

NEXT CULTURE NEWS



Volume 2: September, 2025

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This newspaper is a bridge between patriarchy and the new culture which is being created around the world. Welcome to Archiarchy, where archetypal women and archetypal men (Archans) work together and things get better.

Local Women Saving Yucatán's Mangroves

By Astrid Arellano
DGR News Service
August 21, 2025

The women of Chelem, a fishing community on the northern coast of the Mexican state of Yucatán, hadn't planned to work in mangrove restoration. At first, it was simply an opportunity to make money to support their families, so they signed up for the project.

It was 2010, and the initiative, led by the Center for Research and Advanced Studies (CINVESTA) at the National Polytechnic Institute, aimed to restore a mangrove forest that had been devastated by the construction of a port in the late 1960s.

The group has since come to be known as *Las Chelemeras* ("the women of Chelem"), who have learned to restore and defend mangroves and who, 15 years later, continue to do so.

Keila Vázquez, coordinator of *Las Chelemeras*, remembers this place, known as the Yucalpetén bend, as barren.

"It was caused by dredging for a nearby port," Vázquez says. "All the gravel from the port was dumped there: the topography changed, the salinity increased and the water stopped flowing."

That's where *Las Chelemeras* came in. The 14 women in the group, ranging in age from 30 to 85, learned about the different mangrove tree species of the area and what they needed to survive and grow, Vázquez says.



*A patch of restored mangrove in Yucalpetén, Las Chelemeras' first work site.
Photos: Caitlin Cooper for Mongabay*

"Despite being from the coast, we didn't know why the mangroves were important," Vázquez says. "For example, they protect against cyclones and act as nurseries for commercial marine species such as prawns. Now we understand how much they benefit us."


She adds, "We know that each of our actions is benefiting the environment and contributing to the economy and protection of the coast itself."

The second *Las Chelemeras* project began in 2015, in the nearby municipality of Progreso, to restore an area of 110 hectares (272

acres) inside the State Protected Natural Area of the Marshes and Mangroves of the Northern Coast of Yucatán, a wetland reserve impacted by highway construction.

"The highway is wide – six lanes – and stretches from Mérida to Progreso, interfering with the hydrological flow of the mangroves," says Calina Zepeda, an expert in climate risk, resilience and restoration with The Nature Conservancy (TNC), an international NGO that has supported and financed the project. "This led to the loss of

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Return to nature

Soil transformation is a natural, eco-friendly alternative to burial and cremation. This new, gentle process (also referred to as "human composting") creates soil that families can use for memorial gardens, spread in meaningful places, or donate to conservation efforts.

It's a way to give back to the natural world that sustained us, helping restore forests, sequester carbon, and renew challenged ecosystems.

[Learn more](#)

Dearhearts,

(Tuesday, August 26, 2025) I've been thinking about and planning for my death for about a year even though I hope to live another 20 or 22 years. Long ago I viewed my life as having been asleep for 34 years and figured if I had spent 1/3 of my life asleep, I'd better live another 68 years, reaching 102 but I'm not sure I'm going to last that long.

A year ago I watched an "estate planning" webinar, which is kind of

a joke because I don't really have an estate, but I do have an annuity where I put a large chunk of money after I sold our house in Pennsylvania when John died. My son paid for the lawyer who presented that webinar to draw up legal papers to give him financial and medical power of attorney on my death.

This summer, I started investigating a green burial. When I was an air-pollution inspector, I learned that cremation takes a hell of a lot

of energy and I didn't want that. Two weeks ago, I learned about Earth Funeral (earthfuneral.org) and watched their webinar. That's exactly what I want. Human composting or soil transformation. It's fascinating. Here's the recording: <https://events.earthfuneral.com/recordings/2025-08-20>.

My body would be shipped to a facility, wrapped in a rice-paper shroud, and laid in a bed of mulch,

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How to Subscribe

Dear Friends,

If you'd like to receive future issues of my newspaper, please email me at grassroots-coalition@pa.net. Also, email me if you have stories and photos you'd like me to consider publishing. I publish a Messages page, so if you want to share your thoughts, please do so.

I'd like this to be a team effort, but we need time to develop this project and figure

out ways to work together.

This is a labor of love but I always appreciate donations, which you can send to: Iona Conner, 157 Chambersbridge Road 4A, Brick, NJ 08723. If you use Zelle or PayPal, money goes directly to my bank account via dosomething@pa.net. Cash is OK, too. Thank you!

For the Earth,

Iona



Fair Use Symbol

<https://copyright.gov/fair-use/more-info.html>



Fair use is a legal doctrine that promotes freedom of expression by permitting the unlicensed use of copyright-protected works in certain circumstances.

Section 107 of the Copyright Act provides the statutory framework for determining whether something is a fair use and identifies certain types of

uses – such as criticism, comment, news reporting, teaching, scholarship, and research – as examples of activities that may qualify as fair use. Section 107 calls for consideration of the following:

(1) Purpose and character of the use, including whether the use is of a commercial nature or is for nonprofit educational purposes. . . .

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Planning for the Future: Eco-Friendly End-of-Life Options



Left: My body will be laid to rest in a container like this and turned slowly, just like food compost. When I get “diluted” with lots more dirt, there will be about three cubic yards of rich soil to spread. I would like the bulk of the dirt my body has nourished to be placed in an old-growth or recovering forest out west. My family will get one or 32-ounce containers of my dirt (right). I’m not sure if anyone will want any dirt or just hold onto photos and memories. I find this a beautiful way to complete my life cycle with my values intact.

wood chips, and wildflowers in a cylindrical vessel. In 45 days, I would be dirt; my bones would be ground up and mixed in with it. Then me and the dirt would be spread in a forest out west (or another place) and if my family wanted a little bit of me, they could get a small amount to do with as they pleased.

Enter: money. YIKES! I don’t have \$6,450 but they offer a \$500 discount for having watched the webinar if we make the deal by

Friday but with a \$35 membership, I got the discount and don’t need to rush. I called my son to see if he would help. His wife is a funeral director and she had a lot of questions. They told me to “put the brakes on” until the questions are answered. In the meantime, bargaining ahead, I applied for a bank loan of \$6,000, got it, and declined it.

Yesterday I realized that my toaster oven is not working right. I live dollar-to-dollar and this was alarming. I decided to gift myself 16

months of saving money and not being in debt after 35 years of worrying about money. When my annuity is mature, I will buy my “burial.”

The main reason I’m telling you this now is that I have no idea how you all will learn that I have entered eternity because my email system is probably too complex for anyone else to do and if they’re grieving, I don’t want to bother them. At least, I suspect they might be grieving.

Love, Iona

**Hope is the deep orientation of the human soul
that can be held at the darkest times.**

~ Vaclav Havel ~

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many mangroves and also caused a large part of the wetland to dry up, while another area flooded.”

To date, Las Chelemeras have restored more than 60% of the forest and 90% of the water flow in this affected area inside the reserve in collaboration with CINVESTAV and TNC, according to Vázquez. She adds that their work has focused on hydrological restoration, with the opening of channels and the creation of *tarquinas*, topographical modifications that act as small islands where new mangrove trees can grow.

“When the hydrology is restored and the water begins to flow again, it brings with it black mangrove seeds and they propagate there on their own,” Vázquez says. “This is natural regeneration. We don’t plant them. But in the last two years, we have been helping with the reforestation of red mangroves.”

Saving the Mangroves

The State Protected Natural Area of the Marshes and Mangroves of the Northern Coast of Yucatán is an important biological corridor that encompasses several ecosystems. According to the Ramsar Sites Information Service (RSIS), it includes mangroves, sea meadows, *petén* – islands of trees surrounded by marshes – lowland forest and savanna. It’s home to three mangrove tree species: red (*Rhizophora mangle*), black (*Avicennia germinans*) and white (*Laguncularia racemosa*).

The reserve provides habitat for a wide variety of plants and animals, some of them globally threatened, such as the Yucatán killifish (*Fundulus persimilis*) and the blind swamp eel (*Ophisternon infernale*) – both listed as endangered on the IUCN Red List – and the golden silverside (*Menidia colei*), a species of small fish found only along the northern coast of the Yucatán Peninsula



Several Chelemeras look out on the nursery before submerging themselves in the lagoon. After inclement weather, they return to the mangrove shelters to repair them.

and offshore islands. The site also hosts a large number of waterbirds, including the American flamingo (*Phoenicopterus ruber*) and the red-dish egret (*Egretta rufescens*).

It’s in this biologically diverse area that Las Chelemeras work. They not only build channels and dig up sediment to reestablish the water flow – manually, with tools they made themselves – but they also recreate the topography of the area by building small islands out of wooden posts, shade cloth, and soil. These are the *tarquinas*, or nurseries, where they cultivate new mangrove trees.

“We make the channels and take the sediment [and use it to build] the *tarquinas*,” Vázquez says.

The *tarquinas* are piles of earth built in the most flooded areas of the mangroves and fenced with mesh or greenhouse cloth to keep the sediment from washing away.

Claudia Teutli is a researcher at the National School of Higher Education of the National Autonomous University of Mexico who, together

with Jorge Herrera of CINVESTAV, has accompanied Las Chelemeras since the beginning and provided technical and scientific assistance to develop the group’s skills and formalize their knowledge.

Teutli says the goal of the *tarquinas* “is to help establish the seedlings, because these areas can flood up to 2 meters [6.6 feet].” By doing this, they contribute to the recovery of the mangrove’s ecosystem services, she says.

The women make their own tools to do their work. For example, the *jamo*, a stick with a net attached to one end, is used to clear channels.

“After working with a shovel and pick, they extract the sediment with the *jamos*, so that the water drains through the nets,” Teutli says, adding that they made them because shovels, in addition to being expensive, rusted too quickly and lasted less than a week, after which they would have to get rid of them. “These other tools can last months and have been a great success.”

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Teutli says Las Chelemeras also weave baskets out of coconut fiber and palm leaves to transplant the mangrove seedlings and prevent contamination with the plastic bags normally used in nurseries.

Las Chelemeras say their workday begins very early in the morning. After they finish, in the afternoon, several members pick up their children from school, take them home and make them meals. Many say they also have jobs outside the mangroves, and some say they've invested their earnings from their work in the mangroves by opening shops and small catering businesses.

