



The Fellowship of Preparation Makers 12th Annual Conference

February 28 – March 3, 2013
 Sky Camp, Fall Creek, OR

The Biodynamic Preparations of Yarrow and Valerian: Gestures, Perspectives and Insights

The Fellowship of Preparation Makers welcomes and encourages preparation makers at all stages of interest to join us on this path.

*Hosted by
 The Oregon Biodynamic Group*

Schedule

THURSDAY February 28th

Tour of Winter Green Farm

A simple meal will be served prior to the tour.

Winter Green Farm has been using biodynamic practices since 1985. It is a diversified farm including a 600 member CSA, 7 farmers' markets, wholesale crops, on farm pesto production, and a cow/calf locker beef enterprise. We will view all that we are able, given field conditions. (it's mighty muddy in these parts – bring your rain gear and boots!) The tour of Winter Green Farm will also include seeing the “Prep Garden”, the area where the Oregon BD Group has been burying their preparations.

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| 12:00- 1:00 | Lunch at Winter Green Farm |
| 1:00-3:30 | Tour at Winter Green Farm |
| 3:30-4:15 | Travel to Terry and Brooke's farm near Eugene |
| 4:15-5:00 | Tour at Oregon BD Group Preparation Storage Site |
| 5:00-6:00 | Travel to Sky Camp |
| 6:00- 6:30 | REGISTRATION AT SKY CAMP |
| 6:30-7:30 | Dinner |
| 7:30 -7:45 | Conference Opening and Welcome: Wali Via and Pat Frazier |
| 7:45 -8:15 | The Oregon Biodynamic Group Preparation Making experiences – Beth Wieting |
| 8:15 -9:45 | Sub Group 2 report and facilitation of group discussion: Regional Preparation Making activities around the continent. Brian Wickert facilitator |

FRIDAY

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| 7:30 - 8:30 | Breakfast |
| 8:30 - 8:45 | Morning Singing – Wali Via |
| 8:45 - 9:30 | The Compost Being: A holistic perspective – Lloyd Nelson |
| 9:30 - 11:00 | The Yarrow Preparation – Plant Study and Deer Bladder Sheath – Harald Hoven |
| 11:00-11:30 | Break |
| 11:30-12:30 | Circle discussions of the Yarrow Preparation |
| 12:30 - 2:00 | Lunch |

2:00 - 4:30 In depth group study of the Yarrow Preparation: Yarrow Preparation Sample Evaluations, Yarrow Preparation making practicum, Yarrow artistic renderings.
 4:30: - 5:00 Break
 5:00 - 5:45 Feminine Gestures and Perspectives in Biodynamic Farming –Pat Frazier
 6:00 - 7:30 Dinner
 7:30 - 8:30 Practical Aspects of Preparation making on Large Acreage – Uli Hack
 8:30 - 9:00 Group Discussion- Question and Answer

SATURDAY

7:30 - 8:30 Breakfast
 8:30 - 8:45 Morning Singing
 8:45 - 9:45 The Working of Sulfur and Phosphorus in the Human Body - Dr. Lisa Alba
 9:45 - 11:00 Valerian Plant Study – Harald Hoven
 11:00-11:30 Break
 11:30-12:30 Panel Discussion- Planetary aspects affecting Yarrow and Valerian Preparations - Beth Wieting, Pat Frazier, Uli Hack
 12:30 - 2:00 Lunch
 2:00 - 4:30 In depth Valerian Practicum: Valerian Preparation Making, Eurythmy, Valerian artistic rendering, Valerian Sample evaluations
 4:30 - 5:00 Break
 5:00 – 5:45 Preparation Quality and Usage: a Demeter Perspective -Jim Fullmer
 6:00 - 7:00 Dinner
 7:30 PM Evening Entertainment

SUNDAY

7:30-8:30 Breakfast
 8:30 – 8:45 Eurythmy
 8:45-10:00 How the Preparations Work – Beth Wieting
 10:00-10:30 Break
 10:30-11:30 Panel Discussion – Fellowship of the Preparation Makers: Preparation Making and Support Into the Future– Pat Frazier, Moderator
 11:30-12:00 Closing Ceremony – Wali Via
 12:00-1:30 Lunch



Yarrow

**The Biodynamic Preparations of Yarrow and Valerian:
 Gestures, Perspectives, and Insights**

In its twelfth year of National Conferences, the Fellowship of Preparation Makers brings together two of the compost preparations for an in depth study of their gestures, perspectives, and insights. Yarrow begins our study - inclusive of the gesture of the plant archetype; the perspectives of the deeper qualities of the relationship to elemental Sulphur processes; planetary aspects supportive of the alchemical transformation within the Venus



