

The Ridge Runner

September 2016
Volume 11 Issue 09

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Strength in CommUnity

By Kate Reidel

One of the ways we get to know new people is hearing their story. Our story makes us unique, and the way we tell it is a way for us to create our lives again, and again. In a community like ours, sometimes we hear about someone's story from others and we form an idea of who that person is or what values they hold. But something changes about our perception of others when we hear their story from them, in the way they tell it.

For me, I can gauge my inner growth by how I describe my childhood. I used to use harsh, judgmental words, now I tend to use words that are more gentle and grateful for my challenging experiences. How I speak about my work or my children also tells me (and others) where I struggle or where I've found peace.

Telling our stories to each other is important in community and the board is interested in creating a way for us to share our stories in our words. Do you feel inspired by this or have ideas about how we can do this in community? Even if you just take a few minutes to tell your neighbor a little bit of your story, each time offers a new opportunity to rewrite how you see your past and your self. I welcome your feedback and your stories.

“ Telling our stories to each other is important in community ”

Common Roots is Up and Running!

By Tammy Norris

It has been a great month at Common Roots. Our grand opening coincided with the most successful EcoJam fundraiser in ERUEV history! We have been having weekly open mic nights (Thursdays 7-10pm), and various parties and gatherings that have brought in income, and generated a buzz of interest around town. (Continued on page 03)



Common Roots

Currently Open

Thursday - Saturday 6pm to 11pm
Come check it out!



Dan & Jeff at the grand opening



Open drum circle at Common Roots



Tammy & Tim at Open Mic Night

Living in Nature

By Bill Cabalan

Walking up Enright near the Earth Center entrance, I came across several dark caterpillars crossing the sidewalk. In previous summers (although it seems like it might have been early instead of late summer) I remember seeing such caterpillars devouring much but not all of the leaves of the catalpa (*Catalpa speciosa*) tree at the Earth Center. So I looked up, and sure enough the tree's leaves are more than half eaten, covered by fat caterpillars. A few days later, there are no leaves left on the tree.

I know that native trees, more than non-natives or aliens, provide food for our local insects, which have co-evolved with local plants over millions of years. Most of these plants can survive the leaf damage, which tends not to be too extensive. Although this catalpa tree has seemingly lost all its leaves,

It is late in the season and based on the same tree in past years, I'm expecting its rebirth in the spring.



*A Catalpa caterpillar
(Ceratomia catalpae) crawling on a leaf.*

In the process, the insects are a great food source for the birds. So we try to always plant native trees and shrubs in our yard and woods, enjoying the fact that we are nourishing the web of life here on the ridge.

Earth Spirit Rising Workshop

Earth As Teacher

**Saturday, October 22 9:30am to 4:30pm
@ the Imago Earth Center**

"The human and the natural world will go into the future as a single sacred community, or we will both perish on the way. All human activities, professions and institutions must now be judged by the extent to which they ignore, inhibit or foster a mutually-enhancing human-Earth relationship." --*Thomas Berry*

In this workshop, Louise Lawarre and Bob Staggenborg will present the model Earth herself presents of how to frame our activities based on the works of Thomas Berry. The workshop provides an in-depth exploration of the work of Thomas Berry and the Universe Story. Thomas invites us into an intimate relationship with the Earth; "For it is the planet itself that brings us into being, sustains us in life and delights us with its wonders." The challenge is now ours to foster a mutually-enhancing human-Earth relationship. The cost of this workshop is \$25.

To register, visit www.imagoearth.org. For more information, call **Jim Schenk** at (513) 921-1932.

August Board Report

By Suellyn Shupe

A new, more efficient method for sharing committee reports was instituted that allowed the board move forward quickly to work on the 18 month strategic plan that was adopted at the board's retreat in July. The plan, when finished, will include goals and action steps under the broad categories of: documentation, membership, sustainability, deepening connections, and finances.

The Finance Committee submitted plans that include supporting the Housing Committee to become more effective in dealing with budgeting and maintenance for the rental properties. The ecovillage now manages nine rental units plus the property at 545 Enright that is listed for demolition.

An ad hoc committee submitted plans and a budget to collaborate with Imago in developing a common space in the Earth Center for the use of ecovillage members. Office space for administrative and committee work will be more convenient and available.

ERUEV will support Imago's Music in the Woods event by promoting the event, and staffing an informational table at the event.

Rebirth

By Jayde Gaines

I took a trip inward in an effort to become more self-actualized, and it has been a fulfilling yet terrifying experience. I felt overwhelmed by the work but prioritized starting with my character and mental infancy and through the mere idea of focusing on self versus interpersonal relationship issues I was reborn, which I will be many times over in my lifetime.

I shed painful, emotional weight and gained a strength that can only be found by risking vulnerability. Being brave means stepping out in the world, messing up the delivery and the message while getting sucker punched by your ego. Getting back up means turning that sucker punch into a life lesson allowing you to take future hits like a spiritual warrior.

