

Aloha!



I know it has been a long time since I sent out another newsletter. My apologies.

I, Tracy Matfin, have been on an incredible adventure – a physical healing adventure – that is culminating in my increasing recovery from a herniated disc! If you want to hear more about that.... Check out my [facebook page](#).

During my personal adventure I am happy to say that La’akea continues to radiate “healing light”. **La’akea is growing!** Our members are now: Dona Willoughby, Aniko Willoughby, Biko Long, Tracy Matfin, Amara Karuna, Randy Friesen, Bernie Reichelmann, Donya Fischer, Prasad Dittman, and Ruben Guetschow.

We have three trial members: Heidi Morford, Alicia Iacutone and Wister Williams. Of course the kids – Ai’ala & Kai’ea – continue to enrich all our lives AND we’ve got some residents now too. Susan Bolman has joined us as Randy’s wife and we have welcomed a family to try living with us – two adults and their two children!

I just finished teaching a PDC at Kalani. This has been a nice partnership between Kalani’s growing permaculture interest and

my desire to share and teach from my experiences without dealing with the woes of Promotion and Registration. If you know anyone interested in doing a PDC, same time, same place next year!

Ai'ala and Kai'ea are loving their third year at Malamalama as second graders.



On the farm we still have chickens, sheep, rabbits, bees, worms and now we've added guinea pigs! Did you know a rabbit only has one month gestation whereas a guinea pig has 2.5 months – bunnies are born helpless and blind but guinea pigs can already eat on their own! Oh, the wondrous things you learn living and growing up on a farm.

Here's a link to an [article](#) that I wrote that was published in Communities Magazine. It looks at the issue of Food in Community and is called "Hot Topic".

La'akea Community is excited to offer our annual Winter Internship in Permaculture and Community Living this February (February 1-29). The La'akea internship is an opportunity for participants to spend four beautiful weeks deepening their relationship to food and the land through a daily process of hands-on work and learning. Participants will also learn valuable skills in community living through daily

sharing circles, workshops in compassionate (non-violent) communication and peer counseling and exposure to La'akea consensus-based governance.



photo by Ford Yates

We are especially excited about this year's internship as we have revamped it to have a deeper level of integrated curriculum. To learn more, check out the new internship [webpage](#).

Hugs,

Tracy and the La'akea Community