Vázquez says that for their mangrove work, they make sure responsibilities are divvied up equitably.

"There are two members whose job it is to watch the birds, another two who monitor, others who supervise ... and that's how we divide up the tasks between everyone," Vázquez says. "We try to make sure that tasks are evenly distributed, so that no one gets upset. There's a reason we're all still here after [15] years. We know how to work together, and we understand one another."

A Source of Pride

Vázquez says the hard work of Las Chelemeras has turned what were once barren and desolate landscapes of mud back into vibrant forests.

"All this vegetation is thanks to our work and our effort, all the exhaustion we experienced: it tells us it has been worth it," she says.

In addition to the mangrove trees themselves, Vázquez says she's seen many other species return to the area.

"There are crabs, fish, and what here in

the Yucatán we call *caracol chivita* [*Melongena corona*, a species of sea snail]. But what has surprised us recently are prawns, and seeing that there are birds," she says.

This, in her opinion, is one of the best parts of their work. "We have such diversity: we see reddish egrets ... and white egrets, flamingos and groove-billed anis," Vázquez says. "Being in this place really brings me peace. It comforts me, listening to the birds, seeing them in the trees, together with all the other animals. It makes you forget the world, the noise, everything."

Vázquez says the mangrove trees have become like family to Las Chelemeras.

"I think it's women's intuition," she says. "We say that the seedlings we managed to grow there are like our daughters. When we see their propagules, we say they are our granddaughters. We've made this place our home."

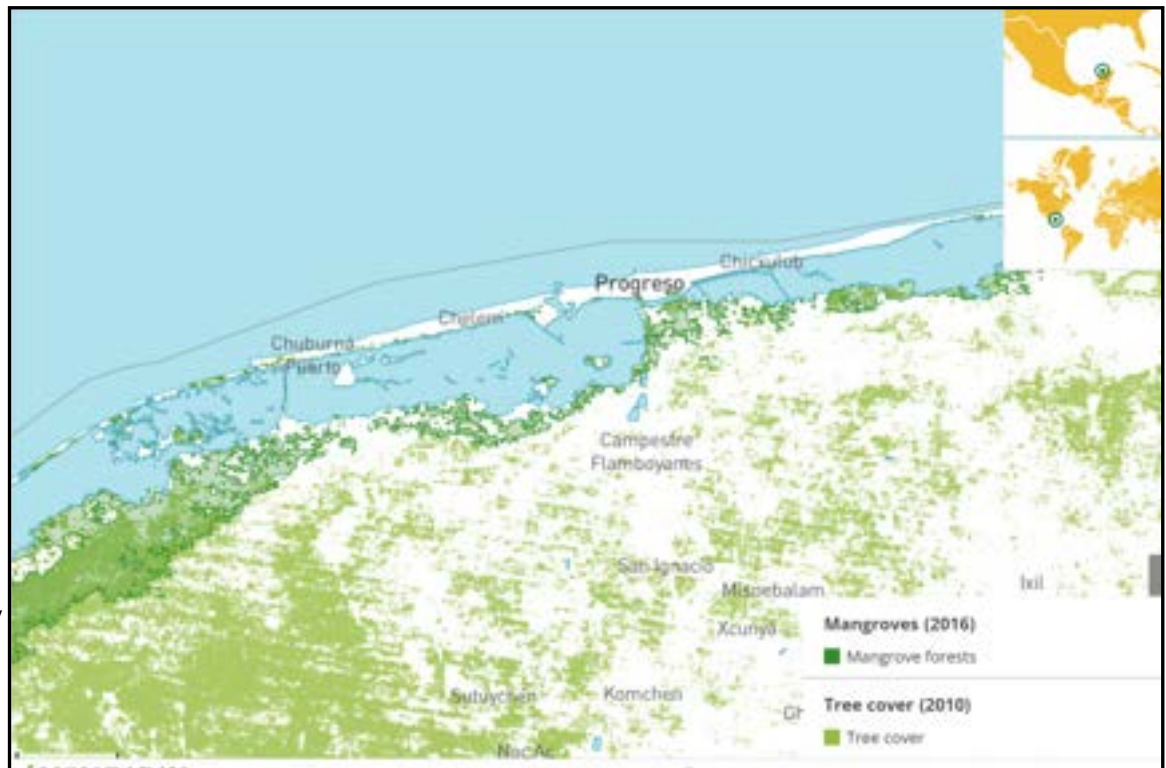
What they want most, Vázquez says, is for new generations – especially their own children – to take part in conservation work. She says to this end they've introduced volunteering days, in which around

500 university students have participated in restoration activities.

"We aren't going to live forever," Vázquez says. "We know we need new generations to continue our work. My 2-year-old grandson likes birds; he's made his own little mangrove nursery. They are the ones we need to bring into this world."

Astrid Arellano is a Mexican journalist focused on investigative and narrative journalism. She writes about Indigenous peoples, the environment, and human rights. Her reporting also focuses on victims of violence and kidnappings in Sonora, in northwestern Mexico, where she was born and currently lives. She won the 2019 National Journalism Award in Reporting and, in 2021, joined the Mongabay Latam team to cover Indigenous peoples and the environment. Follow her on Twitter: @astridarellano

Source: <https://news.mongabay.com/2025/04/it-has-been-worth-it-the-local-women-saving-yucatan-mangroves/>



AF AMAZON FRONTLINES

Dispatch



THE MONSTER OIL AUCTION



Frontlines formed a new collective: Tejido Vivo (Living Fabric), and they are meeting with each nation to strengthen alliances and prepare to fight back against this planned invasion of their territories, based on each community's needs. With each action and gathering, whether in Los Angeles or the Amazon, new allies are joining the movement.

Amazon Frontlines
September 1, 2025

Dear Friend,

It's time for a Frontlines Dispatch!

We hope that by combining some of our most important updates in these dispatches, we can help you get a more complete view of our community and our work.

For this edition, we're going to do things a little differently. We've got a LOT to share with you, but first, we want to test your knowledge about what's been happening on the frontlines of the Amazon. So we've included a mid-year multiple-choice quiz.

If Ecuador's Southeastern Oil Auction moves forward, what is

at stake?

- A. 8.7 million acres of Amazon Rainforest,
- B. The survival of seven Indigenous Nations,
- C. A rainforest that captures 340 million tonnes of CO2 each year, or
- D. All of the above.

When we launched the campaign against Ecuador's oil auction in the Southeastern Amazon, we knew it would be a long fight.

Over the past four months, we've been strengthening and expanding our work to protect the 8.7 million acres of Amazon rainforest that are threatened. We started by making sure the world knows about this auction.

We accompanied 120 Waorani community members on a march to Ecuador's Constitutional court in Quito, where they delivered a letter demanding the court hold a hearing in their territory and laid out the environmental, cultural, and health reasons why they want to end the oil auction.

As they marched in Quito on May 13th, our ally and activist and actor, Jane Fonda, delivered the same letter, signed by over 80 global figures, including renowned artists, human rights defenders, and international organizations, to the Ecuadorian consulate in Los Angeles, USA.

While international attention has been growing, we've simultaneous-

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ly been busy on the frontlines, working hand-in-hand with Indigenous nations who will face the most extreme consequences of this auction, including the Achuar, Sapara, Andoa, Kichwa, Shuar, Waorani, and Shiwiar people.

Our incredible team of lawyers, activists, and storytellers from Amazon Frontlines formed a new collective: *Tejido Vivo* (Living Fabric), and they are meeting with each nation to strengthen alliances and prepare to fight back against this planned invasion of their territories, based on each community's needs.

In late July, the *Tejido Vivo* collective held its first communication workshop. Over 20 participants from Kichwa, Achuar, Sapara, Andoa, Shiwiar, and Waorani communities wrote scripts and created production plans. Their short videos focused on recovering language, the threats of oil extraction, and defense of territory. It was an incredible starting point for community storytelling and communication.

And with each action and gathering, whether in Los Angeles or the Amazon, new allies are joining the movement. This July, we profiled one in particular: Indigenous youth Abigail Mukucham, a woman with Achuar and Shuar roots who is ready to fight against oil drilling.

The louder we are about this auction, the stronger the resistance grows – stay tuned to our socials and newsletters for more updates on how to get involved!

Source: <https://mailchi.mp/amazon-frontlines/frontlines-dispatch-a-quiz-highlights-of-the-work-you-make-possible>

Photo right: Michelle Gachet

HOW INDIGENOUS YOUTH **ABIGAIL MUKUCHAM** DECIDED TO FIGHT AGAINST BIG OIL



Photo: Michelle Gachet

WE MUST REALIZE WHAT WILL HAPPEN THROUGHOUT ECUADOR IF WE ALLOW THE OIL FRONTIER TO CONTINUE EXPANDING, BECAUSE WE'RE ALL CONNECTED.

~ Abigail Mukucham ~



Pine cone of a white pine (Pinus strobus). Photo: Denis Lifanov via Flickr (CC BY-NC-SA 2.0)

Beyond Reforestation, Let's Try 'Proforestation'

By Sruthi Gurudev

Mongabay: March 26, 2025

- “Proforestation” describes the process of allowing existing forests to continue growing without human interference as they achieve their full ecological potential for carbon sequestration and biodiversity.

- Old forests sequester a higher amount of carbon than younger ones, with large, old trees containing the most carbon.

- Many species are old forest specialists, relying on ancient forests for survival. Losing these forests may mean their extinction.

Edward Faison, an ecologist at the Highstead Foundation, stood quietly in a patch of forest that stretched for miles in all directions. Above him, the needles from white pine trees swayed – common in the Adirondack Forest Preserve in northern New York State. He stepped past downed wood and big, broken snags, observing how the forest functioned with minimal interference.

“These forests have been essentially unmanaged for over 125 years. To see them continue to thrive and accumulate carbon, recover from natural disturbances,

and develop complexity without our help reveal just how resilient these systems are,” Faison says.

Protected from logging in 1894 by an act of the New York Legislature, the Adirondack Forest Preserve (AFP) is a model of natural forest growth or letting forests simply “get on with it.” The largest trees, white pines (*Pinus strobus*), are more than a century old and stretch more than 150 feet tall and are 4-5 feet in diameter.

