Program Contents

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READ ME!

See the Information Board for further info about workshops, program changes, and other activities.

Workshifts for All!
Workshifts are the way this conference works. We count on all conference attendees for two hours of work, as a minimum. We need your cooperation in order to have good food on time, quality childcare, a trash-free site, and quick responses in emergencies. Plus, workshifts are a great way to get to know other people. **Sign up at the registration table and make sure to show up for your shift.**

Parking
You are free to access your car in the parking field at any time. Please do not make excessive noise in the parking area especially at night. We want to keep our neighbors happy with us. If you have limited mobility there is a special parking area for you. Ask someone at Registration and they will direct you.

Stay in conference areas
Please do not go into the main area of Twin Oaks unless you are on a guided tour or during the Saturday night dance party at ZK, the community's main dining hall. It's not that we don't love you. This event has a big impact on the community and we need to minimize that where we can.

Announcements
Conference organizers and others will be making announcements throughout the weekend. Please help us out by quieting down when someone is making an announcement. If you want an announcement made, you can write it down and put it in the box at the registration table.

Fires and Quiet Hours
Please do not make fires anywhere except the fire circle in the Main Circle. Please observe quiet hours starting at 11pm. Normal conversation volume is fine in the Main Circle, but discontinue drums or other loud instruments, and please be quiet in the camping areas so people can sleep. If people ask you to quiet down please cooperate.

River, Riverfield, and Mudpit
The River, riverfield, and mudpit are available all day for swimming, mudpit, frisbee, etc. Please play carefully—there is no lifeguard. It’s a 30-minute walk down the River Trail. Take a map and follow the blue dots on the trees and the “River” signs.
**Friday Schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>3:00pm</td>
<td>Registration opens</td>
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<tr>
<td>4:00 – 6:00pm</td>
<td>Tour of Twin Oaks</td>
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<tr>
<td>6:00 – 7:30pm</td>
<td>Dinner</td>
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<tr>
<td>7:30 – 9:30pm</td>
<td>Welcome and introductions</td>
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**Saturday Schedule**

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<tr>
<th>Time</th>
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<tr>
<td>7:30 – 9:00am</td>
<td>Breakfast</td>
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<tr>
<td>9:00 – 9:30am</td>
<td>Opening Circle</td>
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<tr>
<td>9:30am – Noon</td>
<td>Meet the Communities</td>
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<tr>
<td>Noon – 1:30pm</td>
<td>Lunch</td>
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<td>1:30 – 5:30pm</td>
<td>Workshops</td>
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<th>Pavilion</th>
<th>Crossroads</th>
<th>Ladyslipper</th>
<th>Findhorn</th>
<th>Registration Tarp</th>
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<tbody>
<tr>
<td>1:30-3:00</td>
<td>FEC Panel</td>
<td>Holistic Planning and Decision Making</td>
<td>Could your community 100% self-sufficient</td>
<td>Why is art strategic in creating community—The Damanhur Approach</td>
<td>Unity in the Communities Movement</td>
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<tr>
<td>4:00-5:30</td>
<td>POC Panel</td>
<td>Why are you fundraising?</td>
<td>Building community thru song</td>
<td>Designing Community for Seniors</td>
<td>Visioning a coop in your community</td>
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<tr>
<td>3:30 – 5:30pm</td>
<td>Tour of Twin Oaks</td>
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<tr>
<td>6:00 – 7:30pm</td>
<td>Dinner</td>
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<tr>
<td>7:30 – 9:30pm</td>
<td>Documentary screenings at the Pavilion</td>
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<tr>
<td>8:00 – late</td>
<td>No-talent show, dance party and desserts at ZK (Twin Oaks dining hall)</td>
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Sunday Schedule

