

Businesses, non-profits keep Lukas busy

By
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IVN Contributing Writer

This is the fourth installment in a series about alternative health care providers in the Illinois Valley.

Deb Lukas is a woman on many missions, coordinating a variety of events and activities around the year.

She's created two businesses and a non-profit organization, all with the goal of teaching area residents self-empowering and sustainable skills to effect positive change in the Illinois Valley.

Lukas has been selling her herbal products since 1987 and has studied with herbalists Jane Bothwell, Adam Seller, Christopher Hobbs and Michael Moore. She has completed three years of clinical herbal studies at Dominion Herbal College in Vancouver, B.C. with over 400 supervised clinical hours. Unlike Canada and elsewhere, herbalists cannot be licensed in the United States. Lukas considers herself a holistic Western herbal consultant and a student of medicine.

Lukas states simply, "You, ultimately, are responsible for your own health and well-being. Herbalists can assist you in finding relief for problems such as seasonal allergies, asthma, rashes, earaches, migraines, cramps, insomnia, tension, arthritis, hepatitis, gout, high blood pressure or recurrent colds."

"Before an appointment, I review your intake form and other information provided and prepare a formula specifically for you which may be a tea blend, tincture or salve. During your personal consultation, we discuss health history and concerns, and I explain how your body works and what it needs and then recommend herbal allies, supplements, and dietary and lifestyle changes."

Lukas' business, Siskiyou Mountain Herbs, is located at her playfully named "Frog Farm" home. This business sponsors the biennial Siskiyou Regional Herbal Gathering, a two-day workshop event at the farm.

Her other business, the Frog Farm, is a 10 acre solar-powered permaculture farm in Takilma where plants are grown in interdependent communities, or guilds, not rows. Perennial herbs are processed into products in their on-site pharmacy and pre-arranged. Visitors are welcomed to join in daily activities or occasional herb walks.

She also offers two apprenticeships: a residential Farm Apprenticeship including tending animals and plants, making repairs and processing and preserving food; and a weekly or monthly Herbal Apprenticeship, which is an introduction to herbal medicine making with hands-on training.

The organization she has created is the 501c3 non-profit Spiral Living Center (SLC), which offers workshops throughout

the year on traditional and sustainable practices, as well as maintaining the Takilma Tool and Book Library on site. SLC has a board, an advisory board and many volunteers.

The SLC sponsors at least two "skill share" events each year, one in Takilma and one in Selma; where the community gathers to teach one another what they themselves know, from tool repair to self-defense techniques. They also sponsor the annual I.V. Farm and Garden Festival in Jubilee Park as well as the I.V. Food Coalition and Gleaning Project, whereby garden over-abundance or forgotten orchards are harvested to increase food security in the valley.

Two additional programs are the Biochar Project, which teaches how to make soil amendments from carefully burning wood waste and the I.V. Bikespace, which repairs and distributes donated bicycles to the needy as well as teaches community members how to care for their own bikes.

On November 16, SLC will sponsor the annual Local Foods Dinner at the I.V. Senior Center featuring live music and a silent auction. Advance tickets are \$12 apiece or two for \$20 and the event usually sells out. Tickets at the door are \$15 apiece and two for \$25. Proceeds will allow SLC to continue to offer free skill share events around the Illinois Valley. The contact number for tickets, silent auction donations, or to volunteer is 541-592-3642. All food donations must be locally grown or gathered.

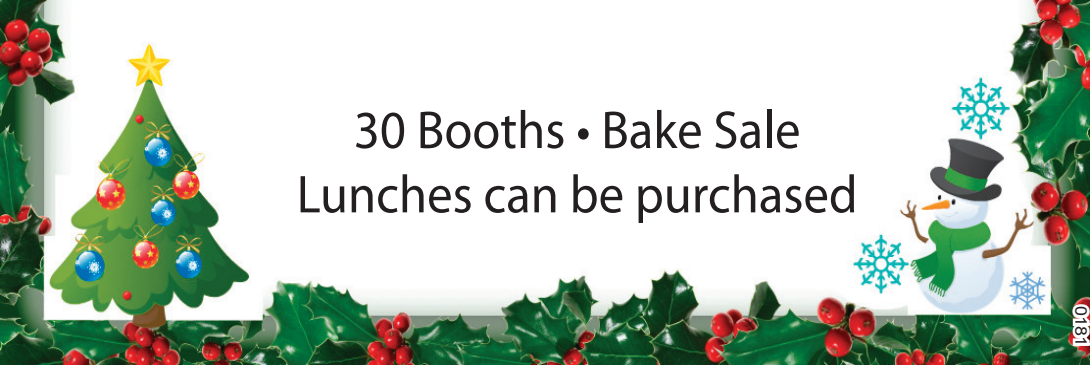


Christmas Bazaar

I.V. Senior Center • 520 East River St.

Friday & Saturday, Nov. 8 & 9
9:00am to 4:00pm

30 Booths • Bake Sale
Lunches can be purchased



Southern Oregon goes to the dogs

The Southern Oregon Kennel Club hosts a two-day all-breed dog show on November 2-3.

Approximately 500 dogs in seven groups--hounds, working, herding, toys, terriers, sporting and non-sporting -- will converge on the Jackson

County Expo Center in Central Point to compete each day in conformation, which results in Best of Breed, Best in Group, and Best in Show each day. In addition, Obedience and Rally, where dogs and their handlers show that a well-behaved and trained dog can do much more

than sit and stay, will be held at the same time.

"People who might be looking to add a purebred dog to their family, but don't know what to choose, can begin to investigate the different breeds right here," said Janice O'Neil, the show chair. "Not every breed is suitable for every family."

The show begins each day at 8 a.m. and ends with Best in Show. To understand what is going on, and where, spectators are encouraged to first go to the Superintendent's table on the mezzanine and look at the judging program which gives the times and rings where each breed will be judged.

For additional information contact: Janice O'Neal, Show Chair Cell: 541-821-6015

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Our new Cave Junction location will host the first of many WGS seminars relating to firearms. The first meeting is geared towards educating and empowering women to feel comfortable and confident when shopping for firearms, ammunition and accessories. You will also be shown: how to operate the different types of firearms; how use the correct ammunition for your application.

November 2 at High Noon

- Session will run approximately 2 hours / • Cost \$10.00

Questions? Signup? Please call or stop in
Thank You, D.C. Hobbs



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Saturday, November 2nd

Doors open at 5pm, first game at 6pm

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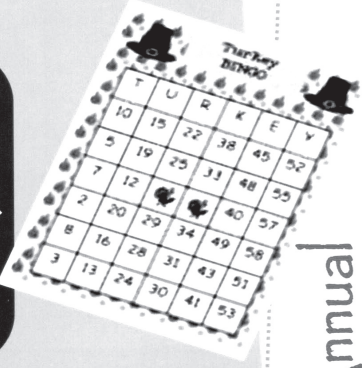
Come play bingo for a chance to win your holiday turkey. Many prizes — fun for all ages. Bring your daubers (daubers available for sale)



14 regular games
1 special game
1 Blackout for a complete Thanksgiving Dinner

I. V. Senior Center
520 E. River St., Cave Junction
Doors open at 5pm, first game at 6pm
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Eleventh Annual Turkey Bingo



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*A majority of STIHL powerheads are built in the United States from domestic and foreign parts and components.

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Food, snacks, and drinks will be available for purchase.



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