The AFP, the largest wilderness preserve in the eastern United States, is a prime example of what researchers have come to call “proforestation.” Coined in 2019 by Tufts University professor William Moomaw and Trinity College professor of applied science Susan Masino, the term proforestation describes the process of allowing existing forests to continue growing without human interference until they achieve their full ecological potential for carbon sequestration and biological diversity.

Proforestation is considered a natural climate solution, i.e., a strategy to steward the Earth’s vegetation to increase the removal of carbon dioxide (CO₂) from the

atmosphere.

According to Faison, a forest naturally develops greater complexity over time, with a diversity of tree sizes and heights as well as large standing dead trees and downed logs. This complexity provides habitat for various animals, plants, and fungi, which make the forest more resilient to disturbances associated with climate change.

Proforestation is distinct from reforestation, which can involve planting new trees in deforested areas to restore them (or allowing deforested areas to naturally regenerate). It is also different from afforestation, which is the process of planting new forests in previously unforested areas. Proforestation’s merit lies in inaction: simply leaving old forests undisturbed, allowing for continuous growth to maximize carbon accumulation over time. As forests mature and trees grow larger, they sequester greater amounts of carbon.

“The largest 1% diameter trees in a mature multi-age forest hold half the carbon,” according to Moomaw. “It’s the existing forests that we have that are doing the work.”

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Existing forests remove almost 30% of CO₂ from the atmosphere that humans put in every year from burning fossil fuels.

Older is Better

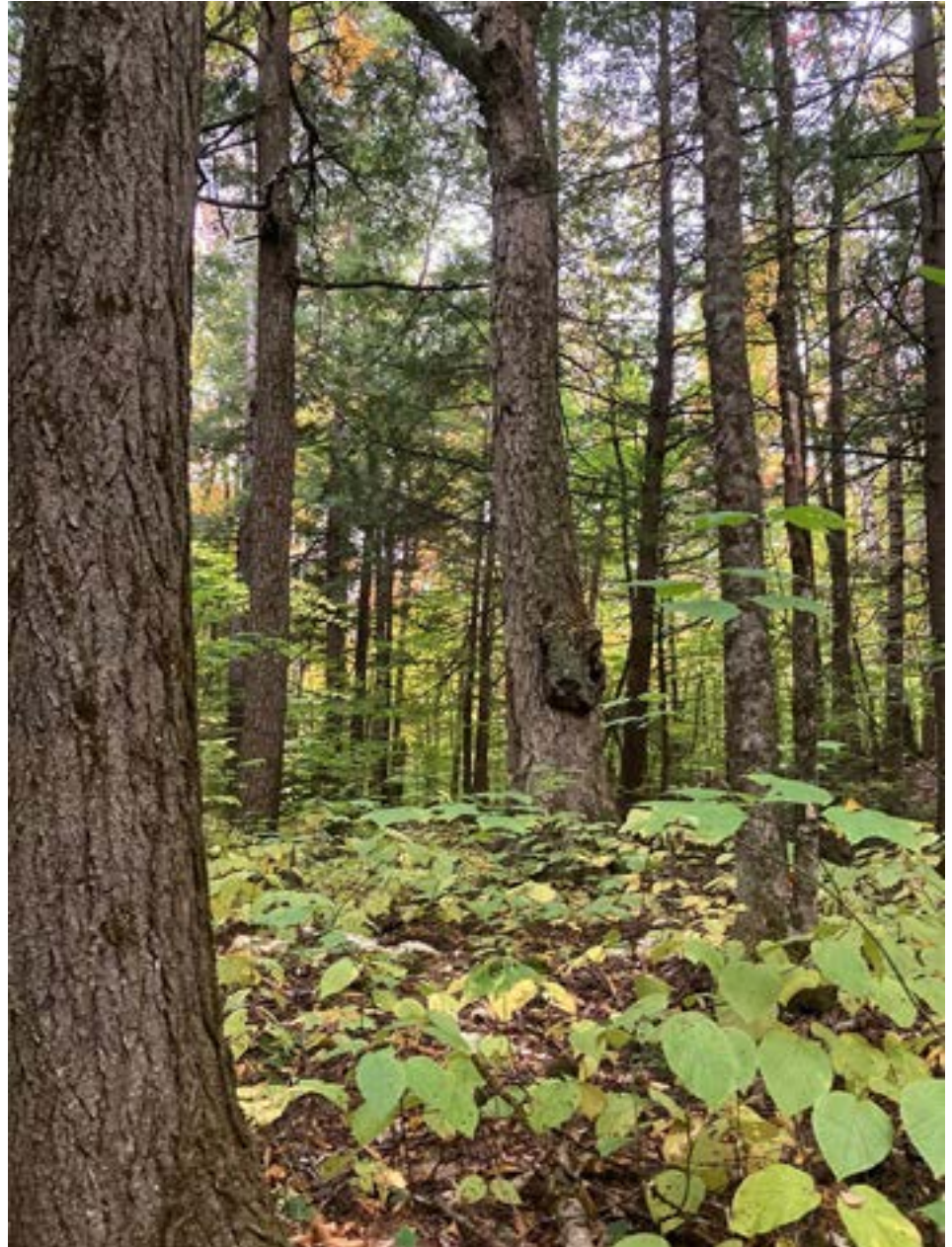
In Mohawk Trail State Forest in Massachusetts, Moomaw studied the tallest grove of white pine trees in New England, aged between 150 and 200 years, observing how the trees grew. When comparing them with younger trees of the same type growing under similar conditions, he found that, “[T]he amount of carbon added by these trees between 100 and 150 years of age is greater than the amount added between zero and 50.”

In addition to carbon storage capabilities, old forests are pivotal in controlling regional and global water cycles through a process called evapotranspiration, by which water is transferred from the land to the atmosphere. Due to deeper and more complex root systems as well as larger canopies and leaves, old forests capture more water and release it as vapor into the atmosphere.

“Old forests have the genetic competence to do this work,” Masino says. “It’s not done by meadows. It’s not done by grassy areas. It’s not done as effectively by forests that have been cut or planted. It’s these ancient systems that have the complexity to bring water to themselves. And in doing that, they’re bringing it to the rest of the landscape. Once you start cutting the landscape, you’re drying it out.”

Masino, who also has a joint appointment in neuroscience and psychology at Trinity College, emphasizes the importance of designating natural areas appropriately and allowing more room for proforestation.

“It’s urgent to decide where we intend to prioritize natural processes, where we are doing research,



Adirondack Forest Preserve wilderness in northern New York State.

Photo: Ed Faison

and what areas we are dedicating for our resource needs,” she says. “Nature needs room to breathe. We can’t leave everything open to manipulation and extraction. It’s deadly.”

She says that planting trees on streets, on campuses, or in parks is good for temperature regulation, flood protection and creating habitat, but these trees don’t grow up in a web of life. Planting trees in a forest, too, can risk disrupting the

dynamic complexity of evolved and evolving genetic knowledge.

Wildlife Dependent on Old Growth

Over on the West Coast, University of Oregon professor emeritus Beverly Law has studied forests for decades. She describes watching three logging trucks, each with a giant log from an old, single tree strapped to the back, passing in a procession while waiting at an

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Cook Forest State Park in western Pennsylvania. Photo: Ed Faison.

intersection on her bike, a frequent occurrence on her way to work at the university in the late 1980s.

“There are plant and animal species that rely on these old forests for their survival. You take away the forest, and they’re gone,” Law says. “It’s important to have diverse genetics in the forest. Some of them will be more genetically able to withstand climate change than others. You don’t know which ones they will be. That is why genetic diversity within species is important.”

Mature forests are crucial to the survival of certain critically endangered animals that rely on the connected canopies or the soil-rich forest floor. Preserving the biodiversity of the Pacific Northwest, which hosts forests more than a thousand years old, is especially dire.

According to a 2022 paper published in *Environmental Chemistry Letters*, old growth forests retain a number of species from both the top and bottom of the food chain, such as the Olympic salamander (*Rhyacotriton olympicus*), the Del Norte salamander (*Plethodon elongatus*) and the two species of tailed frog (*Ascaphidae*). Losing them forever could kick off a cascade effect and result in severe consequences for the environment.

The spotted owl (*Strix occidentalis*), too, depends on old-growth forests in the Pacific Northwest, requiring the specific environment for roosting and nesting, and remains a central figure in forest management debates.

Such hulking ancient trees are the eyes of the woods, having

stood through changing years and the changing climate.

“Ten to 12% of old-growth forests are left [in the U.S.], and it’s insane that people are still trying to cut them down,” Law says. “They are the only survivors of American handiwork. Is it man’s dominion over the forest? We should have reverence, considering they’re all that’s left.”

Source: <https://news.mongabay.com/2025/03/beyond-reforestation-lets-try-proforestation>

At the link above, you will find a fascinating, 54-minute, 47-second video, “Old-Growth Forests: Nature’s Biotic Water Pump.” This is like a walk through the woods hand-in-hand with Mother Earth, through the history of evolution, through water cycles, with educational narratives and graphics.



Photo courtesy of Robert Llewellyn.

10 Ways to Protect an Old-Growth Forest

*Old-Growth Forest Network
Maryland USA*

The Old-Growth Forest Network is the only national network in the U.S. of protected, old-growth, native forests where people of all generations can experience biodiversity and the beauty of nature.

1. Get to know your Forest.

Visiting a forest is an experience that can relieve and rejuvenate us, but imagine if you came to know the individual trees and species that make up a forest. Learning about the trees, shrubs, and herbaceous plants that grow in the forest

may help you understand the ecology of your community better, and also help you feel closer to nature. Many resources exist to help the public learn more about natural science, you can see if there is a Native Plant Society chapter near you, or find a field guide with descriptions of the types of plants, insects, and animals you might see. This could be an educational opportunity for you, your family, and friends to see how forests interact and positively impact our communities through creating habitat, cooler temperatures, and recreational opportunities. By getting to know your forest on a deeper level, the idea that a forest is more than the sum of its parts truly comes to life. - Ciera Wilbur

2. Host a Forest Field Trip for Kids.

Are you a teacher, a scout leader, a coach, a camp counselor? You can inspire the next generation of forest lovers and advocates by simply giving them a positive forest experience. Organize a field trip in the woods for your kids and give them an opportunity to feel at home there. Choose a forest-friendly activity that suits your audience. You can hike, play games, build forts, camp out, make nature art, or anything else that they are interested in. And if you don't feel comfortable leading kids in the out-of-doors yourself, partner with a local environmental education center, biology teacher, nature-

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writing instructor, forest bathing guide or other forest-loving educator. Once children feel the magic of the forest for themselves, they will know its value for the rest of their lives.

