

# The Ridge Runner

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## Strength in CommUnity

By Amy Tuttle

*"Earth, teach me resignation as the leaves which die in the Fall." -Ute Prayer*

We've reached the season in which we live between the harvest and the coming cold. The days pull us home sooner. The busyness of the summer sun fades into completion. We are full. It has been lovely.

Grateful for summer, we resign ourselves to the ripening and falling of the leaves. We are in awe of their colorful death. When we allow ourselves to sit still, in the Fall, we can feel an underlying sense of grief. There is a bittersweet rush of praise for that which we've loved and lost: the coming and going of the berries and fruit; potluck conversations that stretch into the evening; long bright days for accomplishing many tasks.

Sometimes, the grief extends beyond the melting of Summer into Fall. We can feel it in our bones - an empathy for all that we've loved and lost in this place that we share and call home. When we follow this grief and allow it to work us like compost, we may also find a sense of joy. For to grieve our loving and losing is to praise the vitality of our living.

*(Continued on page 02)*

**“ We can feel it in our bones - an empathy for all that we've loved and lost in this place that we share and call home. ”**

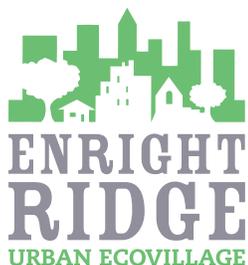
## November All-Member Meeting

By Jamie Gaines

With many new faces and renewed energy, 2016 has been an exiting year for the Ecovillage. A lot has been accomplished, including: the opening of Eighth & Enright Farmer's Market, the completion of the eighth CSA season, and of course EcoJam IV, and the grand opening of Common Roots. This work could not be completed without the skills, time, and dedication of our amazing members.

The November All-Member Meeting (**Saturday, November 12 from 4pm - 8pm @ the Earth Center**) is perhaps one of the most important of the year. Aside from presenting ERUEV's new membership policy, Executive Board elections are done at the November meeting. Gathering the entire community before the start of 2017 is an important part of maintaining the momentum the ecovillage has gained. The meeting will also help to focus our efforts as a group, and ensure everyone is on the same page.

We'll start the meeting with learning more about an ecovillage member's story, followed by some small group work, and presentations. Next we'll cast our ballots for the 2017 Executive Board. Then it will be time for another delicious potluck. And after we've filled our bellies with food, and our hearts with fellowship we'll showcase some of the gifts, skills, and passions of our members in another "No-Talent" talent show! The idea is you don't have to be terribly talented to perform. We are looking for anyone wanting to share their gift with the community. Can you play an instrument, tell a joke, read a short story, recite a poem, do a dance routine, perform a magic trick, or share any other fun and creative skill or performance? Then we want to see it! To register for the No-Talent Show (or if you have any questions) send an email to [membership@enrightecovillage.org](mailto:membership@enrightecovillage.org).



## Living in Nature

By Bill Cahalan



It's late September, and just starting to feel like fall, although the equinox was four days ago. Cool air has moved in and it's raining for the first time in a while. The thirsty ground, along with the cover crop seed we just spread, is drinking it in. Hoeing and planting vetch, clover and buckwheat the last few days, pulling vines off the fenced-in tree saplings in the woods, mowing our patches of lawn. Just stopping often to feel all this, gazing at the land and sky, helps me get out of the computer-freeway-indoor job bubble. It helps me know in my bones that I am changing too as part of the land and weather shifting into fall.



## Holiday on the Hill

**Fri, December 2 (6pm - 9pm)**  
**Sat, December 3 (10am - 2pm)**

Join us for this year's Holiday on the hill at Common Roots. Proceeds benefit ERUEV Farm Project (CSA/Farmer's Market).

We are gearing up for the first weekend in December for the second holiday sale of handmade items from Enright Ridge in conjunction with the larger "Holiday on the Hill" event sponsored by Price Hill Will. Last year Ken Reidel turned the greenhouse into a winter wonderland of the sale, which included much of his own work, from stained glass to a gorgeous quilt.

Common Roots will be the site of this year's sale and plans are afoot for a beautiful event. Holiday on the Hill is a great place to get unique and meaningful gifts for everyone on your holiday shopping list, and benefits a great cause!

We'll feature everything from hand-dyed silk scarves to felted ornaments. Donate an item or two (or more!) to for the Farm Project to sell., or set up a booth to sell your items and donate a percentage of your sales to the cause! Check in with Ken!

