

ISSUE 5 | SPRING 2021

# THE CHANGING TIMES

NATURE CONNECTION -- CLIMATE ACTIVISM  
CREATIVITY -- EDUCATION -- CULTURAL CHANGE  
TRADITIONAL KNOWLEDGE -- LOCAL FOOD





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## WHO WE ARE

**Meg Smith** *Editor*  
**Megan Thornton** *Editor*  
**Sydney Bollinger** *Editor*

"The Changing Times" is a seasonal (quarterly) publication of "Families For A Livable Climate" that invites community-wide response to these turbulent and revolutionary times, seeking submissions from people of all ages and backgrounds. In this space, we share stories, express love for the world around us, and offer ways for everyone to get involved in answering the call to change - in ourselves, our families, our communities, and our country. We know this work happens by challenging our systems and leaders; conversing on resiliency, grief work, activism, youth empowerment, education, intergenerational support, local living, and traditional knowledge; and connecting with one another through our relationship with nature and the creative arts. While the magazine is based in Missoula, MT we consider "conversations with the peripheries," throughout Montana, and beyond to be vital, so anyone is welcome to subscribe and/ or submit.



# FROM THE EDITORS

*There's a Chinese saying. "When is the best time to plant a tree? Twenty years ago."*

*The Chinese engineer smiles. "Good one."*

*"When is the next best time? Now."*

*"Ah! Okay!" The smile turns real. Until today, he has never planted anything. But Now, that next best of times, is long, and rewrites everything.*

*—The Overstory, Richard Powers*

Today I saw the green buds of a Tamarack bursting forth in their neon green bustles.

Like tiny green flags, they seemed to signal that spring was finally upon us—the way it always seems to burst forth, quickly and yet all too gradually, after the slow-pace of the winter season.

The last year (or 13 and half months, but who's counting?) has perhaps felt like an extended season, after which, the Tamarack buds, and the "now", feels all the more vivid and present. A roaring 2020s—a time for the world to re-awake and regrow.

Perhaps, then, it is fitting that it's springtime as we come out of our metaphorical hibernation—waking up to a world that seems a little bit more green, full of possibility, and sparkling with early spring flowers. But I want to caution us, and myself, from running away with that metaphor too enthusiastically. There is no eternal spring; parts of our world are suffering from deadly COVID variants, others are fighting for fair and equitable government, and yet others working for social justice reform. The seasons are cyclical, rhythmic, and ever-changing.

Spring is an opportunity, a space for a new "now"—not to be clichéd into an oversimplified metaphor.

So, to embrace possibility, we bring you plants: the earth's vast kingdom of experimentation, competition, kinship, growth, and exploration.

Follow the green tendrils through this issue. Notice how the plants roam through the pages: appearing as food, bodily guides, seeds, and art. Here we focus on the sheer plant-y-ness of this world we inhabit.

Plants have many forms, many homes, many modes of traveling, many ways of eating, many ways of growing and spreading—across all seasons, weathers, regions, and ecosystems.

In fact, if we're looking for a metaphor, I think it might be plants that are the most useful metaphor here.

Under concrete, in a landfill, surrounded by the driest air in living history, or under new, historic rainfall—our green kin always plants a seed. They always *try*—a new kind of leaf, a different sort of stem, even a new seed, a new way of traveling and finding opportunity. They are the loud, energetic, slow, deliberate, creative neighbors we often forget we have.

So, in the face of rampant roaring 20s and springtime metaphors, I suggest we leave a little room for failure, for ingenuity, and for flexibility.

I suggest we be plants.

What seed are you planting?

**Meg Smith, 26**  
*Editor*

*Meg Smith is local Montanan with a deep wonder for the more-than-human world. She has a BA in English Literature and Teaching from the University of Montana and an MA in Environmental Humanities from Bath Spa University, Bath, England. When she isn't out finding new trails, she loves to write poetry, cook without recipes, and find new ways to use less*



# Making Floral Magic with Melissa Lafontaine

Sydney Bollinger, 25



Jennifer Oakland Photography

From her cozy home studio, Melissa Lafontaine makes floral magic. As the owner and lead designer of Earth Within Flowers, she has taken her love for the wild, natural Montana landscape and crafted stunning floral arrangements, focusing on sustainable practices and local materials. Her studio is truly a place for the soul—the delightful scent of herbs greets you, their language speaking to you the second you walk through the door. For Melissa, incorporating the language and healing of flowers into designs is paramount.

In the past year, Melissa has developed what started as an afterschool program into a fledgling nonprofit organization. Earth Within Girls, built out of her deep connection to using plant knowledge as a healing, intuitive practice, focuses on teaching upper elementary and middle school girls about plant wisdom, holistic healing, and their own natural cycles. She held the first workshop around International Women's Day and saw a deep desire in caretakers and daughters for more programming about earth wisdom and holistic healing. With the success of the afterschool program series, Earth Within Girls was born.

I sat down with Melissa to talk about all

things plant wisdom, holistic healing, and, of course, Earth Within Girls. Her wisdom and experience in these practices can definitely make a difference in the life of anyone working toward a better understanding of their relationship with their bodies and the natural world.

**SB: Can you tell me a bit about what led you to plant wisdom and holistic health practices?**

ML: My connection to plants and holistic health practices has been inspired by my personal journey in healing my imbalanced hormonal cycle through plant knowledge and self-care. Plant wisdom and holistic health practices go hand and hand. It is powerful to be able to harvest plants ethically or grow herbs, food, and medicine in your backyard that supports your overall well-being. A deeper connection to the seasonality of the natural landscape and how this affects our bodies in a cyclical nature has HUGE healing potential.

**SB: What was the beginning of Earth Within Girls?**

ML: Earth Within Girls (EWG) started as an extension of my MA in Environmental Studies: 'Cultivating Earth Centered Children through Plant-Based Education' at the University of Montana. [My] sustainable



floral design business ... connects the healing of flowers through our designs and teaching. During our Earth Within Flower's DIY community workshop series it became evident that caretakers wished to include their daughters in the creative floral art.

**SB: Tell me a little about the types of workshops you host in Earth Within Girls.**

ML: We offer virtual and outdoor after-school programs, as well as caretaker-daughter mini-retreats. In our 6-week afterschool program the curriculum focuses on DIY skill building that's both engaging and action-oriented with activities ranging from 'Floral Body Care', 'Girl's Tea Blends', and 'Wildflower Yoga and Meditation'. All of our workshops are rooted in our hands-on, experiential teaching approach and are based upon our four pillars of learning: Plant Wisdom, Self-Care, Body & Voice, and Friendship.

Our caretaker-daughter workshops give caretakers an opportunity to bond with their daughters, exploring the magic of herbs and the power of our cycles. Each month, we host a Full Moon workshop where we focus on DIY flower art, body care, and medicinal remedies to build confidence and well-being as girls transition into womanhood.

**SB: Describe a moment where you saw the way your program empowers young girls.**

ML: After our raspberry honey infusion activity in our after-school program, participants started incorporating this particular herb in teas, recipes, and other DIY projects at home. One girl in particular asked her parents to plant a raspberry bush in their garden so she could have a consistent supply. It was really fun watching the girls tap into the many uses and benefits of the herbs in unique ways during their free time. In this moment I knew that our teaching was going beyond the classroom and really integrating into their daily lives!

[Another time,] one of our participants who attended several of our caretaker-daughter and after-school programs recently started her period. Her caretaker reached out to me to be included in a celebratory community basket for her daughter. When her and her daughter came to pick up her letter and gift from Earth Within Girls, Bella shared how prepared and confident she felt starting her period thanks to what she has learned in our programs. She shared some tea blends she made at home to help her ease cramps and how her moon journal has helped her express her emotions more clearly.

**SB: What's a practice that you've really been digging into lately?**

ML: Listening to how my body feels throughout each unique cycle and how to create loving boundaries for myself. I use tools like muscle testing, a pendulum, or meditation to help me tune into my heart space and listen to what my body and spirit



Ashley Rhian Photography



**Connect with Melissa and Earth Within Girls**  
@earthwithin and @earthwithingirls (Instagram)  
earthwithin.com and earthwithingirls.org

really needs. If there is any part of me that feels unsure or uneasy about eating a food item or engaging in a plan, I usually take this as a no. I am really leaning into what a “Full Body YES!” feels like—open heart space, clear thoughts, and energy. I find this practice especially important during the more intuitive phases of the cycle—winter and fall if you are a menstruating body—premenstrual and menstrual; if you do not have a menstrual cycle, you can always tune into the energy of the moon phase of the season you are in—and new moon phases specifically.

