA and grow some of your own. Organics is important but we need to move BEYOND ORGANICS. Permac and Biodynamics are part of that movement to properly steward our planet.

6 Buy Fair Trade It feels better when you buy something that you know is helping people and the planet with food and other products. It's another chance to have a relationship.

7 Support Worthy Causes Again a chance to connect with people. If you've got extra time, donate that, if you've got extra cash send that. At Daily Acts we could use both, as could many organizations. Find one near you working on the issues dearest to your heart. Penny Livingston-Stark reminds us "Give away surplus is a permaculture maxim."

8 Make more Money & more Good Happen If some of that surplus is being kept for a rainy day or old age let it help others do good work while it increases for you.
- www.socialinvest.org; www.pecusonline.org; www.rsfoundation.org

9 REDUCE, REUSE, and recycle We need lots more of the first two, since most of the last is really down-cycling and that can not go on. And with recycling if you ain't buying recycled goods that ain't no cycle. It saves water too!

10 Talk to your friends, neighbors and even strangers. Reconnect to the art of conversation. Friends offer someone to bounce your new understandings off. They are your first zone for making changes. Then try your neighbors and strangers.

11 Spend Time w/ Nature It's all about reconnecting with nature, so spend some time with her. Splash in a puddle. To develop a relationship takes time. Learn her many sides and features. And remember we are all part of her. Kiss yourself. Kiss the earth. Kiss the sky.
- *actually maybe if u tell all these orgs and companies ripples sent u, they'll support and help keep us around.

"organic is not about compliance with a set of standards, but compliance with the heart"
- Joel Salatin as quoted by Kenny Ausebel at Bioneers Conference 02

Skin Treats Co.

Certified Permaculture Design Consultant

MARTY FALKENSTIEN

Organic Gardening
Sustainable Building
Solar Energy
Gray Water Systems

Contact Marty
@ skinreadyco@yahoo.com
707.865.2915

Falco Ecological Design

natural, hand-made skin care products
- hand and body creams
- facial moisturizing creams
- lip balms • bath salts
- body scrubs • face masks
- custom orders available

Falco Ecological Design

Certified Permaculture Design Consultant

Organic Gardening
Sustainable Building
Solar Energy
Gray Water Systems

Contact Marty
@ skinreadyco@yahoo.com
707.865.2915

Falco Ecological Design

natural, hand-made skin care products
- hand and body creams
- facial moisturizing creams
- lip balms • bath salts
- body scrubs • face masks
- custom orders available
Snowdays

S
owdays, even the thought lightens every cell in my body as though it were yesterday. I remember rolling out of bed to ready for another dull school day. I'd wipe the gooers from my eyes and then catch a glimpse of white out the window. All of a sudden my eyes go wide and heart picks up a notch then twenty as I press my face against the icy window peering left to right. How much is out there? Is it enough? Can't see the roads, mind racing, ohhh pleeeeeasssse, please say it's so. Mom calls the school, tension eating me alive. Breathing is no longer an involuntary action. Then the word comes thru. CLOSED. I scramble frantically to clothe myself. Peled w/ clothing demands from mom as I shovel down a bowl of cereal and grab my coat and beany. Then it's out the door w/ a big swan dive over the front bushes into a world of fluff. Oh the joy!!! No school, just play, all day to play. I scramble to my feet and down the street, doors flying open, big puffs all around as lil bodies submerge into a world of white stuff, snowballs whizzing by...... What a treasured, treasured feeling. U would think I had just been freed from the shackles of life in prison. So easily pleased. Of course the day just got tacked on at the end of the year, but that's not what counts. Here and now, the momentary joy and release. We still need that and now more than ever. The world needs snow days, even if its 80 degrees and sunny year round!!!!!

