

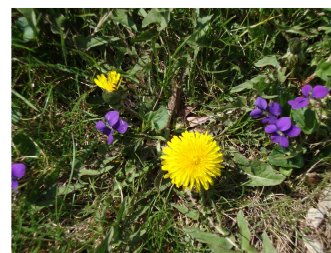
SUNSEED SUNSPOTS

110 Notre Dame St., Mount Calvary, WI 53057

sunseed@ssnd-milw.org 920-753-2131

www.ssnd-milw.org www.sustainfdlcounty.org

May 2010



What's up?

Dandelion Festival

May 8

10am-3pm

There is still time to try a recipe and enter the cooking contest. See rules at

www.sustainfdlcounty.org

or

www.fldaudubon.org

Outdoor

Gardening workshops

10-2

May 29

June 5

Learn about

Square foot gardening

Organic gardening

Lasagna gardening

(Flier is attached)

Kid's Day of the Farm

June 16 Grades 1, 2 and 3

July 14 Grades 4 and 5

Recommended Reading and Doing!

Reconnecting With Nature

Finding wellness through restoring your bond with the Earth

3rd. ed. By Michael J. Cohen

“The natural world including our inner nature, contains attractions that intelligently hold it together and sustain it in balance. The activities in this book enable the reader to consciously connect with these attractions in nature and themselves. Participating in the activities lets nature’s intelligence show your mind that it is reasonable to enjoy and benefit from nature-connected thinking.” P. 14

The activities can be done in a park, back yard, backwoods or even with a potted plant or a pet. The important thing is to do them. As Michael reminds us reading the activities is like reading an instruction manual for driving a car. To have the car take you where you want to go you have to actually drive it. If we are missing the natural joy and wisdom of life, it is because we have been taught to ignore it. We are also assured it is simple for us to learn how to involve ourselves in nature’s way, for it is already part of us. We simply have to unbury it in ourselves and each other.

You are welcome to come to SUNSEED, preview the book, and test out the activities.

Check these web sites: www.organicpsychology.com

www.awakeningthedreamer.org , www.earthcharter.org

SUPPORT SUNSEED'S MINISTRY

Become a SUNSEED volunteer to help with major projects by coordinating parking, helping with food prep, assisting with kid’s crafts, monitoring a sale table or just helping folks find their way, current options are, Dandelion Festival May 8, Kid’s days in June and July, Prairie Fest at UWFDL July 31.

You could also come out and help in the gardens. To be on our volunteer list e-mail sunseed@ssnd-milw.org and let us know how you would like to be involved.

Save this: The little silica gel packs that come in all sorts of stuff. I have seen them in shoe boxes, electronics, occasionally in medication packaging. Usually it says don’t eat this!

It is put in packaging to absorb moisture that is why I want them-to dry plant materials for crafting. I know they are just tiny packages but look, the grand beaches are made of grains of sand. I am not encouraging you to buy STUFF! But if you do get something that has a silica gel pack, don’t throw it away because there is no away!

Travel alert!

County Highway W is closed from hwy 23 to Mt. Calvary.

A bridge is being repaired. The projected work plan is 2 months. Here are some options. If coming from the west on 23 you could take 151 to WH north or continue east on 23 to Tower road or Seven Hill road N to WH north. If coming from the south on 45 to W you can either turn left at 23 to Seven Hill rd or right to G. (seven hill is closer) If coming from the east take G north to CCC. This is the official detour and is marked. The construction web page is:

www.fdlco.wi.gov/Index.aspx?page=1112 BLESSINGS!