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<th>Time</th>
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<td>7:30 – 9:00am</td>
<td>Breakfast</td>
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<td>9:30-11am</td>
<td>Workshops</td>
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<tr>
<td>9:30-11am</td>
<td>Diversity</td>
<td>Consciousness in</td>
<td>Nomadic</td>
<td>Ecovillage</td>
<td>Exodus Panel</td>
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<td>in Recruiting</td>
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<tr>
<td>11:00am – Noon</td>
<td>Open Space Organizing</td>
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<tr>
<td>Noon – 1:15pm</td>
<td>Lunch</td>
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<tr>
<td>1:00 – 3:00pm</td>
<td>Tour of Twin Oaks</td>
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<tr>
<td>1:00 – 4:00pm</td>
<td>Open Space Sessions</td>
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<tr>
<td>4:00 – 4:30pm</td>
<td>Closing Circle</td>
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<tr>
<td>5:00 – 9:30pm</td>
<td>Open Houses at local communities</td>
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<td>5:00 – 9:30pm</td>
<td>Tour, dinner and activities at Acorn Community</td>
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<tr>
<td>6:00 – 7:00pm</td>
<td>Dinner at conference site</td>
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Program Descriptions

Tours of Twin Oaks Community - Meet at Main Registration Tent

**Friday, 4:00 – 6:00pm**

**Saturday, 10:00am – Noon and 3:30 – 5:30pm**

**Sunday, 9:00 – 11:00am**

Twin Oaks is the country's oldest and largest secular, income-sharing, intentional community. Get an extensive look and an understanding of how this unique model of cooperative living functions.

Meet the Communities

**Saturday, 9:30am – Noon, Main Circle**

In the first part of this activity, each community represented will have 1 minute to describe themselves.
to the crowd, and then identify where they'll be sitting. In the second part, participants mill and mingle amongst the congregated communitarians, asking questions and networking.

**Documentary Screening**  
*Saturday, 7:30pm, Pavilion*

We’re excited to screen the documentaries Arc of Justice, and Holding Ground and Gaining Ground. Arc of Justice chronicles the remarkable journey of black farmers in the south who created the first community land trust that grew out of the Civil Rights Movement. Holding Ground and Gaining Ground document the Dudley Street Neighborhood Initiative in Boston, MA, detailing an amazing story of a neglected neighborhood challenging gentrification and discrimination to take control of its destiny. It’s an inspiring story of a neighborhood creating a level of community most people never would have thought possible.

**No-talent Show and Dance Party!**  
*Saturday, 8:00 – Late, ZK (Twin Oaks main dining hall)*

Join us for the return of the No-talent Show at the Communities Conference. Space will be limited! Look for the sign up sheet on the info board. And what conference would be complete without a dance party? Come get down in the heart of Twin Oaks. Dessert will be served.

**Open Space**  
*Sunday, organizing at 11am, Pavilion, Sessions after lunch in various locations*

Open Space is an opportunity for any participant to offer a workshop or catalyze a discussion on any topic you want. Participants will make their pitch during the Organizing session, and all participants will work together to determine the schedule for the afternoon sessions.

**Open House at local communities**  
*Sunday, 5:00 – 9:30pm, Living Energy Farm, Mimosa and Cambia*

Louisa County has had several new communities start over the last few years. Living Energy Farm aims to be a fossil fuel free community. Cambia’s focus is on families, interpersonal relationships, and culture creation. Mimosa holds egalitarianism and environmentalism as core values as well as being committed to honest, trauma-healing communication. Spend some time Sunday evening at one or more, find out what life in a new community is like, and get inspired.

**Tour, dinner and activities at Acorn Community**  
*Sunday, 5:00 – 9:30pm, Acorn Community*

Tours will be available at Acorn beginning between 5pm and 6pm. Meet your tour guides in the volleyball court, next to the parking lot. Tours will include our business (Southern Exposure Seed Exchange), gardens, and community buildings, with a different focus depending on your requests and
the tour guide's inclinations. We will serve dinner around 6:30pm, and light a bonfire when it gets dark. Feel encouraged to bring musical instruments and games. Activities at Acorn end at 9:30pm.

