



*Exploring a  
Sense of Place*

# SEASONS

Volume 1 Issue 1

March 21, 2007 – Spring Equinox

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## Welcome!

Exploring a Sense of Place is delighted to bring you the first edition of our newsletter, *Seasons*. It will be published four times a year, in conjunction with the spring and fall equinox and summer and winter solstice. Each issue will bring you information on what to look for in the upcoming season, poetry, photography and other art inspired by nature, opportunities to get involved with Exploring a Sense of Place, and upcoming events along with the latest news from the organization. We hope you enjoy it, and welcome your feedback. You can reach us anytime at [info@exploringsenseofplace.org](mailto:info@exploringsenseofplace.org). You can also find more information and resources, as well as order the Exploring a Sense of Place guidebook, on our website, [www.exploringsenseofplace.org](http://www.exploringsenseofplace.org).

## Celebrate the Equinox

### *What is the Equinox?*

The term equinox derives from the Latin words for equal (*aequs*) and night (*nox*.) The equinox is that time of year when the sun spends an equal amount of time above and below the horizon on all locations on earth – and thus the lengths of day and night are equal.

### *Celebrating the change in seasons*

The equinox is a time for celebrating a change in the length of days, and a shift to a new season. The spring



A view from Foothill Park.

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equinox is celebrated by many religions in varying forms. In the Christian religion, Easter is linked to the equinox. The Jewish holiday of Passover is also believed to be linked to the equinox and coming of spring. Naw-Rúz, the New Year celebration for the Bahá'í faith, falls near the spring equinox. And during pagan times, the equinox was celebrated by ancient Britons, Irish, Germans, Persians, Mayans, Greeks, Romans and Saxons. In more modern times, the original Earth Day was celebrated on the spring equinox (March 21) in 1970. It has since been moved to April 22.

### *Ways to observe*

Here are some ideas of ways you can commemorate and observe the equinox:

- Plant flowers & vegetables
- Walk in nature
- Watch a sunrise
- Plant an herb garden
- Attend the evening with Jack Laws – visit our website for more details
- Create your own tradition



An exercise in creativity in nature  
Photo by Bryce Perry

### *But can I balance an egg?*

Rumor has long held that during a narrow window of a few hours on the equinox, it is possible to balance an egg on its end. Is it true? While most experts say no, perhaps you ought to give it a try yourself and find out.

*“The human role is to enter into the celebration of the universe. That’s the primary thing. To have lost that celebratory experience is to lose everything that makes life worthwhile.”*

*- Thomas Berry*

### Upcoming events:

Tuesday, March 20, 7-9 pm: Celebrate the Equinox with Jack, Conexions Center

Thursday, April 19, 7 pm: Sense of Place Orientation for New Yearlong Program

Monday, May 7, 7 pm: First Sense of Place Enrichment Evening

Saturday, July 7, 12-1:30 pm: Guidebook Workshop, Common Ground, Palo Alto

View the complete calendar at [www.exploringsenseofplace.org/site/?page\\_id=4](http://www.exploringsenseofplace.org/site/?page_id=4)

# Get involved!

Exploring a Sense of Place is growing and we welcome your help. Here's a few ways you can join in:

1. **Be a volunteer at our center.** We are looking for a volunteer who can come in once a week, preferably on Thursdays from 1-3 pm. The volunteer will support staff by helping with various tasks such as preparing binders, mailings, filing, data entry, book sales and other needs that may arise. We need someone with good computer skills, strong organizational skills, and who is dependable and flexible. Familiarity with FileMaker Pro is a plus, but not necessary.
2. **Contribute to this newsletter.** We welcome submissions of photos, artwork, poetry, recipes or articles for the newsletter. Submissions for the next newsletter need to be in by May 31.
3. **Go to the farmer's market.** We are looking for volunteers who would be willing to host tables at local farmers markets to get the word out about our program. We will take care of all the details and materials – all you need to do is show up that day!
4. **Spread the word.** Contact your local bookstore and ask them to stock the Exploring a Sense of Place guidebook.
5. **Donate.** Make a financial contribution today! Donate online at [www.exploringsenseofplace.org/site/?page\\_id=94](http://www.exploringsenseofplace.org/site/?page_id=94). Or mail a check to us at the address at the bottom of the page. Make checks to Exploring a Sense of Place.

For more details on any of these opportunities, contact [jdilley@exploringsenseofplace.org](mailto:jdilley@exploringsenseofplace.org).

## What's in season now?

- Winter squash
- Beets
- Celery root
- Turnips
- Kale
- Chard
- Leeks
- Citrus
- Parsnips
- Radishes

## Coming soon:

- Asparagus
- Lettuce

## Eating with the Seasons

### Verde Rice

Simmer two cups of brown rice with 4 cups of water for about 45 minutes or until the rice has absorbed all the water. Meanwhile, sauté a bunch of chopped kale, chard or spinach with a chopped onion. Add a few teaspoons of dried basil. In a blender, puree the greens mixture with 6 oz of silken tofu, ½ cup parsley leaves, a tablespoon of lemon juice, a dash of nutmeg and salt and pepper to taste. Combine the sauce with the cooked rice and stir in chopped tomatoes and slivered almonds. Serve with orange wedges.

## The Guidebook Goes on the Road!

Exploring a Sense of Place was delighted to present a workshop featuring the new guidebook to a stellar audience at the Moon News Bookstore in Half Moon Bay on March 7. Co-author Karen Harwell lead the group through an overview of the Exploring a Sense of Place program using a power point presentation and short video and helped participants discover how to use the book to develop programs in their home bioregions. Audience members came from as far away as Sebastopol to attend the event.

Similar presentations are in the works. Look for us on March 17 in San Diego, CA and on July 7 at Common Ground in Palo Alto. If you would like to invite Exploring a Sense of Place to present to your bookclub, church, neighborhood association, or any other group let us know, we would love to hear from you!

The Exploring a Sense of Place Guidebook is here – order your copy today!

- 96 pages
- Illustrated
- 8.5x12 spiral bound
- ISBN 0-9786851-0-5
- \$25 (+ shipping & tax)

Available at  
[www.exploringsenseofplace.org](http://www.exploringsenseofplace.org)

## Wild Geese

You do not have to be good.  
You do not have to walk on your knees  
For a hundred miles through the desert repenting.  
You only have to let the soft animal of your body  
love what it loves.  
Tell me about despair, yours, and I will tell you mine.  
Meanwhile the world goes on.  
Meanwhile the sun and the clear pebbles of the rain  
are moving across the landscapes,  
over the prairies and the deep trees,  
the mountains and the rivers.  
Meanwhile the wild geese, high in the clean blue air,  
are heading home again.  
Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and exciting-  
over and over announcing your place  
in the family of things.

~ Mary Oliver