

# Community Happenings

## Intentional Reciprocity = Horizontal Solidarity

by Alicia Wright

Many people are overwhelmed by the current health crisis, world events, politics, government, natural/man-made disasters, and the plethora of unmet promises. Conversely, on a local level, we have a network of organizations and creative citizens who are dedicated to making sure all of our basic needs are met. We have community gardens, local food banks, springs, free health clinics, shelters, and many resources for those in need. Beyond survival, imagination and artistic expressions enhance the heart and soul of our town. Moab is a vibrant, inclusive, self-reliant, resourceful, and supportive community that can endure even the hardest of times.

Covid has changed every aspect of our lives. During the pause it created, we were gifted time to re-evaluate our priorities which inspired a local Contribution Culture concept. It is simple. Give two hours a day to a communal project/organization and receive the support of our Moab Intentional Community. Instead of taking what we need without giving anything in return, we give without

expectation. Self-awareness and accountability are the “new normal”. Reciprocity and mutual care are our motivation. The rewards—exponential. As a microcosm, we can be an example to the macrocosm that dynamic solidarity is possible. We have everything we need; most of all, we have each other.

To put this concept into practice we have initiated the Moab Bazaar on West Center to invite the trade of ideas, food, supplies, crafts, art, music, and communal goodwill. We cannot do this alone; we need you! If you have something to share, come to the table. If you have a need, come to the table. If you require help with a project, ask for it. If you want to participate, get connected. We are a Pro-Unity Community. Everyone is welcome!

What: Moab Bazaar  
 When: Sat, Oct. 24th 11-7—Ride your Bike  
 Where: 180 W. Center St. (behind the old Club Rio)  
 If you are interested in having a FREE space at the Moab Bazaar or would like to be a part of the Moab Intentional

Community, please contact Alicia Wright at 970.846.9997. I am also looking for anyone who knows about alternative power sources for our community. Thank you! Alicia

Glossary

**Intentional Reciprocity:** A mutual exchange with the benefit of the whole in mind. From the Andean Culture Ayni principle, “return what has been received” and “receive as a return what has been given”.

**Horizontal Solidarity:** An independent trade union movement with an active fellowship arising from common responsibilities and interests.

**Contribution Culture:** Participation in a community project without expectation of an immediate return, knowing basic needs will be met. The act of giving instead of taking. This concept can be applied to our relationship with Nature, each other, and that which sustains us.

**Bazaar:** A freestyle marketplace to share wares. Anything goes...

## What is a Mala?

A mala is a string of beads used for counting mantras, prayers or intentions. It can also be worn for personal adornment. The traditional number of beads for a mala is 108 but smaller numbers such as 54, 27 and 18 are also common, especially for pocket or wrist malas. Spacer beads and charms can be used for decoration or personal choice. You can wear your mala around your neck over your clothes or under your clothes or you can wrap it around your wrist. Both men and women wear malas. Malas are especially supportive in these pandemic and conflicting times we are in. They are a good reminder of your connection to Spirit and your soul.

At Soulpathmaker Spirited Jewelry, I create malas in the ancient yogic tradition by tying knots between each bead

and chanting while I work. I do this so that the mala is imbued with spiritual energy. I use many different kinds of gemstones. It is known that gemstones hold different healing properties such as encouraging self-love, confidence, protection, peacefulness and enhancing intuition.

I am happy to co-create a mala for you. Together we can decide on what gemstones to use and the size of the beads. You can connect with me by texting: 801-631-8915. Soon, there will be more information about malas and how to order them on my website: [www.soulpathmaker.com](http://www.soulpathmaker.com).

by Lucia Gardner



### MOAB BAZAAR

180 WEST CENTER STREET

October 24<sup>th</sup> | 11am-7pm

Come together and trade:  
 Ideas • Food & Water • Supplies  
 Crafts • Art • Music and more!

Whether you need help or want to help, get connected at the

*Contribution Collective*  
 970-846-9997  
 Intentional Reciprocity  
 Horizontal Solidarity

## Community Solar Dehydrator Project Completed & Ready for Use

by Kate Weigel and Roslynn McCann

After successfully crowdfunding the necessary resources and many hours of volunteer effort, the community solar dehydrator is up and running, ready to preserve food without using any electricity. The project, intended to increase local food security and decrease



Community Rebuilds interns Eddie Lovell and Eilise Gancarz-Davies preparing to install the roof of the dehydrator

food waste, is located at the Youth Garden Project (YGP) (530 S 400 E, Moab, UT) and is a collaboration between YGP, Resiliency Hub, Bee Inspired Gardens, the USU Permaculture Initiative and the Local Food Task Force for Grand County. It is visible from the bike path and 400 East, so be sure to check it out as you’re traveling through town! The location of the dehydrator will allow it to be used by anyone in our community throughout the year, even as sun gets lower in the sky in the winter.

The dehydrator heats up with an eight-foot-long solar collector facing south for the best sun exposure, and directs hot air into the drying chamber. The chamber has ten large food-safe screens that can be used to dry fruits, vegetables or



Luke Kantola constructing the food-safe screens

meat. Community members are asked to clean the screens after each use, to ready the dehydrator for the next user. The project was led by UCC AmeriCorps member Kate Weigel, who is currently serving for a year with the Utah State University Extension Permaculture Initiative. Weigel modified open-source plans from Little Colorado River Plateau Resource Conservation and Development Area for the design of the project. Shingles were donated by local Sommer Stewart, with other in-kind donations from Walker True Value Hardware and the USU Permaculture Initiative. Thank you so much to all the folks who made this possible, including volunteers Luke Kantola, Will Kershner, Charlotte Van Voast, Eilise Gancarz-Davies, Eddie Lovell, Veronica Verdin, Pat Dawson, Joe Bondi, and Jessie Page. And of course thanks to all those who donated to the crowdfunding campaign!



UCC AmeriCorps Member Kate Weigel, lead builder on the project

To use the dehydrator, contact Emily Roberson at [community@youthgardenproject.org](mailto:community@youthgardenproject.org), and you will be added to the calendar. The cost of rental is \$10 per day, with a sliding scale rental fee for broad scale accessibility.

Many fruits and vegetables can be dried in just a day, but when there are cooler temperatures, cloudy days, or when dehydrating foods that contain a lot of moisture, multiple days may be necessary.

We look forward to seeing you at YGP, and here’s to a more self-sufficient community!

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Jessie Page coating the exterior of the dehydrator with linseed oil to help protect it from the elements

*Yoga in the Park*  
 Sundays 9-10:15am  
 Old City Park

Oct 4 **Angela Houghton**  
 Oct 11 **Kristi Paul**  
 Oct 18 **Kelly Michaud**  
 Oct 25 **Star Kolb**

*Classes are by Donation*  
*Bring your own Props*