Overthrow Yourself!

*A special curated space, held throughout the weekend in the Big Dome*

You are invited to attend “OVERTHROW YOURSELF – Adventures in Radical Vulnerability.” This interactive, improvisational action space promises to excite and challenge attendees as it creates opportunities for exchange about the ways we are all complicit in different forms of oppression. Through practicing self-examination in the presence of others who are doing the same, attendees will be able to take fearless self inventory without feeling alone in the face of their more difficult self-discoveries. To cultivate and support a climate of trust and safety, participants will engage in mutual vulnerability exercises.

A typical experience within “OVERTHROW YOURSELF” would begin by choosing one of 5 different kinds of buttons. Each button will display a vulnerable statement. For example: “I benefit from misogyny – ask me how.” “I benefit from white supremacy – ask me how” “I benefit from ableism – ask me how” “I benefit from colonialism – ask me how” “I benefit from queerphobia – ask me how”

Attendees will be invited to have one-to-one conversations with other participants wearing the button of their choice. For those who would rather express themselves visually, there will be opportunities to decorate the space with images and words expressing vulnerability. Participants will also have the opportunity to share with the larger group about specific examples of their vulnerable statement and how this exercise might impact their future behaviors.

This activation space will mark the official founding of a new organization dedicated to the exploration of radical vulnerability. All participants will be invited to submit their contact information if they would like to continue in the activities of that organization. It will be called: The Radical Vulnerability Alliance.

*Convener Bio:*

Growing up with a musically gifted mother, Courtney Dowe began writing songs from a very early age. She does not think of her relationship to music as a career as much as a calling. Guided by the philosophy that music should be accessible to as many people as possible and in as many ways as possible, she has performed in places as humble as subway stations and as legendary as The Filmore in San Francisco opening for Citizen Cope. Her interest in human rights has inspired “protest songs” ranging from the subject of police brutality in the United States to the persecution of Falun Gong by the Communist Regime in China.

In recent years, she has felt called to arts education and community organizing. She has been an elementary music teacher, as well as a songwriting and vocal instructor. She is a member of Compersia Community, Executive Director and founder of The Women’s International Living Library and currently serves on the Board of Directors for Earth Rights Institute and The School Of Living.
Workshop Descriptions and Presenter Bios

FEC Panel
Saturday, 1:30-3:00pm, Pavilion

Join members from various communities in the Federation of Egalitarian Communities to find out about the benefits and challenges of living in an income-sharing community.

Holistic Planning and Decision Making
Saturday, 1:30-3:00pm, Crossroads

Description: In this workshop we will be looking at and working with the first steps of the Holistic Management Planning Process. You will learn the basic concepts of setting a Holistic Goal and guided through a writing exercise using worksheets. This is a powerful tool used by individuals, families, cooperative businesses, non-profit organizations and now Intentional Communities. Come by yourself or with the other(s) you make decisions with in your life to learn the beginning crucial part of this decision making framework.

Bio: Sarah Williford coordinates & teaches Holistic Management programs. She uses the HM planning process with her intentional community, East Brook Community Farm, and their cooperative farm business. She loves being with plants and working, meeting, and playing with her incredible community members!

Could your Community be 100% Self-sufficient
Saturday, 1:30–3:00pm, Ladyslipper

Description: Living Energy Farm is developing a set of tools that allows communities to become 100% energy self sufficient using methods that are cheap, durable, and effective. Renewable energy works fantastically well at a community level. We will talk about what we have done at LEF as well as our planned projects, and then work with participants to plan how they can go home and make their communities energy self-sufficient. Communities could and should be the leaders of the movement to address climate change and global ecological decline. Let us work together to make it happen.