Call for more information: (513) 328-4017.



## Strength in CommUnity

(Continued from page 01)

The "Art of Grief" is one that is largely lost to our culture. It was once understood that grief was the way of allowing someone or something to pass along, fully - to be digested and returned to living energy. In our community, there is much grief to give. It's common for us to keep moving forward with our physical endeavors, to stay busy year-long with the pursuit of projects and external growth. Together, we have and will build much. Yet, what's happening below the surface? What debts are to be paid and forgiven? What reconciliation awaits our bravery? What situations of people, land, animals want to be healed by the offering of our honest grief?

As the season grows increasingly inward, may we be open to the hope of resigning ourselves to the little deaths of the Fall.



## On Not Being A Martyr

*This is an excerpt from Rachel Kaplan's book "Urban Homesteading: Heirloom Skills for Sustainable Living"*

An ecological lifestyle is often looked on as deprivation, a life without things or comfort or pleasure. Not so. Clearly, people who want to live ecologically out of a sense of fear or guilt often burn out on the feeling of must change, must act, must do more (or less) of whatever it is they are doing to hurt the planet. If this freaked out mantra were the story of our lives, we wouldn't be writing this book. We love our lives as homesteaders. It gives us a sense of personal connection and power and agency. Even though we can be cash poor, we are personally rich. We eat great food, have great relationships, and enjoy the opportunity to embody our values with our actions. We like the fact that we give less to an economy that is destroying the planet, and more to the earth, our friends and our neighbors. Don't confuse this lifestyle with a fear-driven mentality of scarcity and lack. This kind of living is about the richness of the present moment and the joy in living a simpler, uncluttered life.

If you're feeling pressured to be part of the solution in your own life, find a way to engage comfortably within your personal experience of time, interest, and resources. Start small. Find something you love doing that brings you a sense of satisfaction and joy. We promise that this kind of success will lead to a greater desire and capacity to do more good things that will actualize your ecological values. Don't be a martyr. It won't help you, it won't help your family, and it won't help the world.

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## Happenings

By Nancy Sullivan

### Monarch Butterflies

The state has now developed the Ohio Pollinator Habitat Initiative <http://www.ophi.info/>, the mission of which is "to improve and create pollinator habitat in the state of Ohio, as well as raise awareness for all Ohioans regarding the importance of pollinators." OPHI is part of the national Monarch Joint Venture, which dovetails with ERUEV's effort to propagate milkweeds and nectar plants which attract and nourish a wide variety of pollinators, with an emphasis on the iconic monarch butterfly.

If you have a garden with the appropriate native plants, you can get it listed for free on the Monarch Joint Venture's

"Map of Success Stories". Nancy

Sullivan's rain garden, named

"Butterflies Without

Borders" on the map, can be

seen at:

[monarchjointventure.org/success-stories/butterflies-without-borders](http://monarchjointventure.org/success-stories/butterflies-without-borders)

*Monarch (Danus plexippus) on a Swamp Milkweed (Asclepias incarnata)*



### Coyote!

I spotted a very large coyote at the end of the street recently. It vanished instantly into the woods and my dogs were not scared, only interested in getting closer. Coyotes are not dangerous to people, but they will prey on small animals such as cats. I felt very fortunate to have spotted this one, although I hear them frequently singing at night.

*Coyote (Canis latrans)*



## Paper, Plastic, or... Tapioca?

By Isabel Gruenhagen

"But I already use cloth bags for my groceries." Good for you, consider yourself "leveled up" on your quest to become an Expert Eco Warrior (that's EEW for short)! So what's next? Let's target and cut our plastic and paper consumption like one might fight to cut fat — unapologetically and fiercely. Plastic (and even paper) grocery bags are one of the biggest offenders, and a popular one to target. The May "No Plastic Challenge" was successful saving hundreds of plastic bags from the landfill, however, it can be difficult to know where to go next. What do you do if you've already eradicated single-use ziplock baggies and saran-wrap from your kitchen drawers? These are the questions we asked ourselves at the September Ecovillage Green Group (EGG) meeting. Our attention quickly turned to disposable dinnerware.