**SB: What do you recommend for someone just beginning with holistic self care and plant wisdom?**

ML: Start slowly. I love working with one plant at a time, tapping into it with a DIY activity and taking the herb internally or externally for a 30 day period. It’s best to start simply to really feel your unique connection with this particular plant. If you need some help getting started, you can always consider registering for one of our by-donation virtual programs. We explore the power of plants and cyclical wellness through hands-on DIY activities.

**SB: Any herbs that have been extra special to you lately?**

ML: I love calendula! It grows well in most gardens. Research shows calendula oil is an effective tool to soothe menstrual cramps when applied directly to the lower back or belly. Additionally it can treat skin irritations, cuts and scrapes, and it makes a luxurious and gentle oil for dry or chapped skin.



**DIY Herbal Recipe with Calendula:**

Place dried calendula flowers in a glass jar. Cover with jojoba or almond oil (or any oil of your choice). Make sure you add enough oil to sufficiently cover the petals, which may float to the surface when you add the oil. Cover the jar with a tight fitting lid, place in a paper bag, and set in a sunny window for about a month. Shake the oil periodically. Once infused, strain the petals and store oil in a cool dark place. Use generously!

**Quick tip:** you can expedite the infusion process by placing the jar with lid in a crock pot covered with water on warm for 4-6 hours. Place a towel under the jar to avoid shattering.

**GET INVOLVED**

If you’re interested in the work of Melissa and Earth Within Girls, you can get involved in upcoming events by visiting the organization’s website: [earthwithingirls.org](http://earthwithingirls.org). This summer, EWG will be working with youth in a domestic violence center. Need-based scholarships are available for diverse community members. Additionally, virtual workshops will be coming soon.

*Sydney Bollinger is a Charleston-based writer. She earned an MS in Environmental Studies (Environmental Writing) from the University of Montana. While studying for her MS, she served as Editor for Camas Magazine. Read her work in This Present Former Glory, Dunes Review, and other places. Find her online @sydboll.*



# Adventures in Foraging: Edible Weeds in Spring

Therese "Trez" Robbins, 30

*Therese "Trez" Robbins is a certified herbalist and permaculture designer in Missoula, MT. She is passionate about growing her own food, making plant medicine under the name Heart Beet Herbal Remedies, and spending time outside. You can follow her on Instagram @heartbeetherbal or contact her via heartbeetherbalremedies@gmail.com.*

This time of year, I find myself inspecting the garden daily to spot the first arrivals. I am obsessed with finding their tiny green shoots, identifying who they are, reveling in how big they are growing—and I'm not talking about my vegetables! No, these plant friends are the first edible weeds of the season. They are the resilient, joyful, naturalized goodies many of us find in our gardens and alleyways.

I was shocked to discover a few years ago that plants I had passed by my entire life were in fact edible and/or medicinal. This knowledge presented the gift of abundant, hardy, and nutritious fare right in my own yard. Plants such as chickweed, common mallow, cleavers, lamb's quarters, plantain, purslane, dandelion, red clover, and white clover are all very common. They are resilient through extreme weather, they usually get along with garden vegetables, they are often more nutritious than domestic vegetables, and some of them are the first arrivals of spring when you need some lighter fare after winter. Weeds are a no-brainer food source when you consider how much water, labor, fossil fuels, and chemicals go into the vegetables we find in the store.

They can also offer a local, yet overlooked, alternative to over-harvested and at-risk plants and medicines. As blossoming foragers, we all have to follow a set of ethical guidelines if we want the plants we

love to thrive. If a plant is at-risk, climate specific, slow growing, or integral to an ecosystem, harvest less or grow it yourself. If we take too much of a plant from an area, especially a slow growing or climate specific plant, we will lose it. The weeds listed above are naturalized across our continent, meaning they have made our country their home, but do not displace or disrupt native plant ecosystems like invasive plants. Naturalized plants move into disturbed areas (typically from human development) and can actually be beneficial to the soil health in numerous ways. They offer nutrients to the soil when the plant decomposes, can uptake toxic heavy metals out of the soil, or can break up compacted soil for other plants. It just so happens they are also great additions to our diets!

Chickweed (*Stellaria media*) is one of my favorite fresh spring greens. When it's young, it makes a great pesto with walnuts and spices! It is soothing and healing to the mucous membranes inside and out, and provides numerous minerals and nutrients. Common mallow (*Malva neglecta*) is delightful in salads, and makes a decent substitute for okra in dishes that need some thickening. Think gumbo and stews. Cleavers (*Galium aparine*) is best eaten young, added to smoothies or pesto. It is nutritive and slightly diuretic, and offers some lymphatic cleansing properties. Lamb's quarters (*Chenopodium album*) is the absolute BEST spinach alternative I have



ever had the pleasure of eating. It can be used like spinach in every way. Young leaves are best, before it flowers. It shines in dishes like lamb's quarters lentil soup. Young plantain (*Plantago major*) leaves can be eaten fresh in salads, and the leaves of any age can be dried and added to soups for extra nutrients. It is also soothing and healing as a tea for sensitive gut issues. Purslane (*Portulaca oleracea*) has lemony succulent leaves that are delightful raw or cooked. I prefer to harvest it before it goes to seed. It is incredibly high in omega-3's, vitamin E, and iron. Encouraging dandelions (*Taraxacum officinale*) can mean finding a lot of seedlings in your garden, but in return you get an entire edible and medicinal plant, great for salads, bitters, or fritters depending on what parts you use. Red clover (*Trifolium pratense*) or white clover (*Trifolium repens*) flowers and leaves can be added to salads (though not too many at once—too many can cause bloating). I adore the wild plants that pop up in my garden, unplanted and unplanned, their hardiness, determination, and nutrition welcomed.

Learning to identify the plants around you is the first step before you go making a salad of all the green shoots in your garden. I recommend starting with a few guidebooks to get familiar



plantain (left)  
cleavers (right)

with the edible weeds popping up around you. "Edible and Medicinal Plants of the West" by Gregory L. Tilford is a great place to start, along with "Mountain States Medicinal Plants" by Briana Wiles. "Foraging the Rocky Mountains" by Liz Brown Morgan can be another useful beginner's guide. "Nature's Garden" by Samuel Thayer is an even more deep delve into edible plants, while "Edible Wild Plants" by John Kallas has some fun recipes to try. Whatever book you end up using as your guide, always be sure of your ID before you go eating large quantities of something! And if you want the plant to continue coming up again and again, always leave some to go to seed. Like with anything that you are harvesting for food, please make sure it has not been sprayed with any harmful chemicals, or is not growing in soil that has heavy metals in it. Happy foraging!

If you want to learn more about urban gardening, native plants, garden design, and soil health in an interactive online class series, please consider joining me (Therese), Kate of Phoenixes Rising, and Caitlyn of Soil Cycle Missoula in "**Tending the Land We Call Home: Urban Gardening through a Permaculture Lens**", **Thursday evenings 6:00 - 8:00 pm MDT April 29, May 20, June 17.**

Register at

[www.Phoenixesrising.org/Programs](http://www.Phoenixesrising.org/Programs).