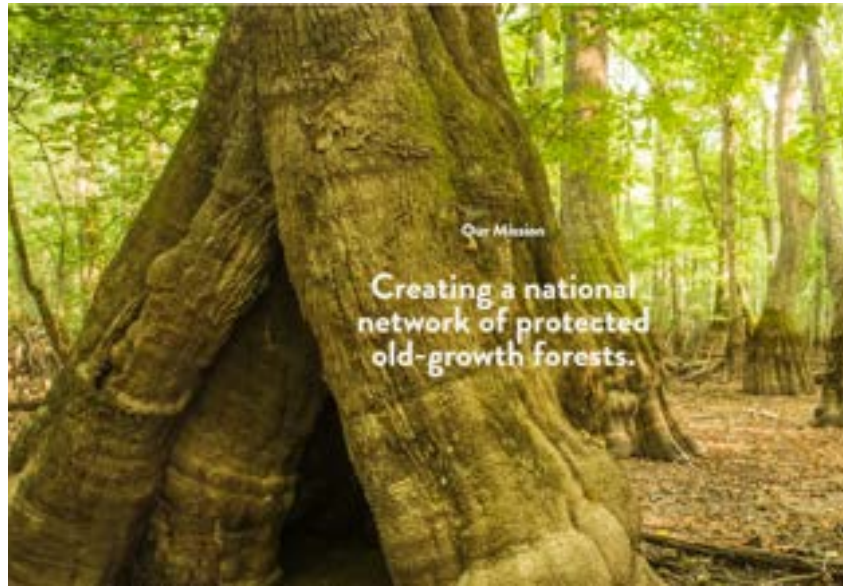
- Sarah RobbGrieco

3. Form a Friend of Park Group.

Parks are the heart of a community, a place where everyone can gather. Creating a Friends of Park Group allows you and your neighborhood to give back to the park. Whether you want to protect the area from logging or development, remove invasive species, upgrade to ADA accessible trails, clean the waterway, or have fundraising events to purchase land, your core group of passionate community members can make a difference by advocating for the forest. - Leona Addie

4. Advocate for Forest Protections Laws.

Advocating for forest protection laws starts with staying informed about local and national legislation affecting old-growth forests. The Old-Growth Forest Network, among many other organizations, is committed to staying as informed as possible with current pieces of legislation that may impact old-growth and mature forest communities, both at a local and federal level. If you want to stay in the loop, try contacting your local representatives, attending town hall meetings, and submitting public comments on proposed environmental policies to ensure forest conservation remains a priority. Many environmental organizations publish social media campaigns, petitions, and letter-writing resources, all of which are



effective tools for raising awareness and pressuring lawmakers to act.

- Christine Upton

5. Join or Support an Environmental Organization.

Joining or supporting environmental organizations that spread awareness for forest protection at the state and federal level, like OGFN, can also amplify your impact. If it's in your ability, support an organization by volunteering, donating, or spreading awareness for their cause. OGFN is a community of forest advocates who care deeply about old-growth forests and it is through their involvement and support that more and more forests are protected each year. Many organizations also frequently host local events that you may be able to join and meet others who are passionate about old-growth forest conservation. By building community support and speaking up consistently, you can help influence stronger, more enforceable protections for these irreplaceable and unique natural spaces. - Christine Upton

6. Vote for Green Leaders.

Voting for environmentally conscious leaders is one of the most effective ways to support old-growth and mature forest protection. The first step is simply knowing what

ballot measures are coming up at the community, state, and federal levels. Stay in the know and track when initiatives and elections are coming up. Next, you can start researching candidates' track records on conservation, climate action, and forest management policies. Look for endorsements from reputable environmental organizations and read their platforms carefully to ensure

they align with old-growth forest conservation goals. Participating in local, state, and federal elections ensures your voice helps shape policies that impact critical ecosystems. Encourage friends and family members to register and vote, and share information about candidates who prioritize environmental protection. When green leaders are elected, they can help influence the legislation and funding needed to safeguard our remaining old-growth and mature forests. - Christine Upton

7. Research Who is In Charge in Your Community.

Know who makes decisions about protecting natural resources in your jurisdiction. Is it a planning board, a natural resources commission, or a board of supervisors? When natural resources are threatened, it is important to know how and to whom to voice your concerns. You might consider starting at the Planning Department in your town/city/county to inquire about protections or restrictions in the local zoning code. Large suburban or urban jurisdictions may have a natural resources officer within the planning department. - Brian Kane

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8. Share the Love of Your Forest Through Art.

Whether you write poetry, short stories, epic sci-fi sagas, or personal essays, write down your thoughts about the forest you love so much and share them with your friends, loved ones, and community. Do you paint, draw, or make multi-media collages? Create a work centered around what you feel when you step into your forest. Whatever artistic media or style you create with, use it to share what you love the most about your beloved forest. Take photos however you can: 35mm film, digital, phone camera, or a pinhole camera. Document your adoration for the forest. Put together a short play or monologue about what your forest means to you and perform it for your friends in the middle of your forest. - *Christine Upton*

9. Take a Hike in the Forest.

Gather a few friends or family members, and take a hike. If others are not as familiar with the forest,

share with them Leave No Trace principles, and why it is important to stay on trail while hiking. If you know the terrain in advance, prepare your companions for the hike, with recommendations on the kind of hiking shoes to bring, and how steep or flat the hike may be. You will be spreading the best practices with others who may not be as familiar with respectful time in a forest full of so much life. - *Anonymous*

10. Share Nature's Best Kept Secrets.

In the story of *FernGully: The Last Rainforest* (spoiler alert!), Hexxus sat patiently waiting for his chance to destroy the last rainforest. Importantly, Hexxus wasn't vanquished at the end, he was imprisoned in a tree, which provides us with an increasingly relevant hidden lesson. What was once protected for generations may once again end up in the crosshairs of shifting policies and agendas. The demand for raw materials and scenic views will remain a constant underlying threat

to old-growth forests and no protection comes with guaranteed permanence. If you spend enough time in forests you recognize that not all forests are equal, some are exceptional (hint: it's the old-growth), they have most of the magic and hidden treasures to be discovered. If you're an avid forest lover, you probably have at least one secret spot, your "FernGully", that you can't imagine losing. We scowl at full parking lots, we hope the hikers behind us will take the fork and we insist on trying to keep the most inspiring, loveable, and magical places to ourselves while expecting future generations to treasure old-growth forests without ever knowing their treasure. Sharing experiences in our favorite forests with future generations is how we build a future of strong advocates and pass on the protections that stand the tests of time.

- *Nick Sanchez*

Source: <https://www.oldgrowthforest.net/ogfn-blog/2025/7/8/10-ways-to-protect-an-old-growth-forest>



Poppy seeds, cherry blossoms, pine forests

Seasons of Being: Getting a Relative Measure of Where We Are in Life

*By David M Pinto, Wales
July 11, 2025*

- She looked at the garden beds she had carefully prepared, where some plants would live their entire lives in the coming months, while others would merely begin another chapter.

- The sun shines equally on what lasts and what passes away.

- “This allegory hit me hard – I’ve been trying to be both tree and flower simultaneously, providing stability while pouring everything into each crisis.”

- The annuals and perennials, the trees and flowers, the soil and seeds – none exist in isolation. Neither do we.

- The scales of time may differ, but the essence remains – to be fully present, to give what we

uniquely can, to participate in the great exchange of life.

- Make our reading count!

Spring Whispers

The gardener paused, trowel in hand, watching the dance between sunlight and shadow play across the newly awakened garden. April had arrived with its peculiar generosity – the annual miracle made no less miraculous by its repetition.

Before her, clusters of bright poppies pushed through the dark soil, their vivid red petals still furled like tiny fists. These were the annuals, plants that would complete their entire life journey in a single season: germination to bloom to seed to death, all within the span of a few short months. Their beauty was made more precious by its brevity.

Behind them stood the cherry tree, its branches now adorned with delicate blossoms that would soon give way to leaves, then fruit, then bareness again – a cycle the tree had performed dozens of times before and would continue long after the gardener herself was gone. Its roots reached deep, anchoring it through seasons of drought and frost, allowing it to witness many springs, many cycles, many renewals.

“Which am I?” the gardener wondered, running her fingers through the cool soil. “The poppy that blazes bright and brief, or the tree that blooms again and again?” She looked at the garden beds she had carefully prepared, where some plants would live their entire lives

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in the coming months, while others would merely begin another chapter. The question lingered in the morning air, unanswered but felt, as a robin landed on the cherry branch and began to sing.

Seasonal Voices

I unfurl my petals to the morning sun, this single perfect moment my entire existence has been building toward. Every drop of rain that soaked my seed, every nutrient drawn from the dark earth – all for this: my one magnificent bloom. There is no yesterday to regret, no tomorrow to fear. I am completely present, completely alive.

My entire being trembles with the intensity of now. The bees visit, drawn to my vibrant colors – colors I've summoned from deep within to announce my presence to the world. I will pour everything into this brief emergence. My beauty requires no conservation, no careful rationing across decades. This is my only spring, and I will hold nothing back.

But I wonder...

I am the cherry tree, and I have known a hundred springs. I remember the gardener when she was a child, running beneath my branches, catching my fallen petals in her small hands. Each year I bloom with the wisdom that comes from having bloomed before. My beauty has a different quality – the patience of one who knows that winter always yields to spring, that barrenness is never the final state.

Last spring's blossoms are gone, scattered to the winds, returned to soil. Next spring's buds are merely potential, whispers of what might be. Between these ghosts of past and future blooms, I stand rooted in the present moment – this current flowering neither more nor less precious for being one of many.

The poppy lives with urgency, with passion, with the fierce joy of



the unrepeatable. I live with patience, with perspective, with the steady joy of the returning.

Both ways of being hold wisdom. Both ways of being hold sacrifice.

And you, dear reader? Which moment of life finds you now? Are you in your singular bloom, pouring everything into one brilliant season? Or are you the tree, experiencing this spring as one of many, holding the memory of past winters in your rings while reaching toward future summers?