Did you know that America alone is responsible for enough paper and plastic cutlery & cup waste (not even counting plates!) to circle the equator 300 times? ([majorwastedisposal.com](http://majorwastedisposal.com)) Even if we're talking end-to-end, that number is outrageous when there are viable zero-to-low-waste options available. During our Thursday night meeting, as we lounged on the Common Roots patio, we discussed some possible solutions that we as a group might be able to offer to the ecovillage. Naturally, our first thought was to simply have a community inventory of reusable dinnerware,

which could be borrowed for parties, weddings, etc. Unfortunately there are simply too many obstacles and unanswered questions to make this a viable option at present—where would the dishes be stored, who would wash them, would the community accept secondhand and unmatched dishes, etc. This left us with the clear, if not entirely desirable, answer of finding more ecologically friendly disposable dishes.

Now, I'm sure we all know that when sourcing green alternatives it is just as important to consider how the material is made and how we will get it into our eager hands, as it is to weigh the pros and cons of our plate's afterlife. With these criterion in mind, I offer you the friendly suggestion to consider using tapioca-based or even sugarcane-based disposable dinnerware. Tapioca plates are not only compostable, but they can even be put into recycling if they are relatively clean. Bagasse (sugarcane plant fiber) dishes are already used by commercial chains such as Chipotle and Whole Foods (Recyclebank.com). These eco-friendly alternatives are available from Bamblu, Susty Party, Earth Wise and more. You may also find compostable dishes made from bamboo or palm leaves—just keep in mind that these are often sourced from overseas locations. Not one for ordering things online? Word on the Ridge is that our very own Common Roots General Store will be adding these to its inventory, so stay tuned!

## Tip of the Month

By Jamie Gaines

This month's tip comes from "Your Money or Your Life," by Joe Domingues and Vicki Robin (A must read book on the path to simplicity and sustainability).

### "Three Questions That Will Transform Your Life"

- 1.) Did I receive fulfillment, satisfaction and value in proportion to life energy spent?
- 2.) Is this expenditure of life energy in alignment with my values and life purpose?
- 3.) How might this expenditure change if I didn't have to work for a living?"

This tip jumps ahead in the book but is fundamental to shifting our relationship with, and causes us to reflect on the real value of, money. For more info on this great book contact me at [jamie@enrightecovillage.org](mailto:jamie@enrightecovillage.org)!



## On Not Being A Martyr

(Continued from page 02)

This is no time to put on your hair shirt for the Earth. This is the time to imagine a better way, a time to throw your personal energy behind the world you want to create. Don't deprive yourself of a sense of wonder and joy in living. Start with some simple questions about what you do. Bryan Welsh suggests these four:

- Is it beautiful?
- Could I do it easily again, or teach it to someone else?
- Does it give back more than I take?
- Does it create abundance?

We include this on as well:

- Does it honor my values of earth care and people care and fair share?

If you're getting a solid yes, you're on the right track. If not, what changes can you make to get to yes? The point of living sustainably is not to use any particular technique or become an inflexible ideologue. Rather, a creative assessment and intelligent application of conservation principles can change our use of resources based on our ethics. Renewing the world is a series of small creative and political and spiritual acts that take place day by day.

## Transitions

Billie Letta lost two longtime companions, Honey and Schmo, this summer. She has rescued another dog from life at the end of a chain, so look for them walking!

DJ Harv has lived in the Ecovillage for years, first in the Bur Oak building, then on McPherson and finally at the end of Enright. The house she has been renting has been sold and she is moving to Northside. We will miss her and her band of very faithful and merry friends.

## Gratitude

Many thanks to Ken Reidel and Roger Rose for preparing an amazing meal for the Farm Project Committee's second annual Farm to Table Dinner on October 1st. The whole evening was fantastic with great music and great company, but Ken and Roger really set the night off with a spread of locally-grown food that was absolutely delicious! Thank you for your skill and culinary creativity.

## Contribute to the RidgeRunner!

Do you have an idea for an article, something to share with the community, a community photo, or a funny comic that you've created? Then we want YOU to contribute to the RidgeRunner! 99.9% of the content in the RidgeRunner is created by our residents and members. The RidgeRunner is an excellent way to share ideas with the rest of the ecovillage which disseminates information, encourages dialogue, provides support, and compels action!

Don't have a full article, but just an idea for a feature or article? We're looking to hear your ideas as well! RidgeRunner staff would be happy to help articulate your thoughts. Send your idea or submission to [jschenk@imagoeearth.org](mailto:jschenk@imagoeearth.org).



## Ecovillage Tour

The November ecovillage tour will be on Saturday, November 26, 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@imagoeearth.org](mailto:jschenk@imagoeearth.org). For more information visit [www.enrightecovillage.org](http://www.enrightecovillage.org).



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