red clover

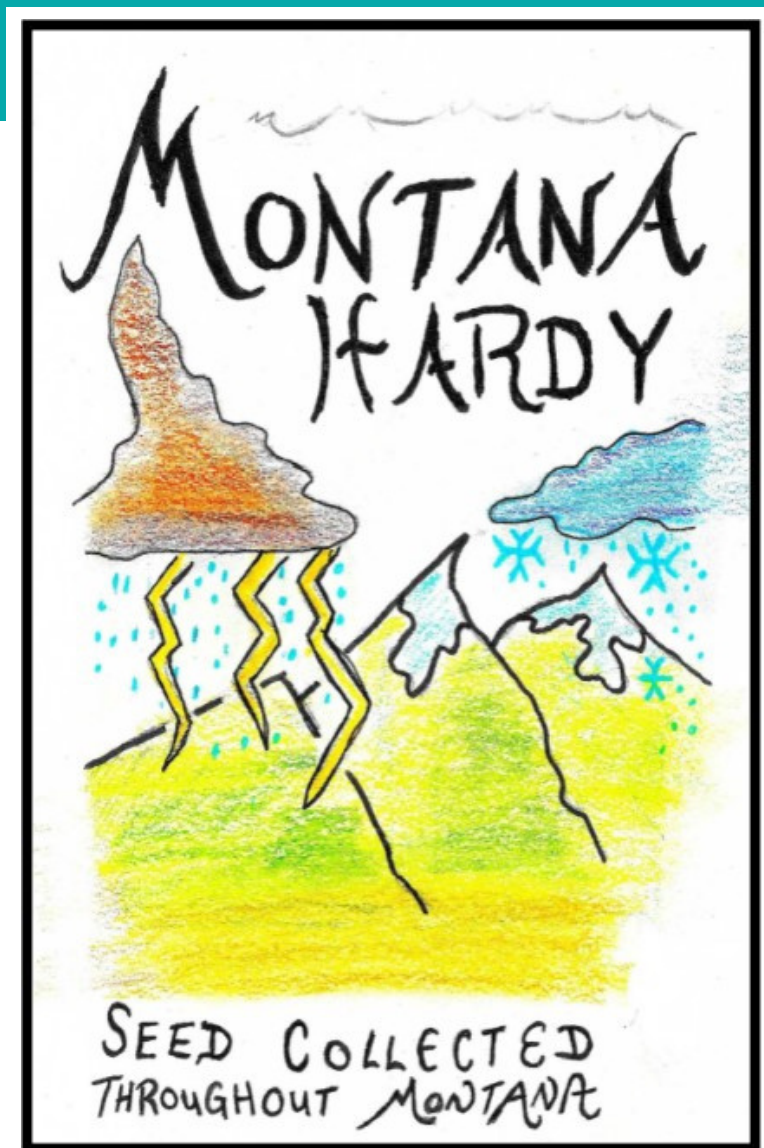
# Interview with Montana Survival Seed

Montana Survival Seed is a small seed company located in the Bitterroot Valley of Western Montana. On behalf of "The Changing Times," I speak with the founder and owner about his seed company: how seeds fit into his passion for ancestral skills and why supporting locally-sourced and adapted seeds is a great choice. I really enjoyed our conversation and, just in time for planting season, absorbed some great advice and ideas for my own little gardening and seed-saving adventure. We are not able to print the full interview here, so please visit the FLC website for the final part of the interview, which includes growing and garden tips! -Megan Thornton

**CT: Can you share about how your interest in seeds and seed saving was sparked? What in your childhood created this vision?**

Food is a really dang good thing. Growing up in the country of North Carolina, I was unaware of the origins of my food aside from my parents buying food at the grocery store. I rarely remember eating locally grown food or understanding the importance of saving seed. The concept of local was deaf on my southern ears.

Not that I believed everything grew in a grocery store, yet the link was missing. Somewhere down the line, I heard that pollinators were dying off....and zero pollinators = zero food. The basic botany of plants was absent from learning in school, good gracious they don't even teach you how to change a tire in school. They rarely teach these real skills. My saving grace was the extremely large patch of deciduous trees with rare flora which became the stomping grounds of my childhood...a childhood love of non-human life and a quiet headspace.



**CT: What was the first seed you saved and sold? How did you come up with the name for you company?** I somehow managed to squeeze some dimes and half dollars together and "bought" some land in the Sapphire Mountains. I turned some abused ground into a small mountain GARLIC garden. Saving my best garlic and replanting every year since 2013. It started with garlic, and now its a seed catalogue with about 35 varieties of chemical-free and Non-GMO vegetables, flowers, and native seed.

Painted Mountain Corn (PM) from corn breeder Dave Christensen was the first seed I sold in my catalogue. Dave told me once that his PM is survival food, and corn has



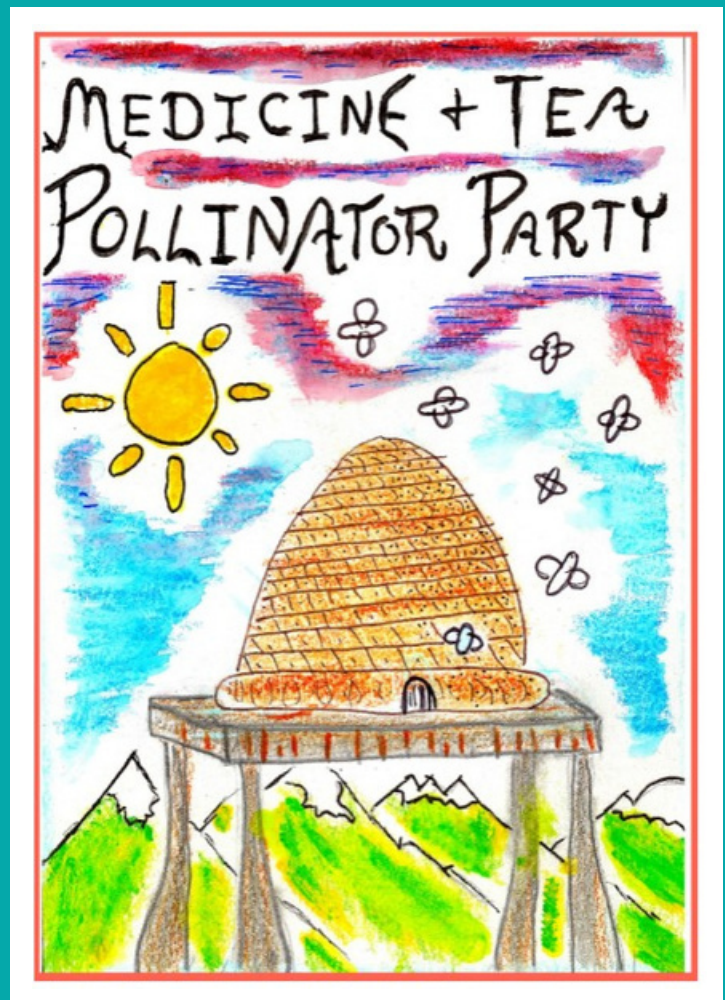
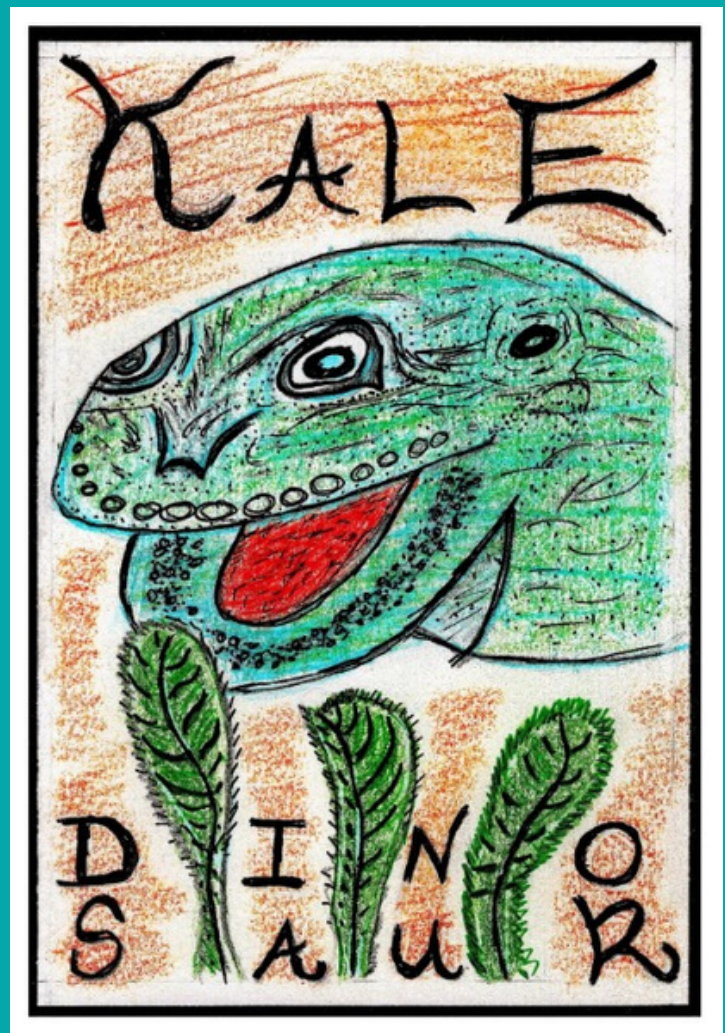
a survival/staple food for many cultures around the world. Since he told me that story, I became somewhat obsessed about survival food/seeds. Dave has been to North Korea and other countries where growing food is at times impossible, and PM is now part of their diets. His seed corn is grown in Big Sandy, MT with out supplemental irrigation, and sown 2 to 3 weeks before last Spring frost. Sweet corn would die overnight in fright in these conditions. Montana Survival Seed is another way to teach survival/ancestral skills to folks. Metaphorically speaking, I hope to “plant a seed” in people through inspiration.

**CT: Your seed company looks fun, please elaborate?** My public service announcement is simple....I despise chemical use and genetic modification.