Valerian

influenced stag bladder. According to Dr. Bernard Lievegoed, in his study material presented at the Experimental Circle of Anthroposophical Farmers in July 1951, “In the Yarrow Preparation an effect is described which altogether tends to create a milieu, an atmosphere, in which the Spiritual can penetrate into substance. The Earth is to be enabled to receive the forces of the planets beyond the Sun, thus replenishing the substances which have been lost. It is the typical Venus force, nourishing and nursing, making possible that something else can begin to work.” From this beginning, the discussion moves to the completion gesture of the Valerian Preparation. An examination of the plant archetype, perspectives of the planetary association with Saturn, and finally insights of the role within the compost heap will be studied. Again, in Lievegoed's examination of planetary workings and processes, he states “ There is no need here to prepare the plant within the sphere of the Earth. Diluting and potentising are enough, because we are dealing with the most distant forces of Saturn, so close to the Spirit. These must be communicated to

the heap, and by sprinkling them over it we surround it with something like a Spiritual sheath, just as Saturn encloses the whole planetary space.”

This year, the Fellowship is hosted by the Oregon Biodynamic Group. This dedicated community of Biodynamic Farmers, Anthroposophy Practitioners, and Waldorf Educators has been making Biodynamic Preparations for over thirty years in community. They are a model of cooperation in the spirit of Rudolf Steiner's work.

The conference will begin on Thursday afternoon with a lunch and tour of Winter Green Farm, Noti, Oregon, followed by a tour of the preparation storage facility at Terry and Brook's Farm outside of Eugene. The remainder of the conference will be held at Sky Camp outside of Eugene, Oregon near Fall Creek State Recreation Area. All lodging, meals, and conference events beginning Thursday Evening and ending with lunch on Sunday will be at the Sky Camp site.

The Mission of the Fellowship of Preparation Makers is to help ensure the availability of high quality biodynamic preparations available in North America into the future. The Fellowship welcomes and encourages preparation makers at all stages of interest to join us on our path.

Our Speakers

Pat Frazier is a farmer and herbalist in Western Colorado and Biodynamic practitioner since 1994. She owns and manages Peace and Plenty Farm, where she grows the preparation herbs, makes all the BD preparations, and conducts workshops throughout the year on Biodynamic and sustainable agriculture practices. She is passionate about spreading the practices of Biodynamics and has encouraged the conversion of hundreds of acres of orchards, vineyards, and small diversified farms in her community. Pat was instrumental in last year's Fellowship of Preparation Makers Conference and hosted the conference in her small western community to further Biodynamics in the Rocky Mountain region. She is a member of the Fellowship of Preparation Makers and sits on two of their national committees.

Harald Hoven is director of Raphael Garden at the Rudolf Steiner College in Fair Oaks. He is a master gardener, founder of BDANC (Biodynamic Association Northern California), in charge of the prep making and growing all the herbs for the group. Harald runs the 70 member Community Supported Agriculture Farm at Raphael Garden and teaches the Biodynamic Farming and Gardening workshop series. He leads evening study groups, teaches gardening and phenomenology to students enrolled in programs at the college and trains apprentices there.

Dr. Lisa Del Alba is a naturopathic doctor who has been practicing in a family practice setting since 1999. She graduated from Southwest College of Naturopathic Medicine in Tempe, Arizona, one of four accredited naturopathic medical schools in North America. Dr. Del Alba approaches the practice of naturopathic medicine from an anthroposophical point of view, and has worked in this capacity with several Waldorf schools. In addition to having the tools of her naturopathic profession, she has extended her medical practice by attending anthroposophical medical training and conferences in the United States, Canada and Switzerland. During her eight year stay in Fairbanks, Alaska, where she Waldorf- homeschooled her six children, Dr. Del Alba developed a sensitivity for the therapeutic effects of the Waldorf curriculum and the importance of working with class teachers. The use of therapeutic eurythmy has become an integrated and important part of her medical practice, along with other anthroposophical therapies. □ □ **Lloyd Nelson** is a builder, artist, father, farmer, a Biodynamic educator and has Biodynamic Spray and Consulting service. He studied extensively at the Josephine Porter Institute for Applied Biodynamics (JPI) and has worked on biodynamic projects throughout the United States.

