



# The Whole Villager

*Whole Village is a Sustainable Farm Community*

We are a group of people from a variety of backgrounds, singles and families, who have come together to build an ecovillage, creating an ecologically and environmentally sensitive farming community based on biodynamic principles and practices.

The Whole Villager is our quarterly newsletter, designed to keep our associates and friends up to date about our project and to help them develop stronger ties with our farm community. We plan to share information regarding community living, sustainable agriculture and land stewardship to promote our mission, vision and guiding principles.

**Winter 2006**

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## **Greenhaven – Home at Last!**

**By Brenda Dolling**



**Hello my name is Julie Kenny. My Husband Jean-Marc and I are the newest members of Whole Village. We are excited about living in community and trying to be as sustainable as possible. In addition, to being the newest members we are also the youngest members. We aim to encourage other people of our age group to become involved in Whole Village.**

After nearly two years of construction, Whole Village members finally have a permit for occupancy in Greenhaven. Built for energy efficiency, the unique eco-house includes daylight from skylights, radiant heating using ground source heat pumps, super insulation, passive solar, and shared spaces and equipment.

The past Summer was spent finishing the exterior – roof insulation and sloping for a future green roof, stucco finish, eco-paint and wooden trim. Through the Fall the installation of ecologo/ no-waste drywall completed the interior walls, while skylights were sealed and flashed and strawboard cabinetry was designed and built. Electrical and plumbing work was recently completed while interior painting, flooring and trim were installed.

Using criteria for local, sustainable materials Whole Village sourced Ledgerrock limestone from the Bruce Peninsula and oak from King Township (donated by our architect, Denis Bowman) which was dried, planed, cut and shaped on site. Residents are currently



commitment, diligence and skills. Their hands, hearts and heads have created a large comfortable home for 11 households. Whole Village members will always remember their dedication to this task as they and their visitors enjoy all of the amenities in Greenhaven for many years to come.

## A Second Year By Lucie Bouffard

painting or staining their strawboard cabinets made from wheat straw on the prairies.

As each member moves into a suite, the intentional community comes closer to reality – some eight years after its beginnings.

At the Official Opening of Greenhaven in early March, 2006, Denis Bowman, architect and member, and Jeff Gold ( construction manager and member) related the story of this unusual house from its early planning stage to completion. The final installment of an Affordability & Choice Today (ACT) grant for innovative housing from Canada Mortgage & Housing Corporation, the Federation of Municipalities, and Federation of Home Builders was awarded. Friends and community members shared in the open house celebrations with many who had helped to build the ecohouse. Brenda Dolling from the Construction Management Team expressed gratitude to the construction crew, many of whom lived on site for one and a half years. The problems these young men and women faced and overcame were many and complex. Through extremes of temperature and difficult weather conditions, the crew managed to carry on, always rising to



each new challenge. Many learned new trades, shared their expertise with others and exhibited positive teamwork.

All members owe a large debt of gratitude to Nate Anderson (lead hand and site supervisor), Megan Shirley, Mark Dwyer, Miguel Moratilla, Mike Spark, Will Grift, Jean Marc Kenny, Shane Snell, Richard Griffith, Dave McNalty, Claude Gauthier and Shelley Hannah for their

A second year is like a second chance, in a way. This is how I envision this second season for me as the gardener in charge of the 3 year old Community Supported Agriculture (CSA) program here at Whole Village. It is indeed a chance to improve on what was built last year, a chance to do things more effectively and especially a chance to get ever closer to Nature so as to approach my work with more consciousness and inner knowingness. This is all part of a long process built from the day to day relationship between the gardener and her surroundings. I am personally looking forward to all the learning to come and all the rewards from the hard work. Very satisfying and meaningful.

This year, we are aiming at a CSA of about 40 full shares including the existing Whole Village members (about 11 shares). This new number represents quite an increase and one that will require much effort in recruiting more members. My hope and ideal is to provide delicious & healthy food for ourselves & surrounding community. Organic food grown within & for our community is a mutually supportive enterprise encouraging local economy. Most of all, isn't it so nice and gratifying for the gardener who works so hard to see the delight in people's faces as they pick up their veggies at the farm? Now, that is real.

Therefore, the emphasis for this season will be on making us known to the surrounding area as much as possible. Articles in the local papers, posting and distributing flyers and making contacts with all health practitioners will be amongst the planned strategies to increase the number of shares. A CSA needs early commitment from their prospective members in order to have the necessary funds to buy the seeds & tools needed at the beginning of the season. We will begin to advertise as early as February and throughout the Spring. Please continue to spread the word about our organically grown food! We need your help.