Perhaps you are neither. Or both. Perhaps you are the gardener, tending to what blooms briefly and what endures, finding purpose in the cultivation of both.

The soil is the same for all of us.
The sun shines equally on what lasts and what passes away.

Three Cycles of Being The Poppy's Season

The red poppy blooms at the height of May, its petals like silk

flags unfurled to the sun. Bees gather its pollen in golden saddlebags. The gardener pauses each morning to witness its glory. By June, the flower has finished its vibrant declaration, petals scattered on the wind, leaving behind a seed pod shaped like a tiny temple.

Inside, hundreds of seeds – each no larger than a grain of sand – wait for their chance. The pod dries, cracks, and in a moment of perfect design, catapults its progeny outward. What was one becomes many, scattered across the garden's canvas. The plant withers, returns to soil. Its body becomes the nutrient-rich bed where next year's flowers – its children, not itself – will rise.

The beauty of the poppy lies not just in its bloom but in its complete surrender. It teaches us that legacy needn't be eternal presence. Sometimes the most perfect gift is to give everything, then gracefully

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depart, leaving only the potential for what comes next.

The Cherry's Year

Summer arrives, and the cherry tree transforms. Its blossoms have fallen, replaced by deep green leaves that create pools of shade where children play and elders rest. In its branches, a family of robins raises their young. Among its roots, mycelium networks carry messages and nutrients to neighboring plants. Insects find shelter in the crevices of its bark.

Autumn brings gold to its leaves, then bareness. Even in winter dormancy, the tree serves as a windbreak, a landmark, a silent sentinel. All year, it exhales oxygen, inhales our carbon, filters dust from the air, its very existence a continuous gift.

What appears as passivity is actually profound participation. The cherry doesn't need to announce its purpose with a dramatic bloom and death. Its sustained presence creates space for countless other lives to unfold their own stories within its reach.

The Ancient Forest

Deep in the cherry's heartwood are rings that tell of droughts survived, of abundant years, of fires that nearly claimed it, of winters that seemed endless. The first branches it ever formed – tiny twigs 70 years ago – are now mas-

sive limbs supporting entire ecosystems. What began as a slender sapling now stands 20 meters tall, its roots reaching just as deep below ground.

Yet the ancient cherry is not separate from the forest. Its leaves have fallen and become soil that nourishes saplings nearby. Its fruits have been carried by birds to distant places where new cherry trees now grow. Through winter ice storms and summer lightning strikes, through human wars and peacetimes, it has breathed in synchrony with all living things – including the single-season poppy that blooms and dies at its feet.

The tree contains entire generations of poppies in its lifespan, yet paradoxically, the poppy's experience of life – the urgent, vibrant now of its brief existence – is not fundamentally different from each present moment the tree experiences. Both inhabit the same eternal now, though at vastly different scales.

Together – annuals and perennials, the brief and the enduring – they form the lungs of our world. The forest breathes, and we breathe with it. The ancient tree and the delicate poppy, seemingly opposite in nature, are expressions of the same fundamental life, participants in the same grand symphony.

When we stand in the forest, touching the rough bark of a tree that witnessed our grandparents' birth, watching a wildflower bloom that will

wither before the month ends, we are reminded: there is no separation. **The scales of time may differ, but the essence remains – to be fully present, to give what we uniquely can, to participate in the great exchange of life.**

Whether our allotted time resembles the poppy's single magnificent season or the tree's long chronicle of rings, what matters is not the duration but the wholeness with which we inhabit our moments, the generosity with which we offer our particular gifts, and the grace with which we take our place in the unbroken circle that preceded us and will continue long after we return to soil.

Invitation to Read & Review

Thanks for reading! This story conforms to the practices of Fulcrum: Reflexive Reading, Organic Sharing and A-State self-organization. In the face of growing AI, our organic readership strengthens our social ties over this crucial decade. Share forward through Sqale so we can avoid the machinery of marketing, and find and support writers who can contribute to this narrative. **Make our reading count.**

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Source: <https://seedcrystal.substack.com/p/seasons-of-being>

When we enter a state of wonder, an opening is created; a possibility arises for us to view the world differently and to come to a different understanding.

~ Rachel Macy Stafford ~



Bold Action for Birds Across the Americas

American Bird Conservancy Delivers Big Wins for Birds at State Level. With gridlock in Congress, ABC pivots to state legislatures from New York to Texas to scale conservation efforts.

*American Bird Conservancy (ABC)
July 23, 2025*

While the U.S. federal government fuels and funds bird conservation work, American Bird Conservancy's advocacy goes beyond the halls of Congress. We take on strategic issues in state legislatures, where we find opportunities to advance bird and habitat conservation in meaningful, powerful ways. This is especially important at a time when federal policies move slowly, or when Congress finds itself at loggerheads (unfortunately, not the shrike kind).

At the state level, we can tackle challenges birds are facing on a finer scale, concentrating on localized solutions to conserve key habitats, support the unique needs

of species with smaller ranges, and advance innovative policies that contribute to a mosaic of bird-friendly policies across the country. Here are some recent wins for birds worth celebrating.

Banning Harmful Pesticides in Vermont and Connecticut

Pesticides that rely on harsh chemicals can have cascading negative effects on birds, and some of the most widely used chemicals for growing plants – neonicotinoids, or “neonics” – are particularly harmful. Coated on seeds in agriculture to deter crop pests, and sprayed on lawns and golf courses, these highly water-soluble chemicals kill the insects that birds eat and leach into waterways. ABC has long advocated for tighter regulations on these and other dangerous pesticides.

In Vermont, as of July 1, these harmful neonicotinoids are now banned on all ornamental plants!

Thanks to legislation championed by ABC and passed last year in the Green Mountain state, outdoor plants like shrubs, nursery

flowers, and landscaped areas can no longer use neonics. This is a huge step, but it's not the last: By 2029, neonics will also be banned on soy, corn, and wheat seeds planted across the state.

ABC helped to rally supporters in Vermont and reach out to their representatives and senators, not once, but twice! The bill was initially vetoed by the governor, but ABC's supporters sprang into action again to override the veto. (For policy wonks, it is the equivalent of a half-court shot at the buzzer!) After months of submitting testimony, educating lawmakers, and talking with farmers throughout the state, we were proud to see this one flap across the finish line.

We celebrated another victory against neonics in Connecticut, where a bill was passed in May that bans neonic use on 300,000 acres of lawns, golf courses, and turf fields starting in 2027. That's an incredible 10 percent of the entire state going neonic-free.

Connecticut also passed Senate Bill 9 with overwhelming support,

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Red Knot with horseshoe crab. Photo: Philip Witt

marking another huge win for birds. SB9, which went into effect immediately, removes highly toxic rodenticides from store shelves, giving hawks, owls, eagles, and vultures a little more room to breathe (and eat mice) without worrying about secondary poisoning. ABC was honored to work with our partners in New England, particularly the Conservation Law Foundation and Connecticut Audubon, on writing the bill text and advocating tirelessly for its passage.

Farewell to Foam in Virginia
The ban on expanded polystyrene foam takeout and beverage containers is finally going into effect in Virginia, thanks to leadership from state legislators and grassroots action!

Legislation to ban these products passed in 2021, with implementation of the ban slated for 2023. In 2022, language in the budget bill delayed the implementation of the phaseout of these hard-to-recycle plastics, which can be accidentally ingested by birds and other wild-

life. This year, Virginia's Governor proposed a budget amendment that would have further delayed this law from taking effect. This time, however, the proposal was struck down, and on July 1, 2025, the foam phaseout finally went into effect! Large chains must comply now, while smaller businesses have until July 1, 2026 to fully comply with the law.

Bipartisanship and the voices of Virginians were critical to achieving this victory. Polystyrene foam food and beverage containers are a prolific source of litter in Virginia. This ban has the potential to beautify communities and reduce the presence of a deadly threat to birds – benefiting all Virginians!

Smart Site Selection
for Texas Wind Turbines
In Texas, House Bill 3556 was signed into law on June 22 and will go into effect on September 1. ABC provided technical input on this bill, highlighting the unique importance of the Texas coast for

birds as a migratory flyway and the need for applying Bird-Smart Wind principles to reduce collision risks to birds in this crowded airspace.

The law requires that developers of new constructions of structures more than 575 feet in height in most coastal counties must notify the Texas Parks and Wildlife Department (TPWD) at least 90 days before construction. This would cover only the tallest models of wind turbines and wind energy

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Hooded Warbler.
Photo: Joshua Galicki

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facilities. If TPWD has sufficient concern about impacts from the structure on migratory birds, the agency has the authority to impose avoidance and minimization measures or potentially reject the project altogether.

The Texas coast hosts more migratory birds than any other region of North America, and hundreds of species depend on it for breeding, stopover, and non-breeding habitat. Minimizing collision risks to birds is vital to protecting numerous species that utilize the Mississippi Flyway.

By requiring Bird-Smart Wind principles to be adopted by new projects, TPWD's oversight role on wind projects in this region will benefit millions of birds.

New York State Passes Horseshoe Crab Protection Act

Exciting news in New York State – the Assembly and Senate passed the Horseshoe Crab Protection Act, which would prohibit the commercial and biomedical “take” of horseshoe crabs! Now the bill heads to the Governor's desk to be signed into law.

Last year, a similar bill was passed by the state legislature but vetoed by the Governor. This year, the Governor has a second chance to listen to constituents and protect a native species by approving the bill.



Hermit Thrush, Vermont's state bird, with dragonfly. Photo: vagabond54 / Shutterstock

Horseshoe crabs are a keystone species and play a crucial role in their ecosystem. Their nutrient-dense eggs support a diverse array of shorebirds, including the threatened Red Knot. Unfortunately, the horseshoe crab population has severely declined in New York, threatening the species and all other wildlife that depend on them.

Commercial bait and biomedical harvest are placing increased pressure on the horseshoe crab population. Neighboring states, including Massachusetts, Connecticut, and New Jersey, have already implemented measures to reduce harvest pressure. New York now has the opportunity to join the move-

ment by instituting a harvest ban.

Please urge New York's Governor to sign this bill into law, protecting horseshoe crabs and the shorebirds that rely on them!

Your voice makes a difference for birds. Find more ways to take action with ABC, from advocating for bird-friendly policies to helping birds right where you live at Take Action for Birds | American Bird Conservancy, <https://abcbirds.org/get-involved/take-action>.