So call work and tell them yer snowed-in. Go on a bike ride, lie in bed and watch videos all day, read a book or hike about. Have tea and a chat w/ yer neighbor or cat. Roll out the door and pour yerself on the floor so the sun can soak each pore. Plant flowers. Get all loosey goosey and break the shackles of dailyness. Chocolate chip pancakes? A nice bath w/ scents or a handful of wildflowers? Or even better, return to days of old by raiding all the cushions, pillows and blankets in the house to refortify. Make a postcard and send it to a long lost friend, loved one or yerself.

thanks

Ohhh lordy, u folks just rock w/ all the support, tidbits and hugs on the street. Again, this morning after rippling thru most waking hours to get this issue out. I get this plush email egging me on. (below) Such sustenance as we cycle support to and thru each other. That's what'll sustain the rest of it. It's hard to believe a year of ripples is out there......

OODLES of hugs go to Rob-Ben McGovem who made a huge and needed donation inspiring me to chance it and publish even more copies with that whole 'build it and they will come' notion. Libations to Sheryl and Mary for all they do and everyone who sent in images, ideas and all sorts else. To Andy Bisbee for making it all look pretty, and to Chas Moore for taking a larger role in writing, editing and helping to grow and better ripples. Without these folks and so many others NONE of this would be what it is.

facts and filler

Big thanks to Brooke Dolman and the International Forum on Globalization, their thoughts and work are all thru ripples. Paul Pitchford's Healing With Whole Foods for the kidney info.

"I picked up your inspirational publication at revolution books in Berkeley. It was just what I needed, your compassion, your issues, your idea of revolution being internal not external is what is missing from the anarchist publications I picked up. I was so elated I made it through 3x10 hours days and 1x14 day at work without feeling down or overwhelmed, and today when a car hit mine and drove off I was calm and patient. The world feels a little less combatant when you view your way through life. In a world so full of deadlines and time clocks, its nice to think of seasons and sunrises." -josh

ripples wish list

Grants and grant writers, reviews of ripples for magazines, newspapers, web sites etc., distribution/distributors and referrals to stores or shops that might be interested in carrying our ripples. We also give special rates for schools, organizations, etc.

Please contact us if you have any other grand ideas about any of this or any other way to get the word out and fund these efforts.
Ah, full circle, 4 seasons and a cycle under our belts. We've gleaned many things and w/ yer help have rocked a new angle on some common themes. But it's still crazy out there and we can't grope about, doubt hope or be w/o. So grab all yer chances to ripple out thru the masses and it's ok if our efforts overlap, just a better chance to fill the gaps in how we interact. Together we're a symphony of infectious grooves and we oughta share w/ others, so they too can tune to what's in me and u. Let em know these acts and views are for all to peruse because with collective might we got the skills to compost any blight.

There's close to 10,000 copies of ripples out there and copies of copies and quotes of copies. Can u even fathom what we'll pull off this year as we move from a tiny spark to rippling masses submitting and distributing, emailing, editing, arting, copying and quoting as we Tai Chi thru our days?

So if u believe, laugh or steam w/ anger, spread yer ripples and plug in here. Send words, art, scraps of luv and pocket change or the big bucks if u got em. We're stepping up, it's time to double and triple production and distribution and we're putting together a website that'll share our collective goodness and inspiration. We luv support of all sorts: submissions, feedback, DISTRIBUTION, SUBSCRIPTIONS. Bring it.

Ripples will only make it w/ U, so grab a subscription or 2 or 10. To receive the next 4 seasons, please send $16 or more if yer feeling extra big-hearted. Also, keep yer eyes peeled for a full color compilation of the first year of ripples. Until we gather again.

In the watery states of life we reside
xoxo trathan

Drop us a note why don't ya:
Always available for talks, workshops, Tai Chi yoga,
and subversive acts of the conscious kind.
daily acts
p.o. box 826
Monte Rio, CA 95462
dailyacts@ecosp.com

"It's hard to get the news from poems,
but men die miserably
every day for lack of what is found there.
"-
-William Carlos Williams