



## OCTOBER DAWN

Black silhouettes of pines in early dawn  
My breath, white in cool autumn air  
Tiny wildflowers, like moonbeams sprawl  
clinging to their last days  
Quiet surrounds me, as the day  
slowly begins

Betty Johnson

*"I am very fortunate to be able to visit Rockspire whenever possible. It is always a beautiful spot; no matter what the season. I love being out in the country with the many trees, huge rock formations, brilliant fall foliage or spring flowers. I have always lived in the city since I was a child and I love to get away. The quiet is peaceful - just a sort of humming silence surrounds us.*

*The amazing night sky is crowded with stars. When you live in the city you forget they are there. It is a revelation of God's universe. Rockspire is full of promise and dreams to be realized."*

Betty's Birdhouse Cabin namesake, Betty Johnson wrote the above in anticipation of her recent visit to Rockspire to celebrate her 92<sup>nd</sup> birthday. Betty has been a member at Rockspire since 2005 and is pictured here with her son Mike at Betty's Birdhouse dedication in October 2009.

*Editor's note: The "Betty's Birdhouse" ceramic hanging on the wall in the picture was created by Friend of Rockspire, **Ron Zahrt** of Winnsboro, TX.*



## IT'S TIME FOR A NEW APPROACH TO LIVING "SUSTAINABLY"

Suzanne Somers recently said one of the biggest mistakes couples make in preparing for retirement is "retiring" and she calls for a new approach to "aging" where the retirement years should be planned as carefully as a futurist plans for the future.

Are we making the same mistake when it comes to thinking about those aspects of life that we have let rule our non-sustainable present? Are we powerless when it comes to weaning ourselves from a lifestyle that really doesn't make sense for the long-term? A sustainable life should be planned like there is a desired, long-term future in mind, not captive to our present-day view of the way things are or dreading what might be. Ask yourself, and your life partner, what do you have to do today to insure that tomorrow will mean you have everything you need to sustain a good and happy life? ***What can reverse the paradigm where we are dependent on strangers and things beyond our control for our basic needs: water, food, shelter, health, and community?***



At Rockspire, we're trying to hasten that reversal. In order to live sustainably, it takes creatively and purposefully planning ways to harness what's readily available under our feet, over our heads, and in our minds. The skies provide all the water we need; the earth provides all the fodder for food; the wind and sun provide all the power needed; the creative and active mind/body grows a community and promotes healthy living. We can reverse the present-day "norm" and the doomsday scenarios. It doesn't mean we have to retreat to bubble-like existence nor does it mean we have to accept only one way or one philosophy. It does mean we have the potential to advance the science and art of sustainability.

Currently, very few experts are addressing new ways to create sustainable living. We have the opportunity to redesign sustainable living so it's more than what the popularized "self-reliance movement" propounds. ***We need to intelligently plan how we create and maintain a sustainable lifestyle while taking advantage of the positive aspects of today's high tech, experiential world.*** If you would like to hear more or participate in a discussion group as part of the Rockspire Sustainability Symposia, email [theforum@rockspire.com](mailto:theforum@rockspire.com) and look for upcoming events posted on the events calendar at [rockspire.com](http://rockspire.com).