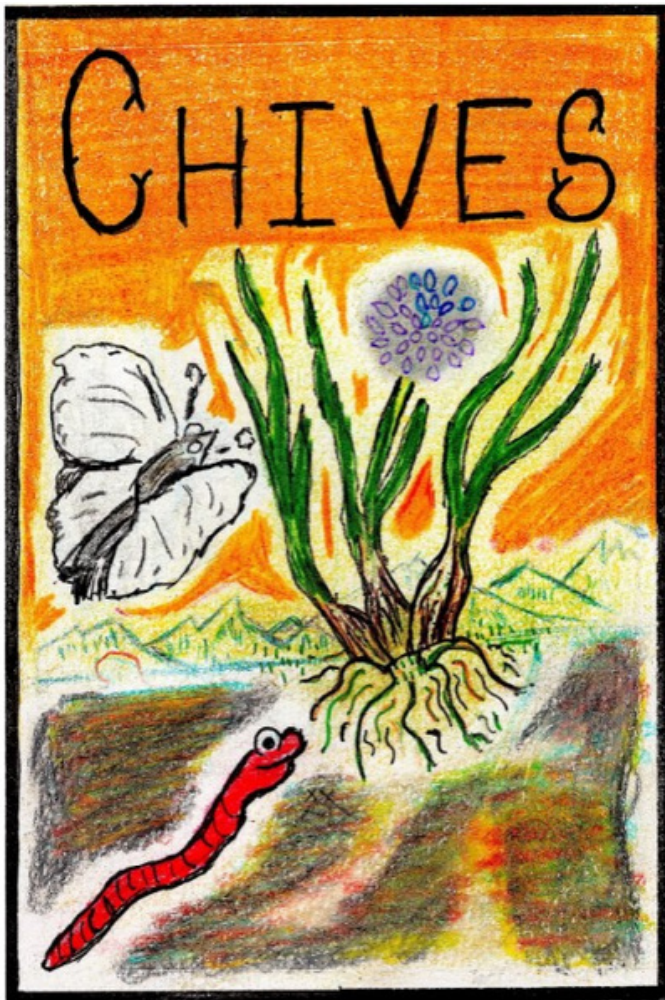
I am begging people not to spray everything with chemicals, not to kill all the insects, while promoting healthy earthworm habitat, and inspiring children to become a farmers/seed savers when they grow up. Many people don't understand this concept for many reasons. They go to work, watch tv, go to bed, unaware of where their food is grown, are scared of dirt, or unaware of the how a flower smells. I want to inspire people to be outside to play and grow some food. Please, don't be silly and buy fruit shipped from New Zealand, or who God knows where, if you or your neighbors have beautiful old apple, pear, or cherry trees.

Ultimately, I want to have fun and offer playful engagements with people in their gardens and teach children about earthworms, butterflies, insects, pollinators, etc. The artwork and seeing my gardens are what I enjoy, not the finances and computer side of the business.

I love my native plant friends along with their seed babies. Close to half of my seed catalogue encompasses my wild and locally harvested native seeds, with a few







exceptions harvested in the Bitterroot Mountains. I also lease land for my seed farm grow-outs with Missoula Grain and Vegetable Farm outside Stevensville, MT. They are a co-op of young, passionate, and insanely hard working local farmers who seriously want to feed the local communities.

We are what we eat, if we eat garbage guess who our friend will be? Oscar the Grouch. Please honor our food, give thanks, and grow/raise food and seed responsibly.

Lastly, I print my packets from the power of my solar panels, hence I ain't on the grid. I am also a member of OSSI (Open Source Seed Initiative), a group of seed dorks activity engaging in open and public domain of seeds and NOT plant patents or owning plants or their derivatives.

**CT: You mentioned an upcoming Bison Robe (Tanning/Dressing) Class...sounds cool please tell.**

Tom Elpel with Green University in Cardwell/Whitehall, Montana has been running a primitive/ ancestral skills campus for many years. For the past 5 years or so, I teach folks how to make a bison robe using zero chemicals along with a deer processing class. Take a bison raw hide, do some simple fancy steps, wait and work for 10-14 days, and Ka-Pow...you have a beautiful bison robe.

It's a community based school where folks learn to live in a community, work together to learn life skills, and learn skills one cannot and will not learn in college unless they attend some super cool college. Tom's school, other wise known as River Camp, is always seeking new interns, so check him out with a DuckDuckGo search.

**CT: What is seed currency?**

Seeds are the new currency, which is ironic since all ancestors lived and died





depending on their "seeds" and we seemed to have forgotten our ancestors and their teachings. **Seeds can be a metaphor here for any food source, bison herds, camas patches, salmon runs, bird migrations, cereal crops, even our children.** If we don't teach our children our ancestral ways, then we are more dependent on new technologies which seem fragile. We teach our children to go to the grocery store for food, "Momma, how do blackberries grow in the grocery store"? **FOOD = MEDICINE.**

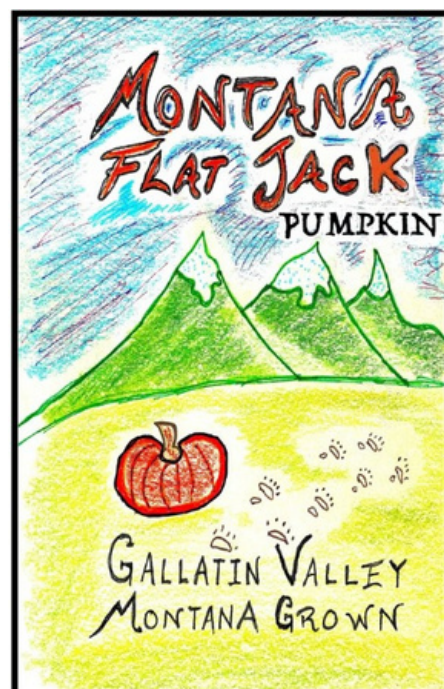
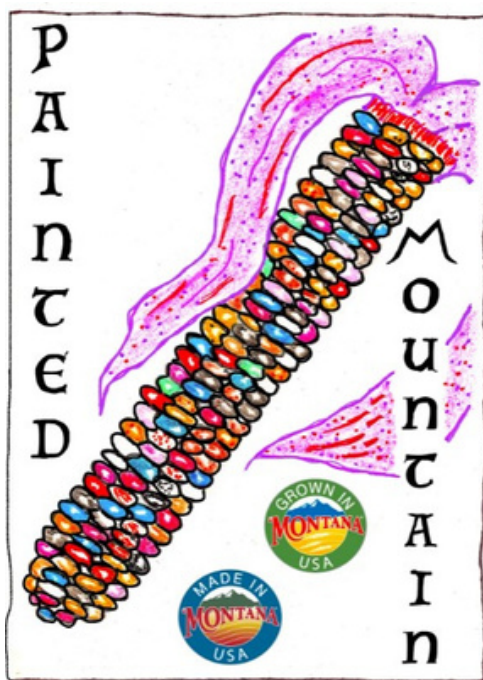
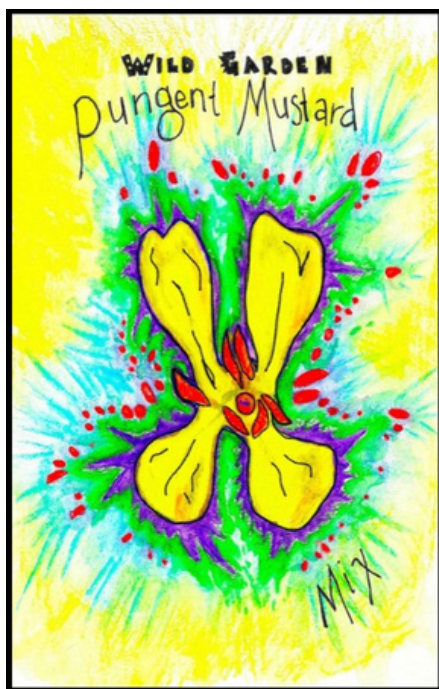
**CT:** Do you have advice for someone starting a garden, maybe a beginner? Remember, everyone love flowers. It gets husbands out of trouble with their wives, their nectar feeds many life forms, and flowering plants are almost as old as the

**Dinosaurs!!! Seeds are the gifts of our ancestors, please remember this.**



## MONTANA SURVIVAL SEED

**BITTERROOT VALLEY  
MONTANA**



It's the perfect time to purchase seeds. Late May and early June are the ideal time to plant as the danger of frost will have passed. **Purchase your seeds at [montanasurvalseed.com](http://montanasurvalseed.com).** Check out local/ regional seed companies including Native Ideals (Arlee), Triple Divide Organic Seeds (Polson), and Fisher's Seeds (Belgrade).

# A Wild Project

words and images by Carol "Kate" Wilburn, 66

*Kate cherishes the wild Land, is keenly aware of legacy across generations. She's lived an amazing life terrain: engineering, homesteading, single parenting, permaculture design, teaching. Also a naturalist, she celebrates nuanced Life and its intense beauty. Her art & poetry offer vivid contrasts in words, strong shapes, light, dark. Passionate over current challenges, she illustrates & writes children's stories that imagine new possibilities for us. Her next story weaves humans in community with keystone native plants, jeweled insects, & each other. Find out more about Kate at [phoenixesrising.org](http://phoenixesrising.org).*

I've savored the wild Earth from childhood. Inside—there were hardships with little allowance for the full expression of my being.