Bio: Alexis Zeigler was raised on a largely self sufficient farm in Georgia. He has lived in intentional communities all of his adult life. He has organized successful local environmental campaigns. He published a book titled Integrated Activism, and is the lead designer of Living Energy Farm.
Where is the Unity in the Communities Movement  
Saturday, 1:30– 3:00pm, Registration Tarp

**Description:** Through group participation we will find out what participants are currently struggling with, what is working for them, how neighboring communities can better support each other, and what overlapping issues resonate with all of us present. Here they will find practical advice and resources with opportunities for self-reflection using group participation to illustrate workable examples and determine the focus our session takes.

**Bio:** Nicole Bienfang is a co-founder of The Transition, Nicole Bienfang has dedicated her life to increasing the impact social change makers have on society. She is a research driven, lifelong learner, who uses that knowledge to build stronger relationships among communities with individuals from around the world.

Why Art is Strategic in Creating Community: The Damenhur Approach  
Saturday, 1:30- 3:00pm, Findhorn

**Description:** This is a brief journey into how we have created Damanhur and why art is so strategic. We share how we have used art at the foundation of our community creation, and continually utilize art in order to increase community well-being, embrace diversity as resource and potential as well as to process conflict. Our community has created The Temples of Humankind, heralded in the press as “The Eighth Wonder of the World.” Our extraordinary subterranean eight chamber temple complex features remarkable paintings, mosaics, sculpture and glass art—all created to celebrate universal spirituality. The Temples were created within the solidarity of a community who were not artists. Yet, within a field of trust and non-judgment, the miracle of the Temples grows and every individual has the opportunity to create and discover the artist within.

**Bio:** Formica Coriandalo has lived at the Damanhur Federation for over 25 years. Initially she sculpted, painted and crafted stained glass in Damanhur’s underground temples. She the moved into various leadership positions including development of the Federation and coordination of outside researchers, sociologists and filmmakers.

Betsy Pool is the co-founder of The Institute for the Mythology of Humanity, an organization that works with researchers and storytellers worldwide to elucidate a history of humanity that was previously reserved in esoteric archives. She is a film and television writer/director and producers. She hosts and produces the YouTube series “Confessions of a Time Monk,” which tells personal stories of world renowned activists, physicists, researchers, mediums, and relationship anarchists. She lives at Damanhur and organizes these and other activities from there.

Community Voices—People of Color Panel  
Saturday, 4:00-5:30pm, Pavilion

**Description:** Have you ever wondered about the unique experiences of your non-white siblings in
community? Then come listen to a multi-generational panel of people of color communards! Discussion topics will include: pros and cons of being a POC in community, hospitality and new-member integration concerns, common barriers to entry and exit, and changes in racial demographics over time. Community Voices: People of Color is not intended explicitly to be a "How-To" on recruitment of POC, although suggestions may arise naturally in discussion. It is instead an open space for the sharing of positive and negative experiences. The discussion will be led by Ira Acorn, a true force of nature with long-time communities movement membership.

Panelists: Crystal Farmer (Charlotte CoHousing), LeslieAnne Crosby (Ganas), Courtney Dowe (Compersia), Ericka Rodriguez (Catholic Worker NJ), Maddie Evans (Twin Oaks Intern). Moderator Ira Wallace (Acorn)

Why Are you Fundraising?
Saturday, 4:00-5:30pm, Crossroads

Description: Why you are fundraising is very important--to your whole campaign. This workshop assumes you know why you are fundraising but perhaps nothing else. In the presenter's experience, your "why" is a powerful guide you can trust to get you over most hurdles and build a successful campaign.

Bio: Beth Raps is a translator, philosopher, mom, writer, fundraiser, and organizer committed to consciousness growth, her own and others’.

Building Community Through Song
Saturday, 4:00pm-5:30pm, Ladyslipper

Description: In this workshop we'll share some great community songs while reflecting on the craft of strengthening community through singing. We will explore how to use a variety of deep and simple musical forms from to build rapport and attune hearts and minds. No special musical talent is needed to participate. If you can talk you can sing!