Through this work my marriage evolved, my parenting drastically improved, and friendships flourished. I let go of the idea that I was a martyr in the world doing all the work (that I wasn't truly or sincerely tackling on a sustainable level) while others stayed complacent. Through this work I learned that playing the martyr is a great way to deflect self-responsibility. I am reborn.

As I eat this humble pie bite by bite I am fully cognizant that community is, always been, and will always be where I thrive.

News from the Farm Project

2016 Enright Ridge CSA Info:

- A share feeds 2-3 people
- Joining the CSA is easy and you can sign up online.
- Consider splitting a share with one of your friends or neighbors!

3 New CSA Share Options!

- Prorated at \$24 a week until the end of the season (Oct 2016)
- Pay month by month (in advance) at \$110.00
- "Trial Share" Pay for any four 4 Saturdays of your choice at \$125.00 (must have advance notice)

The CSA is always looking for volunteers!

E-mail Ashley for more info at csa@enrightecovillage.org

Upcoming Farm Project Events

Farm to Table Dinner

Saturday, October 1 from 6pm to 10pm
@ Common Roots

(This event was rescheduled) More information coming soon. Cost is \$100 per couple or \$60 for individual.

Eighth & Enright

FARMER'S MARKET @ COMMON ROOTS

The Market is now open! Come check out Cincinnati's newest farmer's market right here in the ecovillage! You can't shop more locally than this! **Saturdays 12pm to 3pm.**

EcoJam IV

Thanks to all those who planned, volunteered for, donated items for, and attended EcoJam IV. Because of all of you that contributed, this year's event was a huge success, making over \$2,500 for ERUEV's Farm Project!

The event was also a great start for business at Common Roots, attracting over 100 attendees to see Ma Crow & the Lady Slippers, and the Tillers perform. Delicious food was served up by Roger Rose and Ken Reidel, which has people begging for food to be served at Common Roots.

Common Roots up and Running

(Continued from page 01)

We are getting many calls about food and retail. We project a minimum of seven weeks before the completion of our kitchen. We also will need a few weeks after that to implement retail. In the meantime we will offer small amounts of rotating appetizer items, that will be catered by Roger Rose. This begins next week for our Radical Mycology event (Wednesday, September 7 from 6pm to 8pm).

We are looking for volunteers within the Village who might be interested in working at Common Roots for upcoming events. We will have applications available for you at the pub. I am excited to share many future events that are currently being booked. Please visit us on Facebook at Common Roots in Enright Ridge Ecovillage. If you like the page, you will get invites for upcoming events that are posted there. I am filled with immense gratitude for everyone's efforts and patronage at the pub.



Imago Events

Music in the Woods

Spend a spectacular summer evening with Imago at the 15th Annual Music in the Woods **Saturday September 17** from **4-10pm**. Featuring Wild Carrot & the Roots Band, Red Cedars, and Jake Speed & the Freddies.

Enjoy **local food & beverages**, **fun activities** for the whole family, a **silent auction** filled with unique experiences, and of course great music... **all while supporting Imago's** variety of environmental programs and preservation of urban nature.

Early Bird (through 9/16) - \$20.00 **Day Of/At the Door** - \$25.00

(online ticket sales will end at Sept 15 at 11:00 am - tickets will be available at the door) Or contact Chris at Imago to volunteer.



Tip of the Month

By Jamie Gaines

Want to cut back on your electric bill? Install LED bulbs in your home! Recent advancements in LED technology has led to energy savings and pleasing light. Duke Energy sells LEDs at a very reasonable price. Check them out online: duke-energy.com/residential-savings-store

Transitions

Farewell to Isaac, Jessica and family, who have bought a house nearby after living on Enright for over 12 years. We've watched the children grow up and enjoyed the great basketball!

Gratitude

Much thanks to Tammy Norris for the amazing job she's been doing as the General Manager for Common Roots. Tammy put in some serious work whipping the place in to shape in time for the Farm Projects yearly fundraiser, EcoJam. She's also brought in crowds with open mic nights, pop-up drum circles, and great music.

Happenings

By Nancy Sullivan

Katie and Reynaldo Mullins-Hall have a lot going on. Their daughter Amanda, (who grew up on Enright), is now a lawyer, headed to South Africa with the State Department! They also welcomed another grandson who has Katie's father's green eyes. Reynaldo's nephew was a member of the Costa Rican Olympic Hammer Throw Team.

Lynne Lorio is changing careers, from being indispensable at NKU's arena helping keep events on track, to returning to school to study horticulture at Cincinnati State. She'll leave the 80 hour weeks at NKU to Stephen!

Nancy Sullivan, on behalf of Transformations CDC, has been named the "Unsung Hero" of the year by LULAC, Cincinnati Chapter.



Ecovillage Tour

The September ecovillage tour will be on Saturday, September 24, from 10am to 12pm, and starts at the Imago Earth Center. The tour is \$10 per person, free for members (regular or associate) and people they refer. If you or someone you know would like to get to know more about Enright Ridge Urban Ecovillage, it's a nice way to spend a morning.

Reservations Required:
(513) 921-1932 or e-mail jschenk@imagoearth.org. For more information visit www.enrightecovillage.org.



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