Outside—the land held my whole self. That gift was profound. I live in service to that original relationship that echoes down through prior generations and unknown stories from ancestresses who walked and tended the Earth.

I made "silk" from milkweed seed fluff; savored the texture and aroma of shagbark hickories. I climbed tall oak trees and rode them in the wind. My quiet wanderings discovered shy thrushes in shrubs on their nests. There was the glory of Luna moths and tree frogs at summer windows. Sanddollars, dolphins, mysterious puffball mushrooms. There was no end.

The end that looms now—I've seen coming for decades. I grieve that we have not found our way together towards a clearly kind future, brimming with life.

I'm writing today to teach, to inspire positive change: coalescing my various skills in potent ways to head us in that sweeter direction.

I just learned some More Big Bad News. Amazingly, there's exciting good news paired with it. Hallelujah!



**Bad News:** our ecosystems are collapsing unbeknownst to most of us. They provide the oxygen, clean water, flood control, pollination, food, pest control, and carbon storage we require to survive.

**The Good News:** an inspiring grass roots effort we can each embrace, one backyard at a time. Think schoolyards & workplaces, too. Call it the Homegrown National Park, brainchild of visionary entomologist Doug Tallamy. He names it "small efforts by many people — the largest cooperative conservation project ever."

**The stars:** Native plants. Butterflies and moths; their caterpillars. Native bees—the "bumbles", the mason bees, the orchard bees. These are "keystone species". Have you heard the term?

Native plants feed caterpillars.

96% of North American birds require caterpillars to raise their nestlings.

90% of plants world-wide require pollinators. Native bees are super stars. Housing + season-long nectar are key.



**WILD!!!** It means that our lives actually depend on caterpillars, native plants, and native bees. Without these "keystone species", entire complex ecosystems collapse.

**Easy steps:**

1. Choose keystone native plants (NOT cultivars of natives).
2. Plant generously. One tree or shrub or native flower bed now? Add two more!
3. Shrink your lawn. Aim for 50% less! Grow textured oases of natives & edibles with lawn pathways. Create safe ground under trees for pupating caterpillars: use native groundcovers, large decorative rocks, a fallen branch or log, leaf litter.
4. Replace exotic plants whenever you can—in Missoula: Spruces, Siberian Elm, Red Maples, Asian Mountain Ash. Remove invasives.
5. Make shelter & grow nectar for native bees.
6. Network with neighbors and friends—create corridors of connectivity. Leverage your enthusiasm!
7. Convert to motion-sensing night lights.
8. Avoid herbicides, pesticides, fungicides, rodent poison, fertilizers—they poison the whole web of life. Start composting instead!



9. Educate your neighborhood civic association, nurseries, and garden clubs.

Top choices in Missoula (the higher on the list, the more beneficial to native insects) include:

- Shrub willows
- Chokecherry and American plum
- Ponderosa pines
- Rocky Mountain Maple
- Serviceberry
- Woods rose
- Utah honeysuckle
- Wild raspberry
- Goldenrods
- Smooth blue asters, showy asters
- Maximilian sunflower
- Lewis's flax
- Cutleaf daisy, spreading fleabane
- Wild strawberries



# A Family Summer Solstice Ritual: Grateful and Generous

Kate Fontana, 34

Summer solstice is one of the major seasonal thresholds. It is fire season for the northern hemisphere, when the natural world has been generative and begins to bear fruit in abundance—even excess. It's a time that naturally beckons many of us outside to enjoy the long sunny days.

However, every joy has a quiet sting of sadness because it is always passing. The days will start to grow shorter after this. Solstice is a kind of pinnacle day, like the top of the inhalation: we have the high view and can look back on where we've come from and look forward to where we are going. In the Pacific Northwest, where I live, the wild roses are in full bloom at this time, reminding me of the sweetness, beauty, and temporariness of this moment. This inspires in me a deep appreciation for what is present right here, right now. It also inspires me to mimic the excessive generosity Mother Earth demonstrates in this season, and give from my own bounty.

This simple ritual is a way to practice aligning with the Solstice spirit of gratitude and generosity. Consider it just a template or suggestions—feel free to adapt to your own ecosystem, the needs of your people, and your own intuitive sense of what the season is calling for.

You might find it useful to gather:

- Some kind of offering to the land: flower petals, seeds, herbs or, popcorn
- A bell or drum (a tin pot and a spoon works just fine!)
- Altar items (see below)

**1. Creating an Altar**—an altar is just a physical, visual, and tactile space that holds the intention of the season and your relationship to it. If you can do this outside, that's lovely! But it can also be on a shelf, a chair in the corner of a room, or the center of your table. Some items you might consider including on your Solstice altar:

- A red, orange, yellow or white cloth (think SUN!)
- Seasonal flowers or fruits
- A candle
- Something to give away. This is ideally something that has brought you joy or that you have in abundance that you are ready to gift to someone else. This could be a toy, something grown in the garden, or a monetary donation your family would like to contribute to your community. Because Solstice is just days after Juneteenth, the anniversary of the final emancipation of enslaved persons in the U.S., you might consider learning about and making a donation to a local Black-led organization.

**2. Tuning In**—Ring a bell or drum to invite everyone to settle. Take 3-5 big belly breaths. You can invite kiddos to imagine a balloon in their belly that they fill and empty.

**3. Grounding**—For older kids, you might have everyone close their eyes and imagine being a tree with roots dropping to the center of the earth. For younger kids, practice a simple grounding by identifying one thing they notice with each of the five senses.



**4. Land Acknowledgment**—Say a few words of gratitude and recognition of the Indigenous stewards of the land you are on. If you don't know who that is, you can find out here: <https://native-land.ca/>. You can light your candle or burn or sprinkle some herbs, seeds, or flowers as a way of acknowledging these ancestors and giving back to the land.

**5. Solstice Fire**—I once attended a solstice celebration where we tended a bonfire all night long. That may not be feasible for you! You might be able to have a back yard fire, but if that's too much, just gather around a lit candle to do the following ritual. If kiddos are old enough, have a non-flammable bowl handy to burn what you write down. If outside, you can stand around fire. Have each family member answer the following questions aloud or write on a piece of paper:

—GRATITUDES: What do I already have in abundance? How is Mother Earth showing her generosity to us? What can I express gratitude for?

—GENEROSITIES: What do I have in abundance that I can share? What's one specific way I can be generous with what I have?

After each person shares, or after everyone has shared, toss slips of paper with your gratitudes and generosities in the fire.



Say/sing together the following blessing:

*Our thanks for Earth's bounty  
And for the Sun's light  
We share from abundance  
With joy and delight*

**5. Closing**—Conclude with ringing the bell or drum once more and taking 5 more breaths together. Everyone can take turns saying thank you to various elements of the ritual: the sun, the fire, trees, the dirt, each other, the indigenous stewards, the sky, the night. It's nice to follow up with some tasty drink or seasonal treat!

If you try this with your family, or have other practices or resources you use with your family, please let me know! I am working on developing more user-friendly material for families and I'd love to know what is useful for you! You can send me your feedback at [info@thesanctuarynorthwest.com](mailto:info@thesanctuarynorthwest.com).

Many thanks to the work of Starhawk and the resource-full text, *Circle Round: Raising Children in the Goddess Tradition*; the cultural attachment work of Dare Sohei and Tada Hozumi; and the ancestral stewards and lands of the Coast Salish peoples, who continue to humble and teach me how to be in a good way with this earth.