American Bird Conservancy takes bold action to conserve wild birds and their habitats throughout the Americas. Inspired by the wonder of birds, we achieve lasting results for the bird species most in need while also benefiting human communities, biodiversity, and the planet's fragile climate. Our every action is underpinned by science, strengthened by partnerships, and rooted in the belief that diverse perspectives yield stronger results. Founded as a nonprofit organization in 1994, ABC remains committed to safeguarding birds for generations to come.

Join us at <https://abcbirds.org/>! Together, we can do more to ensure birds thrive.



Lesser Yellowlegs. Photo: Glen Woodell/Shutterstock



Web collage courtesy of the Transformative Learning Community and Eimear O'Neill.

Close to the Tree: Healing Ireland's Ancestral Wounds

Eimear O'Neill's research is on exploring the ways we become consciously indigenous in our own bodies, peoples and Earth place. Creative and artful methodologies have been her primary approaches because of the capacity of art to engender compassion for self and others, and to increase epistemological equity beyond dominant languages. Her current research project is *Close to the Tree: Healing Ireland's Ancestral Wounds*. It will weave together articles and images from her work and that of Ed (her late husband) to tell stories of such healing. **"Irish before Celts, Colonization, and Empire Structured Christianity"** is a preparatory piece tracing Irish as one of the oldest vernacular languages in continuous use. A new website with Canadian, American, and Irish friends, Black Irish.us is another tendril.

"Holding Flames: Women Illumi-

nating Knowledge of s/Self Transformation" is her doctoral work. It sparked her use of community art installations to illuminate and connect multiple parts of personal, community, and collective s/Self. The deeper inspiration was to embody that in the Spirit Matters gatherings with Edmund O'Sullivan from 2004.

Eimear's arts-based dissertation research, started just after September 11th, 2001, focused on women's self-transformative journeys, using lantern boxes as small life installation spaces and forms. 'Holding Flames' was on exhibit at the University of Toronto for eight years. Its presence in the Peace Lounge at OISE (Ontario Institute for Studies in Education) changed what happened in the gatherings there. The Spirit Matters gatherings and Transformative Learning events were planned in the Peace Lounge in front of those

36 lanterns. The IEN, (Indigenous Education Network) met there. So did many informal working groups.

The full academic version is still available for free download on her Academia site (<https://utoronto.academia.edu/EimearONEill>).

The Holding Flames installation (next page) shows not only the 36 women's lanterns from the original research but also Eimear's personal integrations, to the left, the Shadow Box, to the right, Circles of s/Self Transformation. Following the hyperlink above will enable a download of the full illustrated dissertation. Its format, methodology, ethics process, and layout may be of use to others' doctoral work. The unique landscape format and multiple color photographs, in addition to black and white images, set a university precedent for a more creative and expressive disserta-

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tion structure, asking forgiveness rather than permission. It was inspired by the illuminated manuscripts of her homeland.

Eimear's current personal writing and artful research project is *Close to the Tree: Healing Ireland's Ancestral Wounds...personally*.

Part memoir, mostly current writing, and hopefully of interest to all with Irish ancestral roots, now 70 million planet-wide, this speaks to the transgenerational wounds that affect us and to the resilience of creativity. The results and understandings from Holding Flames, from Spirit Matters and from our other gatherings, will be in this work.

* * *

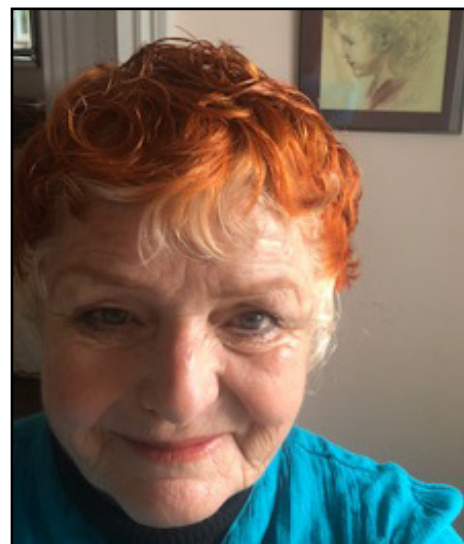
Born in Northern Ireland, raised beside the slave castles in Ghana and working all her adult life in the diversity of Toronto, Canada, Eimear O'Neill cares about collective healing from the traumatic

effects of the structures of dominance wrecking our habitat, our Earth. These include colonization, white bodied supremacy, extractive capitalism, and global hoarding of resources by an elite few. She integrates indigenous ways of knowing, and artful research, with trauma-informed ways of seeing and healing historical wounds at personal and collective levels.

Since 2004, Eimear has been creative director of the Spirit Matters gatherings and co-director of the Transformative Learning Centre. Teaching integral transformative learning, community healing, and peace building along with her therapy practice, Eimear uses a community- and collective-healing lens in all her work. Hosting gatherings connecting indigenous peoples and re-rooting people in their own ancestral past, are core to that healing. Such gatherings, virtual or in person, help to transform par-

ticipants' consciousness around climate change, racism, and other historic and traumatic wounds. Working with other experienced facilitators, she uses and researches systemic constellations, Hedge Schools, and other transformative practices in collective healing.

Source: https://www.eimearoneill.com/Eimear_ONeill/Publications.html



It's Time for a National Mobilization Against Fascism

If we do not rise up in unprecedented, unified, coordinated resistance now, it will very soon be too late.

By Christopher D. Cook
Common Dreams
September 7, 2025

Saturday September 6, an even more-atrocious-than-usual Trump social media post pushed the fascist envelope further wide open, creating heightened alarm and urgency. "I love the smell of deportations in the morning," taunted the text above an AI image ripped from *Apocalypse Now*, superimposing U.S. President Donald Trump's face on a warzone scene from the classic film. In the background, the Chicago skyline is filled with army helicopters and orange hellfire.

Yet more ominously, Trump's post went on, "Chicago about to find out why it's called the Department of WAR." Yes – Trump is now directly and openly declaring war on American cities.

Sickeningly, the Trump "White House" (using quotes here to emphasize how utterly surreal and beyond-the-pale they are) reposted the open threat with helicopter emojis. As Aaron Reichlin-Melnick of the American Immigration Council noted, with this post Trump "drops all pretense and openly admits the mass raids in Chicago are about ICE raids and deportations (not crime), and essentially declares that he's going to war with the city."

The blatant, in-your-face nakedness, vicious meanness, and



fearmongering are all the point – a central aspect of fascism is its normalization, the forceful imposing of a new normal. Trump's ghoulish post this Saturday took this to new heights and depths and cannot be ignored or diminished.

Trump's rapidly intensifying fascism is on daily display, everywhere: the military takeover of Washington, D.C., and soon Chicago and other cities, violat-

ing both federal law and local will; unmarked vans with the masked, unidentified Immigration and Customs Enforcement (ICE) agents rounding people up and detaining and deporting them without any due process; his constant declarations that he can do whatever he wishes because he is president, such as violating court orders, profiting directly off the presidency, and

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endlessly, relentlessly more.

The time has come to take the resistance to a new level. Everyone who is outraged, upset, scared, anxious, and sickened by Trump's rapidly intensifying fascism must unite in coordinated mass resistance. If we do not rise up in unprecedented, unified, coordinated resistance now, it will very soon be too late. If you are outraged and sickened by what this administration is doing, do not wait – the longer we wait, the worse and more irreversible Trump's fascism will be.

The next mass protest action in Washington should be 1 million strong.

As I write this, a massive "We Are All DC" protest in Washington, DC could pave the way forward. A diverse, steadily growing, and loud crowd of many thousands took to the Capitol's streets Saturday, marching near the White House and other sites of power, with shouts of "Shut it down" and "Trump must go now." On October 18, an array of groups will hold a nationally coordinated "No Kings" protest. The last "No Kings Day" drew record crowds and marked a potential turning point in the growing movement against Trump's fascism and bigotry.

The anti-Trump resistance movement is steadily growing and

congealing. The question now is, when and how will this burgeoning uprising go beyond protests and mobilize coordinated actions that create concrete impacts? When do we coordinate a national General Strike, or similar effort that shuts things down for a time? When will we all go to Washington, DC and simply sit down, sit in, refuse to leave, and prevent this fascist administration from creating further harm?

Actions like these must be done thoughtfully, carefully, and strategically. This is not a time for whimsy or flippancy. We must create real infrastructure, systems of solidarity, support, and mutual aid, to sustain nonviolent direct action and civil disobedience, including a General Strike. Such efforts must include organized labor and other diverse major movements.

This is not a criticism of the current protests – I have been to and supported all the marches I can muster, while supporting online, signing petitions, and making phone calls daily; this is an urging in solidarity. Now is the time for a new level of national mobilization and resistance action that goes beyond marches and rallies.

Building on Saturday's inspiring turnout in DC, we need to coordinate and organize a truly massive, nationwide "STOP FASCISM

NOW" protest in Washington – one that people can plan for and that unites and coordinates the many uprisings across the country. The next mass protest action in Washington should be 1 million strong. Yes, 1 million.

It's time to aim higher and dig deeper. All of us. The time to UNITE, COORDINATE, and MOBILIZE a MILLION people in DC is NOW. Of course, many can't make the trip, and cities across the nation will continue their own protests – but mobilizing 1 million people in DC for a national day (or week) of action and, potentially, a General Strike Against Fascism, would be dramatic, powerful, and impactful.

One million against fascism and for democracy, diversity, love, solidarity, and a future that is equitable, inclusive, and sustainable. One million against fascism and for our shared futures.

Maybe we call it simply: The National Mobilization Against Fascism. The General Strike Against Fascism.

It's time to imagine it, build it, and make it happen. Our country, our communities, and our future are on the line, and there is truly no time to lose. The time is now.

Source: <https://www.common-dreams.org/opinion/national-movement-against-fascism>

**But I know, somehow, that only
when it is dark enough can you see the stars.**

~ Martin Luther King, Jr. ~

ARCHANS IN ACTION



Introduction to Rage Club at Earthdance, June 2025

Creating Next Culture

Dear Edgeworker,

Some years ago, I started seeing T-shirts and water bottle stickers that said *Yoga Is For Every Body* – meaning, not just for the Lululemon-clad Sexy Angel Goddess Workshop Leaders among us, or their counterparts, the Handsome Holy Tribal Men, but for every body type, regardless of age, race, size, or flexibility.

