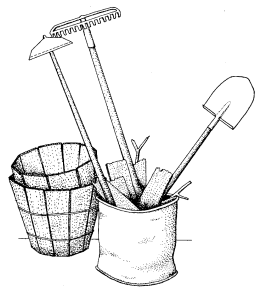


# 'Right Living'

Incorporated in

# 'Spring Settlement Simple Sojourning Season'

Quaker Settlement Sustainability Testimony in  
action



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The Quaker Settlement

Saturday September 25th – Sunday  
October 10th 2010

76 Virginia Road, WHANGANUI 4500  
Email settlement@quaker.org.nz

## What is on?

'Right living in our changing world – how do we live Good Lives?' Practical experience to expand understanding of ourselves in a sustainable world ['Good lives'] will be incorporated into the sojourning season. Join, observe and participate in events and activities of The Settlement.

We commence with a celebration of the spring equinox after which there is more light than dark each day.

**During the first week of the holidays we offer activities and may explore some of**

- food gardens and eating this fresh food
- building sustainably
- development of ponds and wetlands
- 'old skills' [some our ancestors took for granted which we can enjoy too]
- Art, crafts, music
- What other special interests can you bring to share too?
- Spontaneous skill sharing may arise!

There will be activities for all levels of physical fitness and weather. Bring activities to share. Children accompanying parents or carers are welcome under your charge. Childcare is not provided.

**This program is self-directed and self-catered.**

Food is for you to supply and prepare. The main kitchen will be available for you to self-cater or share food preparation with other participants.

Come for as long as you wish, when you wish and participate as much as you wish. There will be plenty of time to relax, unwind, learn, and have fun.

**We look forward to seeing you!**

'Right Living' and 'Spring Sojourning Season' at  
The Settlement Sept 26th – 10th Oct 2010

## Registration Form

Name[s] .....

Address .....

Phone..... Email .....

### Transport

I/we plan to arrive on ..... [date/day]  
at .....[time]

I/we plan to leave on ..... [date/day]  
at .....[time]

By Car  Bus  Air

Please meet us at [place and time]

.....  
If driving, would you have spare seats?

### Accommodation

Sleepinghouse  Units

Camp  Live out

Special needs .....

I enclose \$ ..... payment. [See page 2 costs]

**For initial booking & accommodation, please return this form before 10<sup>th</sup> September 2010, together with payment, to**

The Quaker Settlement, Attention: Heather Jan  
76 Virginia Road, WHANGANUI 4500  
Phone: [06] 347 7409 or settlement@quaker.org.nz

**For Events & activities information** contact

Heather Powell 0277112174

## Cost [per day/per 4 days/per week]

[Program is self-catered – you supply own food]

### With accommodation:

Unit

adult twin-share, linen supplied, en-suite

\$38 /\$130 /\$210

5-15 yo with caregiver \$10 /\$30 /\$50

Sleeping house /cabins

Adult \$25 /\$80 /\$120

5-15 yo with caregiver \$10 /\$30 /\$50

Camping: Adults and 5-15 yo

Caravan: \$15 /\$50 /\$80

Tent: \$13 /\$40 /\$70

Children under 5 yo free.

Living out: registration & resources \$10 /\$30 /\$50

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**I am interested TO OFFER workshops/other on:**

.....

.....

**I am interested TO PARTICIPATE in workshops/ tours/ other on:**

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.....

## Program components could include:

Meeting for Worship daily – 8.30am-9am

Epilogue in the evening

### Community events

- Shared meals
- Coffee mornings

### What else?

- Discussions
- Music
- Art and Crafts
- Concerts/Games
- Evening films with discussion of sustainability issues relevant for us

**Workshops and practical hands-on care/work could be available if there is interest, on:**

- **Land and gardens**
  - Vegetable garden tour, talk and work for immediate hands-on experience
  - Compost – that magic stuff!
  - Harvesting – how, when, then what to do with produce
  - Seed saving – an introduction
  - Orchards – tour, talk and work – see fruit and nut orchards new and old
- **Tree planting and care** for windbreaks, shelter, biodiversity and fire wood
- **Hens** – walk and talk about how we keep hens and their care
- Flax [harakeke] – versatile, multi-use

- **Ponds and wetlands** – tour and talk about the pond in the Garden of Peace and the new wetlands
- **Sustainable building**
  - Passive and active solar designs in use at the Settlement
  - Solar hot water systems, rainwater tanks, thermal mass, shelters and effective glazing for winter warmth/summer ‘coolth’
  - The magnificent composting loo
- **The ‘Slow Food Revolution’**
  - Low energy cooking
  - collection – harvesting, cleaning, preparation of produce
  - Fresh salads and vegetable dishes
  - Sprouts
  - Yoghurt and other fermented foods
  - Storing the abundance – drying and preserving
- Simple cleaning options [for you to trial here and maybe use at home too]
- ‘Old skills’ re-emerging
- Sewing, mending, knitting, crochet
- Art and crafts

**Sustainable community** – what does it mean living in a ‘Quaker Intentional Community’? Can it help us all find ways to ‘live lightly on the Earth’?

### What else?

Can you offer other activities of interest? Let us share the diversity of skill in our community.