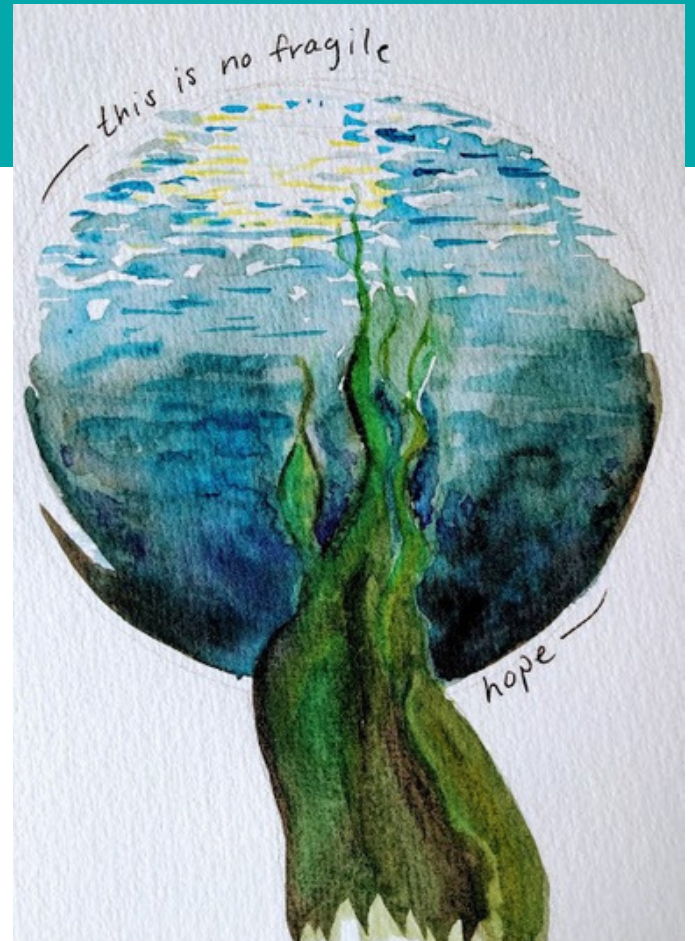
Kate Fontana is Co-Founder and Steward of the Sanctuary Northwest, a center for trauma resilience, spiritual wellness, and cultural restoration. Their mission is to transform the lives of trauma survivors for the better, and nurture strong resilient families, communities and ecosystems where all life thrives. Visit them at [www.thesanctuarynorthwest.com](http://www.thesanctuarynorthwest.com).

# ORACLES

Kate Fontana, 34



I cannot know what trembles  
in the hallows of the earth  
I cannot know the meaning of the angels song  
I know only what my limbs relay  
what my womb recalibrates to now  
footholds fractured, shifting  
Terror stares into the Face, the Holy Deep  
She stares back unwavering: a summons to an equal  
I cannot yet know the seed that fights to surface  
Nor that the one who will save me now  
Is Me.



In the murky underworld  
we have waited  
root fingers sifting through silt and stone  
mothered by darkness and gravity  
no sorrow untended  
But now the day returns  
and we grow towards it  
buoyed by current and light  
dare we whisper our prayers of thanks

We tether to sediment and each other  
We yield to tides

This is no fragile hope.





# Kids Connection: Observing Seasonal Changes

Bailey Zook, 32

*Bailey is the School Programs Coordinator at the Montana Natural History Center and loves to learn and teach with others while exploring the natural world. In her free time, she can be found appreciating nature on foot, bike, cross country skis, boat, or in her backyard surrounded by her chickens.*

What images come to mind when you think of spring? For me, it's buds bursting with life, deep breaths, and trails soggy from melting snow or yesterday's rain. Of all the seasons, spring has the unique distinction of bringing new life and fresh beginnings. While our human lives have been drastically altered over the last year, the earth has continued to revolve around the sun. Plants have continued to grow, their leaves eaten by insects who promptly became the meal of birds that flew over mountains and the bears that crawled into and then out of hibernation.

There are so many natural changes to witness at all times of year, but spring is arguably the best season to look for a return to life. The study of seasonal, cyclical changes is called phenology and can be applied to all life forms. For instance, just this morning I went outside to find a maple samara (the botanical name for "helicopter" fruits) standing on its end. "How strange," I thought as I bent to see what had caused it. To my great surprise and delight, I noticed that the little seed at the end of the samara had sprouted and was doing its best to root in my yard!

This enthusiasm for nature is something I consistently lean upon in my job working with children at the Montana Natural History Center. I can't think of a better way to connect with others than to share an experience that brings you joy. It's the best advice I can give here, in the Kids Connection section, for getting outside and exploring together as a family.

Allow yourselves to dive in, to be curious about the natural world around you, to get dirt under your fingernails as you look for arthropods under rocks and muddy knees from looking at the flowers sprouting from the wet soil.

As a family, try starting a phenology journal and keeping track of the seasonal changes you witness. What was the first flower you saw this spring? When did the meadowlarks return? The osprey? The bluebirds?

After a day of exploring outside in search of current phenological changes, your family can sit and talk together about what you've observed. What was the most surprising thing you saw while you were outside? Did the experience remind you of anything? What are some of your phenological markers as a family or as individuals? Mine would definitely include the magical needle tufts that slowly burst from the larch trees in the spring, grow long and beautiful to provide shelter from the summer sun, and then turn golden and hold the last light of autumn evenings before falling to the ground each winter. What would yours include?

While many of the changes you witness can be observed individually, they are connected to other organisms and are part of our ecosystem as a whole. It is only as a connected community that all creatures are able to truly grow, survive, and thrive. May we allow this spring, full of new growth, to connect us to nature, to our families, our communities, and the world.

# The Changing Kitchen

Megan Thornton, 36



I take a sip from my 12oz double extra-hot (cow milk) caramel latte. Mmmm! Then I remember that my disposable cup is not only topped with a flimsy polymer lid, but the paper cup is lined with plastic to prevent leakage. Uh-oh. Oh, and the heat from the steaming brew fumes harmful chemicals into my drink extra-effectively. I learned this on my most recent foray into "plastic lit", which only happens when I'm in a very specific, grim yet stoic, mood.

After a 15-year love affair with these drive-through "drinky poohs" (as the girls in my family fondly call them), and many earnest attempts to "quit" plastic, I'm wondering which of my ailments are age-related and which may stem from BPA poisoning. No wonder I have brain blips and painful joints, among other issues that I am sad to say, feel, well, geriatric, for a gal just a few years shy of 40. And yet, my addiction perseveres: \$5 a latte.

Apparently, this is also true for the masses, as I witness the Starbucks line literally spill out into the street (traffic safety anyone?). May must be the month the "drive through coffee order changes from hot to iced." Oh ye humans, what have we come to? Can we at least get back to reusable mugs now? (And why did no one post a statistical analysis of the likelihood of getting COVID versus actual ingestion per disposable cup of "phthalates"?)

Which brings me to my thesis, "Plastic, you got to go!" Ok, well, there are lots of other offenders out there to panic over, but

plastic is a good place to start, especially the single-use stuff. And it isn't just the ocean animals, folks. Research is pouring in at an alarming, but not surprising, rate, that we are, (without a big shift) on track to effectively extinct our own species in a pretty clearly scientific manner called "zero sperm count by 2040." (Listen to the podcast with reproductive epidemiologist Shanna Swan on "Environmental Health News" website: the news is not all dire!)

Now, if shrinking penile size and sperm count—and the threat to progeny—isn't enough to strike fear into the hearts of CEOs of large, stinky, unethical corporations (and, well, all of us), maybe nothing is. They just inhabit a different planet (profit, stocks, shareholders, vacation homes, selfish human nature, blah blah blah) than planet earth. Dudes, dudettes, who will inherit the trust funds? Your pet chihuahua?

Not that I should be pontificating. The kids and I have done a lot of thrifting for entertainment and bribery during the pandemic, which I generally feel good about (it's not a box store—no virgin materials!). However, I realize we now have beds and closets full of leachy plastic. We have brought hordes of creepy-looking, stained "dollies" home from the thrift store, as well as action figures, foam footballs, and "stuffies" (soft plastic toys are high on the no-no list). I used to (sort of) have a "no plastic toys" rule. However, that somehow fell by the wayside, along with the cloth diapers and my sanity, during the pandemic,



with the grandparents in quarantine and the library closed, and the children's museum, and then the trampoline park (also plastic)!

I mean, full disclosure, I even drove to Walmart last week to get Samuel a Pokémon toy, which was a bribe not to throw a fit at the dentist. Tell that to my hippie purist 25-year-old self. I nearly cried; there were zero Pokémon of any sort left. Apparently all the other mothers bribing their kids are doing the same, which is why they all looked so smug on my way into the store. I left with some "natural" Epsom Salts for myself (turned out they contained stinky "fragrance" that turned my stomach despite the advertising) and some Cheetos to placate the children.

The next day, like many an addict fallen off the wagon, I committed (again) to a "fresh start" with cleaner, greener, better habits: lots of outside time for all of us, garden chores including planting seeds (see Montana Survival Seed!) and chatting with the worms, hiding away plastic toys in the garage (until someone discovers the microorganisms that can digest plastic on a massive scale); making my own "drinky poohs" at home in good old ceramic mugs; and plenty of home cooking with produce from the farmer's market, bulk food from the grocery store, and herbal remedies from my friend Trez (see her column).