Just a few decades ago, yoga was still considered a hallmark of “alternative” lifestyles and the counterculture movement. The sentiment *Yoga Is For Every Body*, which seeks to reclaim the practice from young, thin, bendy, white women on Instagram, is a testament to its rise in popularity over the past 50 years. An excellent indicator of whether something has become truly mainstream is whether or not it has been co-opted by capitalism.

While I don’t wish for Rage Club to be bastardized by Modern Culture in the same way yoga has,

what I do wish is for everybody to experience Rage Club, in Every Body.

What do I mean by Every Body? Perhaps you did not know that you actually have 5 Bodies. Besides your Physical Body, which is made up of blood, skin, flesh, and bones, you have an Emotional Body (made up of feelings and emotions); an Energetic Body (your sense of timing, space, and ownership); and an Intellectual Body (ideas, thoughts, thoughtmaps, thoughtware, and beliefs).

You also have an Archetypal Body, which is activated only when the other four Bodies are nourished. Your Archetypal Body is the gateway to your destiny, your purpose, and your Archetypal Lineage.

Rage Club is a practice in connecting to Anger, which is one of the 4 Feelings in the Emotional Body. It is no coincidence that when you connect to Conscious Anger, you begin to fully incarnate

– to be here now, in your Physical Body. You start to keep your Center, the source of your Authority in your Energetic Body, around anyone – parents, mentors, so-called gurus, partner(s).

You gain more Clarity in your Intellectual Body about what matters to you. And you may just begin to experience a hint of what it is like for your Archetypal Body to come online.

In fact, Rage Club is a space to connect to all 5 Bodies. It is an initiation into authentic adulthood – the beginning of a journey to take Radical Responsibility for your life and become your destiny in action.

Rage Club is not just for people who have “anger issues.” Nor is it just for spiritual seekers, personal growth junkies, or transformation enthusiasts. It is for Every Body, everybody with a beating heart who longs to experience radical connection and love.

I dream of a day when Rage

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ARCHANS IN ACTION

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(left) Hannah at Whidbey Island, WA. June 2025.
(above) "My Archetypal Talisman, a reminder that my life is not my own," says Hannah.

Club is as "normal" as going to the gym. Of a culture where Feelings are celebrated as neutral life source energy and Emotions as doorways for healing. Where human beings are honored and appreciated not for what they HAVE

or DO, but who they ARE – the unique qualities they unfold in the world, simply by virtue of their Being.

This world may not be here yet, but it is on the horizon. In the words of Arundhati Roy: "Another

world is not only possible, she is on her way. On a quiet day, I can hear her breathing."

Love,

Hannah Hirsh

Contact Hannah at hirsh.hannah@gmail.com.

Rage Club is a Rapid Learning environment for learning the distinctions, Thoughtware, and skills for Consciously using the energy and information of your anger.

~ <https://distinctionary.mystrikingly.com> ~

ARCHANS IN ACTION



I'm a Happy Woman. It's the little things.

By Alice Belz Coaching
August 9, 2025

My latest passion: Dancing in the kitchen

What I love right now: Ocean views

Appreciate the little things, because maybe they aren't so little.

After hearing about Gemma Leah Morgan's Worktalk: *The War Within*, a question rose in me: *Who am I to feel happy in a world like this?*

War is not an abstract concept for me. I've spent time in war countries, I spent time in Israel, I've met people and the culture. I've touched the soil; I left, deeply

moved.

And yet... here I am.

Waking up in the morning, putting on my invisible crown.

Saying no to what isn't aligned, even in the small things.

Choosing joy.

I'm a natural cheerleader. My life has been painful for a long time and I've done the work to walk myself out of it. I'm fiercely devoted to living in alignment with joy, pleasure, and possibility. Not as a bypass.

IT IS A CHOICE

I know rage. I know grief. I've trembled in fear.

I am trained in anger work. I've

sat with my own inner storms and honored them until they moved.

That's why I can hold the light now.

That's why my joy is not fragile – it's rooted.

The Little Things That Transform Me

When sadness floods me, I look around and ask:

What's one small thing bringing me another perspective right now? What is right NOW?

- The beauty of a wild-growing pineapple? Definitely.

- A deep, soul-laughing conversation with a dear friend? Yes.

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ARCHANS IN ACTION

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- A big plate of ripe fruit with whipped cream? Absolutely.
- Wearing silk pyjamas in the middle of the day? Why not.

Since discovering the tools of Possibility Management, I've realized I can be glad while feeling all four core feelings.

I can feel joy alongside fear, anger, or sadness.

I can cry into my oats and still speak with the person in front of me.

I can sit in a café, holding space for a friend's tears, without needing to fix her.

It doesn't have to be the grand moments – a Caribbean getaway, a 5-star dinner, the "once-in-a-lifetime" trip.

Joy lives in the now, if I practice noticing it.

What I've Learned

- Wear my crown every day – Walk as if I belong here.
- Have my standards clear – Not just for others, but for myself.
- Say **NO** to **everything** misaligned – Yes, **everything**.
- Appreciate the little things – The feel of bare feet on the floor, the shifting shades of blue in the ocean, birds high up in the sky, the magic of extraordinary words on a

page.

- Let all my feelings coexist – Gladness can live alongside sadness, anger, or fear – and joy.

- Move my body – Dance in the kitchen, even if the dishes aren't done.

- Hold space without rescuing – Let others have their feelings while I keep my ground.

- Beauty hunt – Each day, look for the beauty that surrounds me.

The Challenge

Most clients tell me:

"I'm not where you are yet.

You're lucky.

I have too much healing to do before I can feel joy."

I challenge that.

Can you hold the paradox of life's mess AND joy?

Can you face roadblocks while also dancing barefoot in your kitchen?

Can you let beauty slip into your day without asking permission from the world's tragedies?

Can you – already – start living your life, living your dreams while you keep on working on your inner healing processes?

Because peace out there begins with peace inside you.

How to Work With Me

If you feel stuck in emotional heaviness...

If you want to reclaim your birth-right to exist...

If you want to overcome the disempowering story – It should be perfect, only then I am allowed to relax ... feel glad ... to have a loving relationship – then my work is for you. It might enable you to create dramatic positive change in your life and relationship.

In my **1:1 coaching**, I've walked with many women through their inner battlefields, with the result that they are now grounded and radiant. They get to experience a sense of happiness, rooted in authenticity.

I currently have 3 spots open for 1:1 coaching – if this ignites a spark in you, message me to arrange your complimentary call.

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https://www.instagram.com/alicebelz_coaching/

No pessimist ever discovered the secret of the stars, or sailed an uncharted land, or opened a new doorway for the human spirit.

~ Helen Keller ~

ARCHANS IN ACTION

I want to share with you my legend about today's Women's Possibility Team – Body Nature.

Around four months ago, I offered a journey of four calls that I called Reclaim Your Body.

I still remember being extremely nervous the days leading up to and when we started.

I had so much fear, because I was identified with having to deliver something to this group of women.

They pay me, so I have to give them something.

My value depends on what I deliver. I had prepared almost the whole content of the journey.

Of course, the calls didn't work out as I had imagined. Which then led me to conclude that I had failed.

In the end, everything depended on me, and I blamed myself for not having created the transformation I had wished for to happen in the women taking part.

Pressure. pressure. pressure.

After this experience, I took a break of several months to digest it.

I went through self-hatred, depression, layers of emotions, and the grey clouds of my swamp.

I am not good enough. I can't create the spaces I am longing for. I am not worthy. etc.

Having gone through all these layers, I decided to let go:

I am not here to deliver anything. I simply want to hold space and focus on my intention, which is to empower other women around me to bloom into their unique expression, fierce warriorress, radiant beauty, and innate wisdom.

From this new point of origin, I decided to create a possibility team. A space where I could transform my pressure of performance into creative collaboration and heal myself from "having to deliver"



something to be valuable.

And it was delicious! Five women gathered for the sake of reconnection and healing with our Body Nature. From the beginning, I relaxed into my body and let the fear circulate through my nervous system. I shared about my intention for this space and then I let the women unfold in front of my eyes.

I was so touched by all the beauty, the anger, the sadness, the love, and wisdom that started to pour into the space. I saw myself – reflected in each of the women's voices, in their hearts, in their bodies.

When I sensed that a woman was holding back her heart, I invited her to bring herself more forward. And she would keep on unpacking her gold for all of us.

We were grieving together about what is happening to Gaia all over the planet and how we feel her pain in our bodies. And we were celebrating this container of sup-

port and love for each other.

Possibilities, such as inviting another woman in our physical surroundings to lay on the earth together and listen to her, popped out of the ground like mushrooms.

I love women!

I love their innate wisdom, their creative power, and their love for everything that is alive.

I came out of the space with so much energy! This is the kind of space I was longing to hold and to participate in.

And it felt absolutely effortless.

I am so glad for the valuable distinctions of Possibility Management and for this village of edgeworkers who dare to co-create such spaces of archetypal collaboration.

Fierce Love from my Feminine Body and Heart to you all,
Selina Frei, Mexico
Telephone: 52-9671265471

NEW COLUMN: IONA IN ACTION

Dan Fagin gave me permission to use 1,000 words from his 2013 book, *Toms River: A Story of Science and Salvation*, about Ciba-Geigy chemical company with his hideous, deadly track record of secrecy, negligence, and gross contamination of the places where it operated, one of them being in the town next to mine!

Since this story reflects so much of my own life and experiences as an air-pollution inspector, having gone into incredibly nightmarish factories, and also having worked in the Superfund program, I will allocate a few of his words or sentences at a time as launching points for my own stories, recollections, teachings, and suggested actions my readers can take once they learn what the behind-the-scene facts are. There are so many things I want people to understand; this is my platform. I hate that almost everyone I know is so ignorant and cares so little about the Earth and how they can make modest changes (or radical ones) to help.