January and February are also the months to get the seed orders done. Some plants such as celery, celeriac and leeks are started as early as late February or early March! Keeping in mind our budget, I do my best to select organic and heritage varieties when available. I also choose some varieties for experimentation of taste, production or resistance to heat, cold or diseases.

Among our plans for this upcoming season, we are looking at improving our irrigation system in the garden and in the greenhouses. We will also look for ways to improve heat



retention in the greenhouse and we intend to expand the garden into new areas for growing more vegetables and fruits. However grand our plans are, our CSA program could not be possible without committed help.

Therefore, we would like to offer an apprenticeship program which benefits both the gardener and the apprentices. We are prepared to welcome 2 full time apprentices on the farm; beginning in May and ending in September. Apprentices would receive room and board, plus a \$300 stipend per month in exchange of their participation in all the realms of the garden work, including greenhouse work. Having been an apprentice myself for 3 seasons, I know how valuable such an experience can be! For those interested, please contact us at the Village for more information; ask for Lucie at 519-941-1099 and I will be happy to answer your inquiries.

## Promoting Healthy Living By Tom Hui

As a naturopathic doctor and a yoga teacher, I often advise my patients and students about healthy living. Health may be defined as a state of complete physical, mental and spiritual well-being. We are born with a certain set of genes but it is the environment that we live in, the food that we eat, the air that we breathe, our thoughts and attitudes that determines our state of health.

A healthy lifestyle begins with what we eat.

*“Let food be thy medicine and thy medicine food” - Hippocrates*

*“Eat not for the pleasure thou mayest find therein. Eat to increase strength. Eat to preserve the life thou has received from heaven.” - Confucius*

A balanced diet consists of eating a variety of wholesome organically grown and non-genetically modified food. Simple meals aid the digestion and assimilation of foods. The Sun is the source of energy for all life on our planet; it nourishes the plants, the top of the food chain, which are then eaten by animals (vegetarian), which are then eaten by other animals (carnivores). The food at the top of the food chain, being directly nourished by the Sun, has the greatest life promoting properties. The food value of animal flesh is termed as "second-hand" source of nutrition and is inferior in nature. All natural foods (fruits, vegetables, seeds, nuts and grains) have, in varying quantities, different proportions of the essential nutrients. As source of protein, the body easily assimilates these. However, second-hand sources are often more difficult to digest and are of less value to the body's metabolism.

We should eat according to the season, eating more raw & cooling foods during the hot summer months and warm, nourishing foods during the winter. Try to minimize the

intake of common allergenic foods like dairy, wheat, corn, etc. Specific foods, which have certain healing and energetic properties, can be used to help the body from getting sick. For example, foods high in vitamin C and antioxidants (brightly coloured fruits and vegetables) help to increase our immunity. Ginger and mints aid digestion. Reduce the intake of refined sugars and carbohydrates. Incorporate all 5 tastes: salty, sour, sweet, bitter and pungent in your meal.

It is important to eat your meals at regular schedules. Take a moment before eating to relax and breathe deeply to prepare for your nourishment. Eat slowly and chew well. Eat only as much as you need (3/4 full). After eating, relax a while and then do some light movement, like walking, to help digest, assimilate and circulate nutrients. Do not eat for at least two hours before bedtime.

Proper exercise is important to promote healthy living. One of the best approaches is yoga. Yoga not only works on the physical body by increasing flexibility and strength. Proper breathing helps to bring in fresh air and vital energy into the body. Deep abdominal or diaphragmatic breathing calms the mind and reduces stress. So the next time you feel stressed, rushed or angry, take a few long deep breaths and you will be able to feel the difference.

In order for the body and mind functioning well, we need sufficient rest and sleep. Exercises such as progressive muscle relaxation and autosuggestion help to relax the muscles of the body. Breathing slowly and rhythmically for a few minutes can relieve mental tensions. Regular and restful sleep helps to recharge and rejuvenate the body.

By being mindful, we can focus on the “being” part of human being. We cannot undo what has happened in the past or control what will happen in the future. Try to set aside some quiet time each day in the morning or evening to reflect, contemplate or meditate. If we create a positive vision of what we want to become and work toward that vision steadily, we'll get there one day.

Learn how to listen to our body. When we get sick, our body is trying to tell us a message. Each one of us is a unique individual. We need to adapt a lifestyle that fits our personal needs. Making lifestyle changes takes time and effort. Prevention is to key to health. We can stay healthy by eating a proper diet, exercising regularly, breathing deeply, living in a clean environment, being connected to people, the earth, universe and maintaining a positive mental attitude.