The lesson being, it IS important to proceed slowly and carefully, walking the line between absolutely necessary change and reaching too high, only to crash, and flail around aimlessly, licking our wounds and snapping at the children, as I well know. The wise ones in my life have told me how important it is to acknowledge that the old crutches we are trying to retire (addictions, comforts) do serve us, and have allowed us to survive, possibly for generations. We can be grateful for them, while also recognizing that in this era we have more power than

we realize to step out of survival mode and co-create the kind of "ecosystem of support" that is far more deeply nourishing and sustaining (and won't doom our progeny as the hydrocarbon craze may well do). We must.



The antidote to plastic? Plant medicine and goodness. Check out MEADOWSWEET herbs for lovely herbs for tea in bulk (MISSOULA) !

From the wise ones, too, I am hearing how the plant kingdom will be among that which gifts to us such deeper nourishment. And I am trying to listen. Rather than "Getting rid of all the plastic!!"—really, too tall an order for any one of us—I am trying out a different approach, whose foundation is a place of loving and healing and nurturing myself. It has felt awkward and, at times, superstitious, to sit at the feet of plants, to learn from these ancient ancestors, to visualize myself as the beautiful maple tree in my front yard, to breathe like a tree, slow and steady. But I am slowly building my

faith. My thermos of herbal tea I bring everywhere (and fill five times a day) is my security blanket. My lavender body oil often succeeds in replacing caffeine and sugar to get through the last exhausting part of the day. In small moments I can even feel more like the tree than the nervous, in-my-head, on-my-screen, tired, homo-foolian I am used to being.

In the Changing (or rather, changed) Kitchen, plastic is mostly a thing of the past, kind of like lead paint, agent orange, and other manufactured human concoctions and machines we thought would get us off the hook of, well, being a human...to heck with "unintended consequences."



Samuel, budding landscape artist!

In this kitchen, we are more connected to each other and to our food. When we eat, we offer deep gratitude (a silent bow of the head, or a word of thanks) to the plants, leaves, roots, shoots, and seeds that nourish our body. When we drink, we offer gratitude to water, source of life. We feed the creatures of the soil with intention and care. We know reciprocity is essential. I like to think that, in connecting to the plant world, in whatever creative and unique way we find, our plant friends are mitigating, or neutralizing and even healing, some of the effect of toxins in our air, water, and food. The plants are so generous in this way, and they teach us: this universe is more generous than punitive, more cooperative than selfish. Healing is oh-so-possible. Each one of us belongs so beautifully to the whole. It's going to be ok.

*Megan Thornton, 36, is mother to 3 little humans (Samuel, Willa, Ben). Megan grew up in Butte, lived in Bozeman for a spell, and is now settled for the long haul in the Russell district of Missoula, where she and her husband Orion navigate the bumpy terrain of parenting alongside beloved family, friends, and neighbors (including the deer, squirrels, trees, and birds of the block!).*



Our beloved front yard maple tree



# WREN ROE, 20

## Bird Song

Bird song in the morning  
An ode to possibility

The prospects plague my mind  
What if tomorrow there is no melody?

Microplastics meshing with placentas  
And being absorbed with our food

We are what we create  
Soon, we won't be all stardust  
But rather—composed of the very things we  
call  
Trash

It's fitting  
We shot for the stars  
And invented a universe  
Incompatible

Now, we are adapting  
Even if our world is incapable

But I don't want to live in a world  
Without bird song



"Limited Edition"

Materials: acrylic paint, colored pencil, charcoal

*Wren Roe, age 20, is a human who dwells in curiosity. She is studying psychology and pursuing the arts. Though she is in the process of making several self-discoveries, she is still figuring out how to be what she, others, and the world needs.*

# Compost: Zero Waste in Action

Sarah Lundquist, 26

*Sarah Lundquist is the Zero Waste Education Manager at Home ReSource. Originally from the Seattle area, the 26-year-old moved to Missoula in 2018, receiving an M.S. in Environmental Studies from the University of Montana in the spring of 2020. She currently lives in Missoula with her partner, Josh, and dog, River. When not at work, she can be found baking, knitting, listening to podcasts, or learning new zero waste skills!*

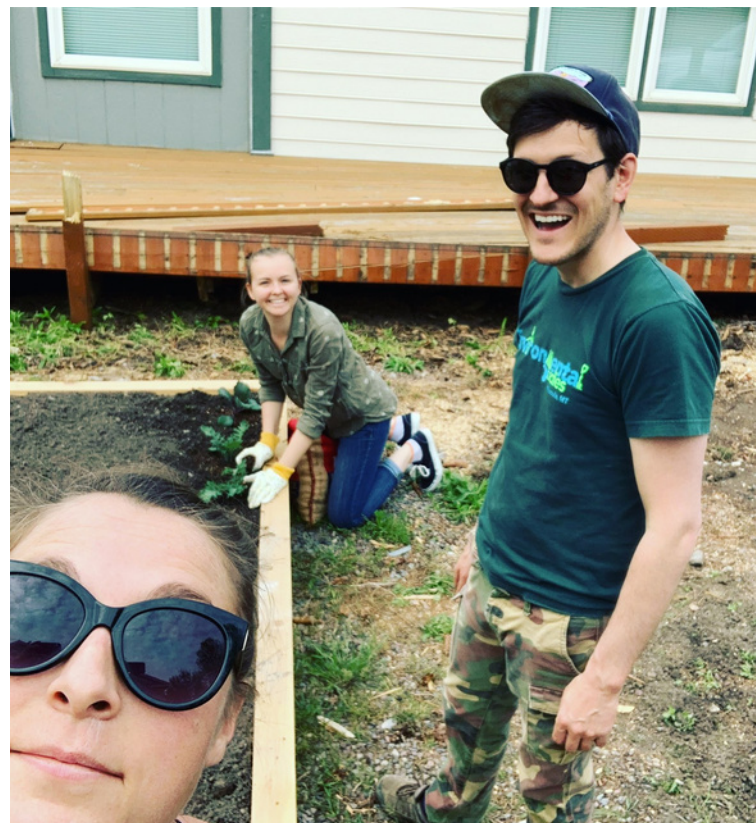
Spring is my favorite season. I love the promise that spring brings: that we have made it through the darkness of winter and can look forward to brighter days.

Spring also marks the beginning of gardening season—which, to me, is closely associated with compost. Composting is a year-round venture, but there’s something about prepping a garden that makes the thought of compost extra exciting. There’s nothing quite like that sweet scent of freshly harvested compost, or the soft, earthy texture of rich humus. To a gardener, it represents biodiversity, nutrients, thriving plants, and healthy soil. And to my fellow waste geeks out there, it is the very embodiment of zero waste.

Composting is the process by which organic materials break down into a nutrient-rich soil amendment, which is used to promote new life and healthy soils. I like to refer to this as “nature’s recycling.” Note that composting is very different from materials breaking down in landfills, which are anaerobic (no oxygen) environments. When organic materials break down without oxygen, methane (a greenhouse gas approximately 25 times as potent as carbon dioxide) is produced. And rather than generating a nutrient-rich soil amendment as a byproduct, landfills produce leachate - a toxic liquid that forms when a landfill’s contents are mixed together. I much prefer compost!

Waste is not inevitable. In nature, there is no such thing as waste. When a leaf dies in a forest and falls to the ground, it is naturally composted. Microorganisms, bugs, and fungi use that “waste material” as food, and break it down into humus—which restores the soil and supports new growth.

Humus (naturally occurring compost) is also teeming with life—there are billions of microbes (think probiotics for the land) per teaspoon of compost and humus.



*Sarah and her pals adding compost to their garden.*



And the benefits of compost are numerous. Compost provides essential nutrients for plants, and also inoculates the soil with an array of good microbes and bugs. Beyond that, compost actually transforms the soil structure—adding compost to soil makes it less prone to erosion, helps it hold onto more nutrients and water (thus decreasing nutrient pollution in waterways), and makes it more tenable for plants and plant roots. How amazing is that?! Through composting, something that could have been considered waste (dead and dying organic materials) becomes a material that heals our soils, encourages biodiversity, reduces pollution, and helps new plants grow (not to mention providing food for soil critters in the

process). This is the value and potential of our waste!

What we consider “waste” only lacks value because our society does not recognize its true potential. Nothing is waste until it is wasted—waste is a verb, not a noun! At Home ReSource, one of our goals is to transform society’s relationship with materials so that we no longer see them as “waste,” but as materials with value! Organic materials that could become compost (food scraps, dead leaves, grass clippings, yard debris, etc.) is an awesome place to start shifting that mindset, because composting is such a simple, beneficial, localized process.

Feeling inspired to start composting?  
Visit [homeresource.org/compost](http://homeresource.org/compost) for resources and tips.



Need some help composting?  
Check out these awesome Missoula organizations  
offering compost collection!