Here are 127 words from Fagin's book: [Page 209] *This was, of course, a very old story. Bladder tumors had been linked to dye manufacturing ever since Ludwig Rehn reported on three cases in Frankfurt dye workers in 1895. By 1925, so many cases had accumulated that the Swiss government officially recognized bladder cancer as an occupational disease in the dye industry, making the stricken workers eligible for special compensation. British dye workers (though not their American counterparts) received similar benefits stating in 1938 after a cluster of bladder cancer cases appeared at a Ciba-owned dye factor in*



Manchester. [Footnote, page 494] By 1952, British researchers had identified 341 dye workers in that country who had developed bladder cancer since 1921 – a cancer rate about 30 times higher than what would be expected among men in the general population.]

And now here is my true story from my memoir, coupled with another one from my earliest days with Police Power to write violations against polluters.

A Novice with Police Power

My friend Lydia (from Rutgers) ended up in Paterson, too. She was Russian and passionate about worker safety and OSHA regulations and I was passionate about the environment. We were two white, middle-aged women in an ethnically-diverse city – with Police Power. Our boss was the academic type who preferred staying in our basement office to giving us field experience so we trained ourselves on the streets and came back to him for advice when we needed it.

The two most shocking inspections I did were of a blue-dye factory and a post-fire inspection at a plant where both automobile paint and nail polish were made; however, my most meaningful inspection was after a fire in a deli.

On my first day, a City policeman gave me a tour of the industrial section; he thought I should see the blue liquid being discharged to

the ground next to the Passaic River. After he dropped me off back at the health department, I returned on my own.

Since I hadn't yet learned the enforcement codes, I walked in with my badge, asked for the manager and told him flat out, "You can't do that."

The reason this single inspection was etched into my memory is that the grass outside the factory was blue, the tree was blue (and dead) and, inside, the workers were bluish and the whole interior had a blue hue. Neither my previous suburban housewife existence nor the Summer's classroom lessons had prepared me for such a scene. The company rerouted the pipe discharging the contaminated water but I have no idea what they did to improve the rest of the place.

Another morning, we got called out to inspect the damage after a nighttime fire in the auto-paint/nail polish plant. It was a ghastly mess and reeked of poisonous chemicals. Again, the location was along the banks of the Passaic River so we KNEW the firemen's hoses had washed toxic chemicals into the ground water and river – not to mention the fire having created exposures to the firemen plus those of any other life or the neighbors, even to me, as I had no respirator then.

That was the day I promised never to wear nail polish again. If its manufacture caused such horror, I could live without it. And these days nail polish has become a national obsession with nail salons everywhere and women flaunting polished, decorated nails in a most unnatural way. Strange – they're just nails!

Photo: https://commons.wikimedia.org/wiki/File:Galaxies_nail_art.jpg

Messages from Our Friends

Thanks for your wonderful message Mom, my prayers for you to succeed towards achieving this great back in action.

Love,
Amos Mugarura, Uganda

I begin by appreciating the work you are doing right now. I have seen the post for the kids through the newspaper, which is good; it's good news for us since you decided to choose me as well let's continue praying for good news. If anything happens you will update me mom. We love you so much.

Yes mom with huge smile thanks so much. Let's continue praying for good news together with the kids and thanks for loving us. (lots of hearts)

Sadat Mutekanga, Uganda

Dear Lona,

I'm so proud of you!

Thanks for the love that comes from the heart.

This is a noble cause and your request is valid.

I understand your fear. In most cases people who give find it hard to ask for themselves yet they always fall short.

My prayers are with you and I pray that people will come through to help you out.

Be assured of my prayers for this request.

With love,
Pauline Anyaitine, Uganda

Thank you so much for loving us and loving Africa at large.

Hallelujah Amen thank you so much for your appreciation and loving us. We are so happy because in most cases some whites don't love us because God created us in black color, forgetting that

God created all of us when we are Equal, and more over in his image.

I have seen the newspaper and the pictures of kids from Uganda, more especially from my fellow Ugandans and fellow orphan kids caretaker from UGANDA in the names of Mutekanga Sadat.

Sister, I also have 29 orphan kids I care with my little sister called Hellen. And I also requested you some HELP, so am also requesting to post my children for help.

The 29 orphan kids we care for are: 19 kids are Girls with Age from 4-16, and 10 kids are Boys ranging the age from 3-14. These kids lost both parents died of COVID 19 and others Died of HIV AIDS in Uganda.

We loves you so much and the children and we shall be very grateful if you post our problems in the newspaper, or organizing for us GoFundMe pages, and collect for us some \$\$ money to help us to acquire land for building the orphanage, and the Agriculture practices, this will sustain us with availability of Food, and no more Renting where we sleep.

Malik Lugolole, Uganda

Note from Lona: I do not do anymore fundraising but still think it's important to let my readers know what the situation is for some members of our Global Family who are orphanage managers.

(This message came after I signed an email to Amos "Love, Lona" instead of "Love, Mom" and then I wrote this: "I'm not signing 'Mom' anymore when I email my young friends; we are equal teammates regardless of our ages.")

Wow!!! Super cute. Yes I have always told you that I can never want to see you pissed because I need

to see you grow more younger every day. Yes we are indeed we are equal though you are our mentor.

Love,
Amos Mugarura, Uganda

Lona - What a pleasant read and I adored the pictures. I felt the love you poured into this project and the commitment you have to what holds strong for you. Thank you for sharing and for your dedication to Next Culture.

Anonymous, California USA

It's all love to you that makes me understand you most. Looking forward to meeting Joana after awhile and it will be the day we shall deliver to her your gift of a teddy bear. It's been well kept for her. Surprisingly, Liam tells whoever comes home that it's for his little sister Joana because I told him to never touch it because it's for baby girl Joana.

Mostly likely to travel with him as well since we shall all be moving [traveling] there.

Your equal,
Amos Mugarura, Uganda

Hi, my lovely Mom. I've read this email with deepest feelings of my heart. To be honest it is something I could do help you move one step ahead mom but actually I can't due to my financial bottlenecks I am going through at the moment.

Since I narrowly escaped death on the motorcycle crash during my previous driving career I have no official work that can enable me earn a living in actual facts. I stopped working on my previous job because it became so dangerous, thus I decided to abscond from it. I don't have a place to earn

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a living mom for almost a month now something affects me psychologically as well as.

I wish I could do something mom, I wish I could send at least 100 USD but the really situation of my reality is in that way.

Let us keep on waiting for the good Samaritans who could do something to ease your financial arrangements.

You are now approaching 80th birthday anniversary mom. To me it is something I am proud of, having my mom from another country who celebrates 80th anniversary this year. I don't know if I will be blessed to see you one day. That will be the most happiest moment in my lifetime.

I pray that you get good Samaritans to support you on this mom.

I am still doing Ubuntu Works, though we are facing problem in securing donors to support our endeavors.

Have a good day Mom,
Sengo Kesheni, Tanzania

Hello my Friend,

I am glad to inform you that your requested work of making changes on your website has fully worked out. I couldn't take it for granted but I rather set up an alarm before I could sleep after good hours of trying and things weren't responding to my desired results. I slept while thinking on how this can be solved and at 4:00 am I woke up and started on it again which has surely given me the right results, am sure they are!

Check out your website and confirm to me about the results. I'm pleased to in away am understand the way your website was devel-

oped, it's such a good one.

Love,
Amos Mugarura, IT specialist,
your Equal friend forever, Uganda

Hi, Sooze -

As I was getting into my grungies, I had the TV on for maybe 2 minutes.

There was a short blurb about Nicloe Wallace's podcast with fascinating people.

She was talking to Phil Rosenthal (never heard of him, but Wikipedia lists him as an American TV writer).

I didn't catch the beginning of their chat, but he said something like:

'We've come way too far in the wrong direction with the Men's-sphere.

It's time for a Ladies-sphere!' Might want to look him up.

Joan Coe Norris Daurio, New Jersey USA

(After watching How to Live in Archiarchy, every Tuesday from 1:00 – 3:00 Eastern U.S. time)

Welcome Iona, am thankful to you for introducing me to this great learning session, it was such a real life story from all speakers. It's indeed a platform of comfort and motivation.

Liam has true love towards you, I thought he could not recognize you since there were many people of your color. I was expecting him not to recognize you, but he immediately pointed at you, "That's Grandma."

Regards,
Amos Mugarura, Uganda

I'm so proud of you! Thank you for sharing this with me and our

friends from America and around the world!

Our gratitude goes to you Mum Iona your family, and everyone else who is very inspiring to support this initiative as well as the opportunity to discuss is potentially important.

I really appreciate your kindness, hard-working, and advisory services to me. Thank you, that means a lot.

May God strengthen your incredible journey by blessing you abundantly in your life. You're really appreciated for your advisory support and encouragement. And also always You're very kind person and good change-maker of the incredible work you do around the world.

Wishing you all the best,

Thank you once again. We wish you happy birthday [many happy birthday emojis]

Best wishes,

Feruzi Juma Kikuni, Founder and Executive Director of Refugee Alliance for Development and Innovation (RADI), Environmental activist Kakuma Refugee Camp, Nairobi, Kenya

Greetings Iona,

Thank you for passing along this latest blockbuster project from your creative lab. There's certainly lots for me to peruse in the week ahead but, on first glance, I must commend you for covering the Boss's attempted executive occupation of D.C. under his bogus "state of emergency."

In case you're seeking photos of creative protest signs on this controversial subject for subse-

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quent editions of *Next Culture News*, I posted a small gallery of snapshots here ...<https://photos.app.goo.gl/q9ecQYVcybiWWzhk7> The amateur photographer was a Glover Park neighbor by the name of JoAnn Goslin.

They're from our weekly neighborhood demonstration outside the Vice President's house at 34th St & Massachusetts Ave – a major rush-hour commuter route for workers

departing D.C. Here's a 3-minute TV news clip of the news coverage:

<https://www.youtube.com/watch?v=jmzXAQhTQ1s>

A group of protesters voiced their frustration over Trump's military occupation of DC at a demonstration across the street from the vice president's front door at the U.S. Naval Observatory on August 12.

Future protests will take place

every Tuesday from 4-6pm until the so-called "state of emergency" (used to justify the federal take-over) ends ...

EDITOR ALLEN'S NOTE: I'm so proud to live in a community that can mobilize such actions in less than 24 hours.

ACTION DEFEATS DESPAIR!

In solidarity,

Allen Hengst, Washington, D.C.

Protests at Vice President Vance's House After Trump Ordered Military Take-Over of Washington, D.C.