Bio: Facilitators Craig Green and Cleo Keller are life partners dedicated to convening contemplative communities of song and propagating contemplative ukulele brigades. Craig is author of forthcoming Contemplative Songbook. They are members of Woodfolk House of Song in Charlottesville, VA.

Visioning a Coop in your Community
Saturday, 4:00-5:30pm, Registration Tarp

Description: You already live together, what would it take to work together? Is it possible for your collective to agree on a shared income generating venture and what are the deal makers and breakers for your members? What type of time frame makes sense for this venture? Who are the in house champions that are going to prioritize this venture, including shepherding it through community process and hopefully consensus. This workshop is the first of three in a thread, the second is drafting a business plan and the final one is the business plan review and clinic.
Bio: Jim Johnson serves on DAWN’s Board of Governors as well as a certified DAWN Peer Adviser, actively providing technical assistance to worker co-ops, start-ups, and conversions. He is also a member of the Grassroots Economic Organizing media collective, which has been chronicling the worker co-op and solidarity economics movements in the US and around the world for over thirty years.

Designing Communities for Seniors
Saturday, 4:00-5:30pm, Findhorn

Description: There is wide agreement that there must be better solutions for the aging living together than nursing homes. What are the principles for intentional communities that are designed to address needs of aging members, while not excluding young members? When planning and building egalitarian communities, how does the idea of quota get modified aging members who have less energy than younger members? Full Circle is a forming intentional community adjacent to Twin Oaks that is looking to take on these issues. This workshop discusses how to craft a successful intergenerational communities that meet the needs of all its members.

Bio: Corb Ardrey lived, farmed and started a family at T.O. (’79 – ’84); enjoyed 32+ years in healthcare IT, has seen how lonely and expensive aging is for everyone; challenges us to put our heads and lives together to do much better!

Diversity in Recruiting, or How Do I Get People of Color to Join my Community?
Sunday, 9:30-11:00am, Pavilion

Description: Despite our best efforts, the intentional community movement in America is overwhelming white. In this workshop, we will explore the historical factors behind housing segregation and how it impacts where people of color choose to live. We will experiment with implicit bias and learn how it distorts our view of who would fit into an intentional community. Finally, we will discuss the best ways to overcome those internal and external factors to build truly diverse communities.

Bio: Crystal Byrd Farmer is an engineer turned educator. She is the organizer of Charlotte Cohousing, owner of Big Sister Team Building, and editor of the Black & Poly online magazine. Her passion is encouraging people to change their perspectives on diversity and relationships.

Consciousness in Community
Sunday, 9:30-11:30am, Crossroads

Description: Our communities may risk in-fighting or stagnation as a result of internal issues that are hidden and/or suppressed. These can be surfaced through conscious communication practices which are much more successful if combined with members’ commitment to consciousness development. This is why consciousness development is one of the most important parts of our forming IC, Donald’s View. This workshop will give you a chance to try out just a few of the many practices that, over time, develop consciousness and conscious communication. By “consciousness” we mean awareness, and
then some. By development, we mean practices that increase your awareness of your own mind. And we mean this helps develop ICs, specifically in the areas of Communication, Setting and Enacting Intention with Clarity, Problem-solving, Aesthetics and development of your IC’s culture, Big-vision, big-picture growth.

**Bio:** Michael Brickler of Donald’s View is a web data, streaming media consultant, and an actor who is founding an IC in southwestern Virginia that will be based on diversity, outreach, and consciousness growth. Beth Raps is a translator, philosopher, mom, writer, and organizer committed to consciousness growth--her own and ‘others’.

**Being a Nomadic Communard**  
*Sunday, 9:30-11:00am, Ladyslipper*

**Description:** It is possible to live a life of travel, adventure, and spend copious amounts of time working on your invigorating passions, while almost completely outside of the money economy. This workshop will educate participants on how to use the unorthodox wealth of communities to liberate themselves from the drain of personal expenses and dedicate more of their time to their passion projects. Communities are a unique place to explore gift economics, non-monetary agreements and alternate currencies. People who adopt this lifestyle will not only benefit themselves but will serve the movement by connecting communities and finding out in what ways each of them are deeply wealthy and what they are in need. Movement Games, heart shares, and intellectual discussion will be involved.