Beth Wieting is a teacher, writer, anthroposophist and long time Biodynamic Gardener. Beth was a English, Foreign Languages and Humanities high school teacher for 23 years in Portland, OR where she continues to reside. From 1985-1995, Beth served on the Board of Directors for the National Biodynamic Farming and Gardening Association. She served as Vice-President to the BDA from 1991-1995. Beth was a key member of

the Western Regional Anthroposophical Society for 14 years, 1994-2008. She has written numerous articles and books on varied aspects of Biodynamics, has taught many classes on Biodynamics and is still an avid Biodynamic gardener.

Ulrick Hack has experienced Biodynamics as an unwavering thread stretching throughout his life, beginning with his parents farm in Germany converting to Biodynamics when he was 7 years old. Uli did his Practicum in 1984 on a BD farm in Luxembourg and "Vertiefungswochen" in Dornach in 1991. He became a member of the Board of "The Society for BD Farming and Gardening in Ontario" and of the BDA in 1992. Uli took over prep making in 1994 for his father and also the certification work for Ontario and later for the other Canadian provinces. He is a founding member of the Canadian Biodynamic Alliance and also Demeter Canada. In partnership with his brother Martin, they operate a 900 acre Demeter farm.

Christopher Guilfoil was born in Munich, Germany in 1956, the first of 9 siblings. His early training as a visual artist found new meaning and vocation within the Waldorf movement as a class teacher, high school teacher, art teacher, adult educator, mentor and public speaker. Chris currently works internationally mentoring in Waldorf school communities and conducting visual arts workshops. His home base is in Eugene, Oregon.

General information

Location and Transportation

The conference will be held on the 100 acre site of Sky Camp in Fall Creek, Oregon. Sky Camp is about an hour drive from the Eugene airport and close to 3 hours from the Portland airport. It is approximately 30 minutes from Interstate 5. The Oregon Biodynamic Group will be able to help facilitate rides from the Eugene airport to Winter Green Farm and Sky Camp as needed.

The camp is located at 800ft elevation along the Fall Creek Reservoir. We can expect the weather at this time of year to be generally cold and rainy. Appropriate wardrobe recommended.

Directions – Sky Camp, Fall Creek, Oregon

From I-5 South or North

At exit 188, take ramp right for OR-58 toward Klamath Falls / Oakridge, 0.3 mi, Keep onto OR-58, Pass Chevron in 9.0 mi, Keep straight onto OR-58, 12.9 mi, Turn left onto Jasper Lowell Rd, 0.7 mi, Turn left to stay on Jasper Lowell Rd / North Shore Dr, 0.1 mi, Turn right to stay on Jasper Lowell Rd / Moss St / N Moss St, 0.8 mi, Road name changes to Jasper Lowell Rd, 1.1 mi, Turn right onto Big Fall Creek Rd, 0.4 mi, Turn right onto Winberry Creek Rd / Wineberry Creek Rd, 4.4 mi, Turn left onto Penninsula Rd, 3.4 mi, Arrive at Sky Camp on the left, If you reach Win-Fall Rd, you've gone too far.

Flight arrangements - Via either Eugene, OR

(30 min to Winter Green and 1 hour to Sky Camp) or Portland, OR (2.5 hrs to Winter Green and 3hrs to Sky Camp)

There is some public transportation from the airports to nearby and rental vehicles are available at both.

Carpooling arrangements- See Ride section below.

Details provided with registration.

Lodging - Lodging is included in the conference fee. Sky Camp is equipped with shared cabins and bunks as well as a few private full bathrooms and one large communal bathhouse.

You must provide for all your own bedding and bathing needs (sleeping bags, pillows, soap, towels, etc)

Please contact Andhi Reyna for details.

Meals - All meals from Thursday dinner through Sunday Lunch are included in the Main Conference fee. We are proud to provide conference meals consisting primarily of food from our local, organic, and biodynamic farms.

Conference Fees: \$175. Fees cover lodging, meals, and materials.

Make checks payable to OR BD Group

Registration Form: (Deadline: Feb 15, 2013)

Name _____

Address _____

Email _____

Phone _____

_____ Number of Participants x

_____ Conference Fee \$175 (includes lodging and meals)per person =

_____ Total

Check number _____ Amount _____

Share a Ride/Need a Ride (indicate number you can bring or needing ride)

Can provide a ride from _____ Can take _____ riders

Need a ride(s) _____ from _____

Send Payment and Registration to:

**OR BD Group: Fellowship of Prep Makers Conference
79442 Repsleger Branch Rd., Cottage Grove, OR 97424**

(Ability to pay should not deter conference attendance.
Please contact Andhi Reyna if you need assistance with
fees. Email: branchroadfarm@gmail.com
Phone: 541-942-5424)