**Soil Cycle**, [soilcyclemissoula.com](http://soilcyclemissoula.com)



**Missoula Compost Collection**, [missoulacompostcollectionllc.com](http://missoulacompostcollectionllc.com)



**Recycling Works**, [recyclingworksmt.com](http://recyclingworksmt.com)

# youth voices:

## art and poetry

*Sylvie, 11, has a deep love of books, friends, and all animals but especially dogs, cats, and horses.*

*Gigi just turned 9, and "has been thinking about the world since she was seven." She is interested in learning how to be an activist, comedian, and drummer.*

*Sylvie, Age 11*

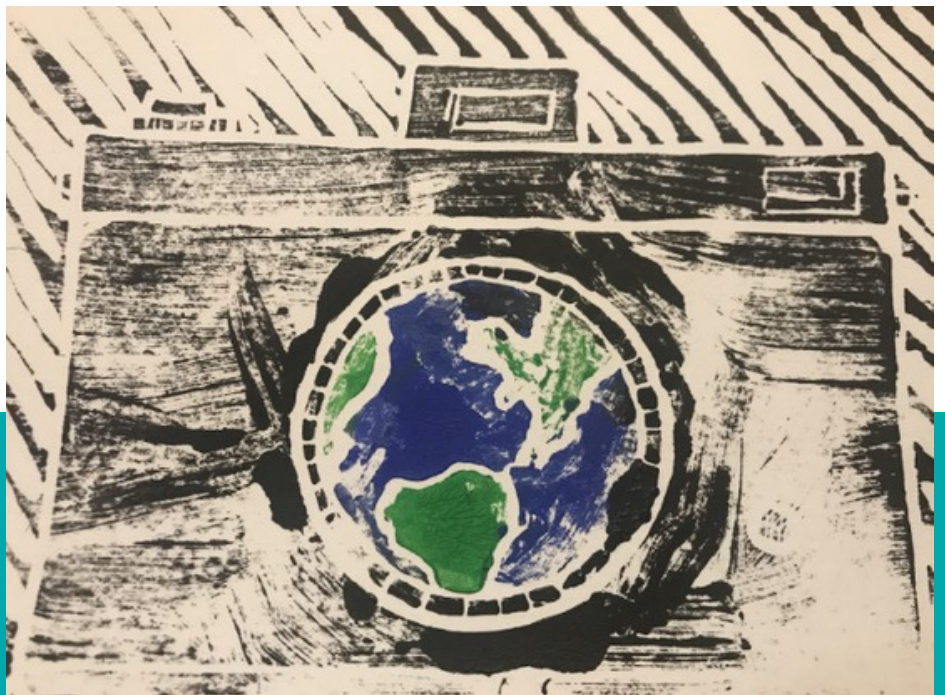
I am from the rivers that were once clear and beautiful  
I am from the forest ever-changing for bad and for good  
I am from the long walked paths worn smooth by those before me  
for their mistakes have warped the present  
and ours will warp the future

Our future will be based on past mistakes, what we did wrong, and who we hurt. We still have a chance to change our ways—pay attention to the earth in all its beauty. Yes, the world is full of pain but we can mend what is broken and strive towards a better world.

### The Rainy Months

*Gigi, Age 9*

April  
garden flowers  
raining, growing, planting  
muddy but still beautiful  
rising, raising, caring  
chirping, singing  
spring



block print by Sylvie



# Lox<sup>w</sup> Claire Charlo, 46

the sound of rushing water

As spring unfurls, it's all beautiful petals; whether it be yellow butter cups or purple shooting stars, wild flowers are abundant. What is so beautiful about so many wildflowers is the beautiful roots underneath—many flowers are actually indicators of certain roots and onions. One beloved root, an Indigenous traditional food, is spéłm, Bitterroot.

It's important to dig Bitterroot before it actually turns into a flower. The root is dug and it's no easy digging. You need a special digging tool, called péce?. It was traditionally a carved elk horn. In modern days, it's a welded metal crow bar-like tool with a low T-frame and pointed end for digging.

I have been digging Bitterroot since I was a child. We would go in family groups. I don't have super clear memories besides beautiful territory, cleaning bitterroot, bologna chip sandwiches, and orange pop. We dug until the dirt was embedded under our fingernails, waiting for a good dinner that was being cooked at the Salish Long house.

I passed on the community bitterroot digging ceremony to my children. We gathered when my child was one year old. And from then on, it was our family adventure. My child was three years old when she understood that we were picking food that was gifted from Creator. That we seek and dig bitterroot, and it's important to put the heart back where you dug the root out for regrowth. And super important to thank spéłm for the gift of health and sustenance. My daughter would delight in finding the heart of the bitterroot, thanking the bitterroot, and putting it back in the ground. I also shared with my kids the story of how we got bitterroot.

A long time ago, our people were starving. An old woman went to pray for her family, her people were dying because there was nothing to eat. Her tears fell, and bitterroot grew.

We boil bitterroot, usually with huckleberries or savis berries. It is served like a warm soup. It's medicinal. You don't eat because you love it, you eat it because it's a gift from Creator, and gifts are appreciated.

We would dig, while my dad would dig a little, but mostly, Grandpa Vic sits and peels bitterroot the kids bring him.

We give our bitterroot to women that will go cook an amazing meal we all share. We missed our community bitterroot dig this past April, and may miss it again this year. Our family went on our own. It was different, just us, when there are usually 50-100 people.

We wait for a time when we can gather again as a community to celebrate all of Creator's gifts.



Claire Charlo was born and raised on the Flathead Reservation. A direct descendent of Chief Charlo, Claire Charlo attended law school and graduated with a Juris Doctorate. Claire works as a Civil Advocate for the Salish & Kootenai Tribal Defenders. In her spare time, Claire is a Water and Land Defender. Claire also writes, beads regalia/jewelry and sews star quilts. In the summer Claire is in the mountains picking huckleberries and digging roots.

# FLC Happenings

Check out our upcoming events, including our new Climate Cafés and Let's Talk Climate events: [livableclimate.org/events](https://livableclimate.org/events).



FAMILIES FOR  
A LIVABLE CLIMATE

## #OUROTHERMOTHER: EARTH DAY THROUGH MOTHER'S DAY, AND BEYOND

Along with our partners through Our Kids' Climate, we are calling on Montana creatives and families to produce a piece of art or a message (illustration, poem, story, photo or song) that shows our love for moms and #OurOtherMother—planet Earth.

The campaign kicked off for the March 14 UK Mother's Day with iconic British illustrators Jim Field of "Oi Frog!" and Rebecca Cobb of "Paper Dolls," and was launched there by parent climate groups—Our Kids' Climate, Parents For Future UK, Mother's Rise Up—and illustrator networks, Kid Lit For Climate and EditArtz.

Global climate talks—known as COP26—are this November. We want to show the delegates how much we care for our planet, #OurOtherMother, and we hope to share some of the images submitted with global leaders. We also plan to share the images from Montana to promote love and respect for Mother Earth, and, with the artist's permission, in *The Changing Times*.

Learn how to join in, and find beautiful coloring sheets for your kids, at [livableclimate.org/ourothermother](https://livableclimate.org/ourothermother).

## SHARE YOUR MONTANA CLIMATE STORY

The climate crisis can feel dispersed and larger than life. When we share our stories, we create a fabric of observations and experiences that help us understand the crisis in a community context, and we connect in a personal way through our oldest form of community building—stories.

Share your climate story with us as a written piece, an audio recording or video selfie (from your phone). Anything.

Submit your written story through the form at [livableclimate.org/montana-climate-stories](https://livableclimate.org/montana-climate-stories).

Please send photos to [livableclimate@gmail.com](mailto:livableclimate@gmail.com), and include your name and the name of your story in your email.

For video and audio files, please submit the form at [livableclimate.org/montana-climate-stories](https://livableclimate.org/montana-climate-stories) and put the name of your file in the Climate Story field, then you can share your video or audio file with us via Dropbox or Google Drive to [livableclimate@gmail.com](mailto:livableclimate@gmail.com). Email us if you have questions!

# submit to our next issue

The longer days of summer open us to the conversations between the birds on the trail and the trees in wind whipping down the valley. We wake up early and go to bed late, falling into step with the sun, our bodies in tune to the rhythm of this colorful, energetic season.

**This summer, *The Changing Times* asks you to tap into the chatter of our earth to tell its stories—through flash fiction, reflective writing, poetry, art, and photography.** This special artistic issue is born out of our deep connection to place and storytelling, to understanding how we can connect with this planet we call home and be in communion with our more-than-human neighbors and friends.

Take an evening walk. Journal under the trees. Bike along the river. Find your inspiration. **Submissions are open until June 21st. Submit online at [livableclimate.org/changingtimes](https://livableclimate.org/changingtimes).**





# Thank you to our sponsors!



learn more at [livableclimate.org/changingtimes](https://livableclimate.org/changingtimes)