**Bio:** Thumbs Cassidy is a peripatetic communard who is traveling across North America building yurts and mentoring in their construction. He is on the board of Next GEN, the youth chapter of the Global Ecovillage Network. He is an associate member of Cambia Community.

**Panel Discussion on Surviving Exodus**  
*Sunday, 9:30-11:00am, Registration Tarp*

**Description:** How can intentional communities survive a membership exodus? This workshop will carve out space for community members to share their experiences, learn from other communities and develop strategies to overcome the challenges of membership overhaul. The panel will consist of experienced community leaders that have dealt with exodus to varying levels of success. Failure to deal with member exodus can lead to the collapse of a community, but it take more than recruiting new members to take on this problem. Communities need to be self reflective about why the Exodus took place and this panel hopes to guide participants in how to do that analysis.

**Bio:** Moderated by Taylor Rhodes, a member of the Baltimore Free Farm.

**Ecovillage Design—Principles and Practice**  
*Sunday, 9:30-11:00, Findhorn*

**Description:** We now have significant experience designing ecovillages both in rural and urban settings and this workshop will take stock of what has been learned over the last 30 years. There are
sustainability elements, aesthetic aspects and design components connected with high degrees of sharing which all go into making a high functioning ecovillage. In many cases these are not elements which are taught in architecture school. We will explore conversions of existing non-ecovillages as well as designed from scratch solutions. The workshop will start with presentation and then go into question and answer.

**Bio:** Fred Oesch is a licensed architect who designed the seed building at Acorn and lives in Schuyler VA. He has also been involved in several ecovillage projects, both urban and rural as well as new builds and conversions. He serves on the Ecovillage Charlottesville Board and throws a mean quarry party.
Monday Program

Cambia Community is offering a supplemental Monday program to the Twin Oaks Communities Conference over the labor day weekend.

These are three separate parallel threads, two of which are offered at Cambia (which is less than 2 miles from Twin Oaks) and one, Business Plans, is at the Sophia House Conference Center (which is less than 1 mile from Twin Oaks). Each of these programs deals with different aspects of intentional community living. Specifically:

- **Yurts:** While these inexpensive dwellings are applicable in many settings, they are especially appropriate for intentional communities because of their DIY nature and their flexibility citing and mobility. Learn a bit of history and theory and do a bunch of hands on work to fashion yurts from inexpensive and easily available materials.

- **Sustainability Exhibits:** Intentional Communities are by their nature demonstrations of sustainability. Cambia’s museum trail and demonstration site is an access point for the public to interact with the why and the how of communities leading the way for sustainable future. Making sustainability accessibility can be part of your communities activities.

- **Business Plans:** Intentional Communities need to make money to survive. If you want to start your own worker coop there are known successful steps, this workshop focuses on reviewing and improving business plans. This event is the conclusion of a thread of workshops which started at the Twin Oaks Communities Conference.

**Venue:** Cambia Community is a tiny new income sharing community less than two miles from Twin Oaks with big ambitions. When Twin Oaks decided not to have a Monday program for the Communities Conference, we thought it was a great opportunity to invite participants to our place for Labor Day. Cambia is dedicated to promoting sustainability and whimsy. Come by, it might be your cup of tea.

If you are interested in the Cambia Labor Day program please let the registration folks now and if you have questions feel free to ask Paxus.

Cambia is located at [9560 Shannon Hill Road, Louisa](https://www.google.com/maps/place/9560+Shannon+Hill+Road,+Louisa,+VA). Sophia House is located at [1782 Yanceyville Road](https://www.google.com/maps/place/1782+Yanceyville+Road,+NC). There is a $50 fee for this additional day of workshops at Cambia, which includes lunch and possibly dinner. No one is turned away for lack of funds.