

# SPOKANENWORD

*November*  
**2020**



**Spokane Friends**

**1612 W Dalke**

**Spokane, WA 99205**

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**Sunday Schedule  
during  
Covid-19 Restrictions**

**Morning Worship**

**10:00 am**

**At Meeting House**

**And Via Zoom**

**See Website For Link**

## **Permaculture: The Art of Designing Beneficial Relationships**

by Carol Barta

Permaculture is said to be “the art of designing beneficial relationships.” Permaculture is a design science rooted in the observation of natural systems, the wisdom of traditional farming methods, and systems thinking. It uses both ancient wisdom and modern scientific and technical knowledge to create sustainable habitats for humans and others.

At the core of Permaculture are three ethics: earth care, people care, and fair share. Recently we have been talking about fair share as “future care,” using only what we truly need so that there will be enough for future generations. These ethical concepts are found in most traditional societies, giving us a way to observe tried and true results from following them.

The twelve principles of permaculture design guide the process of creating sustainable farms and urban gardens. Ethics remain at the center of the twelve principles, ensuring that they are used in appropriate ways. These principles are seen as universal, although the methods used to express them will vary greatly according to the place and situation.

Permaculture design has been taught worldwide since 1978. Examples of successful designs can be seen in areas as different as the Loess Plateau of China and the Dead Sea Valley of Jordan.

By first taking time to observe and engage with nature we can create design solutions that suit each particular situation. Knowing where sun, wind, water, and wildlife cross a property through the year makes it clearer where we place our building and plants.

We also use patterns found in nature to design our solutions. Biomimicry is a fundamental trait of permaculture installations, like herb spirals that create beneficial microclimates and watering systems that branch like a watershed.

After careful observation, we begin to place the elements of our designs in zones both for our own convenience and to create synergies of cooperating elements. This summer my ducks and chickens snacked on the fig-eater beetles that wanted to eat the peach crop. And they laid eggs well into the fall.

One of the most difficult design principles to get people in the United States to follow is #9: “use small and slow solutions.” In the end, it makes better use of local resources and produces more sustainable outcomes. If you need everything to look right now the way you want it to be, you’ve been watching too much HGTV. Start with one small project.

Soil is the natural capital of the planet. Design principle #5 asks us to use and value renewable resources and services. Permaculture focuses on building healthy soil so that it may function as a living system. Healthy soil is the renewable resource needed to sustain plant and animal productivity, maintain or enhance water and air quality, and promote plant and animal health.

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All of this is just a taste of Permaculture — permanent culture as well as permanent agriculture. To learn more look for a Permaculture organization in your area. They are everywhere — except Antarctica! \*

## Permaculture Design Principles\*\*

### 1. Observe and Interact.

*"Beauty is in the mind of the beholder."*



### 2. Catch and Store Energy

*"Make hay while the sun shines."*



### 3. Obtain a Yield

*"You can't work on an empty stomach."*



### 4. Apply Self Regulation and Accept Feedback

*"The sins of the fathers are visited on the children of the seventh generation."*



### 5. Use/Value Renewable Resources/ Services

*"Let nature take its course."*



### 6. Produce No Waste

*"Waste not, want not." or "A stitch in time saves nine."*



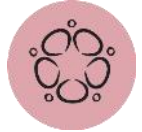
### 7. Design From Patterns to Details

*"Can't see the forest for the trees."*



### 8. Integrate Rather Than Segregate

*"Many hands make light work."*



### 9. Use Small and Slow Solutions

*"Slow and steady wins the race." or "The bigger they are, the harder they fall."*



### 10. Use and Value Diversity

*"Don't put all your eggs in one basket."*



### 11. Use Edges and Value the Marginal

*"Don't think you are on the right track just because it's a well-beaten path."*



### 12. Creatively Use and Respond to Change

*"Vision is not seeing things as they are but as they will be."*



\*\* From David Holmgren (2002) *Permaculture: Principles & Pathways Beyond Sustainability*.