If you have any questions about your health, please feel free to contact me.

*Tom Hui, MSc., N.D. is a naturopathic doctor and yoga teacher. He lives at Whole Village and practices naturopathic medicine in Caledon. Nutrition & lifestyle counseling, acupuncture, herbs, homeopathy and energetic bodywork including Thai massage is used in his practice. Tom can be reached at 519-942-4275 or by email at [drtom-nd@wildmail.com](mailto:drtom-nd@wildmail.com).*

## Recumbent Mike

By Mike Spark

I have always been interested in sustainable transportation and figured that there weren't enough people on regular bikes, so I started looking for an alternative. Lo and behold, recumbent trikes cycled into my life one day when I was living in Vancouver. What a beautiful machine! A year and a half ago I



moved to Whole Village to work on Greenhaven and the opportunity arose to build recumbent trikes here. I've been honing my skills and am ready to start building these trikes with quality in a timely manner. These trikes will be selling for as low as \$500 and as high as \$1000, however, if you want the highest end components, of course, the price will go up accordingly.

I look forward to helping you achieve sustainable transportation. Mike Spark (519) 941-1099, sparkmike@gmail.com

## Whole Village Welcomes Kelly Rooyakkers

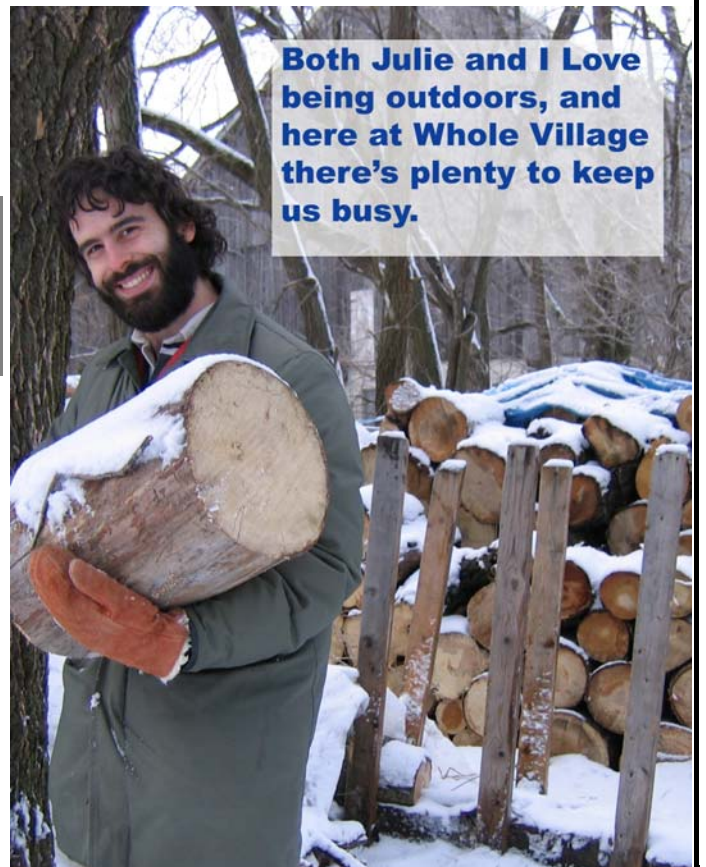
By Brenda Dolling

Kelly Rooyakkers, a 16 year old student at Robert F. Hall Catholic Secondary School, has come to Whole Village for community, organic food, and education. While living in Mount Forest, Kelly became interested in eating organic food. After moving to Alton Kelly noticed a Whole Village brochure at the library and connected with the Whole Village gardener. Her mother, Heather, subscribed to the CSA program for the rest of the season, while Kelly volunteered in the gardens. She learned to mulch, weed and harvest various garden vegetables and became a friend of villagers. After meeting Maggie Kulikauskas, who was close to her age, Kelly and Maggie became fast friends and lived together for a year with Kelly's family while attending school in Caledon. Now that the Kulikauskas family has moved in to Greenhaven, Kelly has come to live with them on the farm.



Kelly believes in people living in community as a family to learn together. She believes that ideas can get passed on and affect lots of people's lives. Kelly explains that, "People come from the earth so should take care of the earth and learn from it how special it is."

She wants to stay with the Whole Village community as long as possible. Kelly expresses love for the community, likes learning a lot, making new friends and extending her family. She claims she now has many dads, moms, siblings and a few more annoying cousins.



**Both Julie and I Love being outdoors, and here at Whole Village there's plenty to keep us busy.**