\*Carol Barta is a practicing permaculturalist, part of the Kansas Permaculture Institute, and a member of Manhattan (KS) Friends Meeting. This piece was published in *Befriending Creation*, Oct-Nov-Dec 2019, [www.quakerearthcare.org](http://www.quakerearthcare.org)



By Sue Keehnen

## Grandma Gatewood's Walk by Ben Montgomery

## Sue's Corner



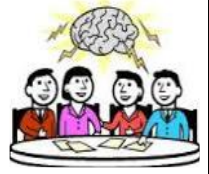
This Emma Gatewood, a 67 year old great grandmother, told her family she was going for a walk. The next thing they knew, she was 800 miles into walking the Appalachian Trail. She completed the entire 2,050 journey from Mt. Oglethorpe in Georgia to Mt. Katahdin in Maine in canvas shoes, wearing out several pairs, and carrying minimal supplies in a small bag over her shoulder. She completed the walk two more times, and then she decided to walk the Oregon Trail, Independence, Missouri to Portland, Oregon.

The book tells of Grandma's personal life - why she left her husband - along with the current events of the time, and her adventures on the A.T. She suffered through a downpour around Massachusetts that was the result of a hurricane farther South on the east coast. Her camping was a real adventure and there were a lot of (mostly) good people that she encountered.

Why did she do it? You'll have to read the book.

## MONTHLY MEETING FOR BUSINESS MINUTES

18 October 2020



The meeting was opened by Presiding Clerk Jonas Cox. 11 people were in attendance. The minutes of September were read and approved with one correction: Jon Maroni is not on the Caritas Committee.

Treasurer's Report: Things are looking good. The giving has improved a bit. Jon Maroni, the Treasurer, will meet with the Elders before the final steps are completed to start being able to give on-line.

Elder's Report: Pam Emery reported that the pulpit supply has been filled through November. The book study will begin soon with a book concerning racism in the church. We are still working on how to address our Mission Statement and how to get Quakerism into our community.

Stewards and Trustees Report: We need to start looking at repairing or replacing the roof of the building. Certain parts of the flooring need to be looked at also. Caritas should be asked to share in the costs of these projects. The elevator was recently repaired. We need a new contract or MOU for Elevator Maintenance. We will also ask Caritas if they can share in this expense since they use it to take supplies to the basement.

Kent Biel, Jon Maroni, Pam Emery and Jonas Cox have been attending a Seminar on "financial training" presented by Colin Saxton of Everence.

Walter Simon presented his report regarding the recent survey from our congregation about where we see ourselves in the Spokane community. It contains values, campaign strategy (what do we want, when and what to do with it) and 10 steps to make this happen. His full report is in the church office and on our Website.

With no further old or new business and all hearts and minds clear, Krista Maroni dismissed us in prayer.

Respectfully submitted,

Linda Nixon, Recording Clerk

## CALLED MONTHLY MEETING FOR BUSINESS MINUTES

25 October 2020

The Caritas Committee has met: Kent Biel is Clerk and others members are Jonas Cox, Pam Emery and Tina Weaver. The first amount presented to the Caritas Board was \$750 a month and this was rejected. Kent reports on the business side that buildings currently charge \$7.50 to \$15.00 per square foot of space used. For Caritas this would come to approximately \$1,483.00. We would like to ask them for \$1,000 a month. Bob Walker, Chair of the Caritas Board, sent a letter to the church saying they were "very disappointed in Spokane Friends" for what they were asking. We have been contributing for years and Caritas has not acknowledged that.

The original Memorandum of Understanding (MOU), written by Nick Block 7 years ago, stated 5 points:

- 1 The arrangement was supposed to be temporary
- 2 Caritas would contribute to cover extra expenses due to their use of the building
- 3 There would be no "rent," rather donations would cover expenses
- 4 Building use would consist of 3 hrs per day on 3 days per week.
- 5 Defined space for their use would be the west wall rooms of the first floor and the room under the front basement steps.

After quite a bit of discussion, it was decided that the Caritas Committee will meet again before giving Caritas our new proposal. We should have a face to face meeting with the Board, not just Bob Walker. We will ask them to pay \$750 to \$1000 a month. They may look at writing some grants to help cover replacing or repairing the roof, and re-carpeting and re-painting the spaces they use. If this is still rejected, we will give em until July 1, 2021 to find another location for Caritas.

We tabled the proposal for a Caritas shed in the parking lot until we hear Caritas's response.

With all hearts and minds clear, Krista Maroni closed with prayer.

Respectfully submitted,

Linda Nixon, Recording Clerk

## Caritas Stats for September 2020



Individuals served	638
Households served	333
Lbs. of food through the Table of Plenty & Food Pantry	25,958
Hygiene & Cleaning Supplies	\$ 589.00
Utility assistance	\$ 467.51
Number of Volunteers	43
Volunteer Hours	765

We are so grateful for the donations that allowed us to extend our "Summer" Meal Kits for Kids program through September. Families really needed that extra time as schools were delayed and schedules were changing due to COVID-19 restrictions. We had more children than ever participate in the program this year. 169 students from 69 households received weekly take-home meals that were nutritious and child friendly! Caritas is planning to again offer these meal kits during the longer Thanksgiving and Christmas breaks to help students stay fed while staying home. Thank you for your support and loving hour neighbors in need!

*"Trouble and distress have come upon me, but your commands give me delight."*  
Psalm 119:143 (NLT)

*Kelsie Rowland*

Operations Manager  
Caritas Outreach Ministries

### Caritas Needs

#### Food

Mac and cheese                      Top Ramen

#### Necessities

Anti-bacterial Ointment              Shampoo  
Toothpaste                                  Tooth Brushes

Special Thanksgiving project: We want to provide a Thanksgiving basket for our clients. We are looking for donations of the following items:

Small flour	Small sugar
Small oil	Cake mixes
Canned sweet potatoes	Canned pumpkin
Chicken broth	Evaporated milk
Instant mashed potatoes	

Thank you for your continued generosity.

## Quaker News

- ⇒ Mary Klein, editor and executive director of the magazine *Western Friend* has recently started an **online community forum** for ongoing mutual support among Friends in the West. Find it at <https://westernfriend.discussion.community/>
- ⇒ Join Friends around the world on Saturday, November 7, from 10 to 11:30 a.m., for the fifth session of **Friends World Committee for Consultation's** Quaker Conversations Webinar Series. The topic this time will be "Speaking Truth to Power during a Pandemic: A Quaker Scientist's Reflections." For more information, go to [fwcc.world](http://fwcc.world) and scroll just past the first panel.
- ⇒ **Friends Committee on National Legislation Legislation** (FCNL) Annual Meeting and Quaker Public Policy Institute 2020 is online November 14–17. Register by October 16. For more information, go to [act.fcnl.org/survey/annual-meeting-2020](http://act.fcnl.org/survey/annual-meeting-2020)
- ⇒ The next **Quarterly Gathering** for Sierra-Cascades Yearly Meeting of Friends is scheduled for Saturday, February 20, 2021. The meeting will be held virtually via Zoom.
- ⇒ Sierra-Cascades Yearly Meeting of Friends **Annual Sessions** are scheduled for Friday to Sunday, June 18–20, 2021, and we are tentatively planning on meeting in person at Canby Grove.

## FAITH ACTION NETWORK

*A Partnership for the Common Good*

We Warmly Welcome You to Attend

### FAN'S ANNUAL DINNER

Sunday, November 15, 2020

*Please register online for this FREE VIRTUAL event — you will receive a link to join us. If you can't make it, help jumpstart the giving by sending your gift to the address below.*

RSVP by 11/13: [bit.ly/FANDinner2020](http://bit.ly/FANDinner2020)

Zoom Social Gathering begins at 5 PM  
Program starts at 5:30 PM

3720 Airport Way S,  
Seattle, WA 98134

**RISE UP TOGETHER**

Something New is  
Coming your way!

Watch for a new column by a Quaker  
in next month's Newsletter