

# Ahimsa Acres Events Calendar

Last updated: June 16, 2022

Dale Lugenbehl works as community educator and is available for speaking engagements and teaching in the form of workshops and classes (see topics below). Tours of Ahimsa Acres are also available—an opportunity to see veganic food production, water catchment, alternative energy, simple living, and sustainability practices in operation. Dale may be contacted at [ahimsaacres@gmail.com](mailto:ahimsaacres@gmail.com).

All classes, workshops, and speaking engagements are offered on an on-request basis, and can take place at Ahimsa or at locations remote from Ahimsa. There is no charge, although help with travel expenses is appreciated if you want an event at a distant location. Presentation topics can often be customized to meet specific needs. The following presentation/class topics are presently available.

- Vipassana and Metta Meditation
- Compassionate Living
- Living More Consciously
- Engaged Buddhism
- Low Consumption Lifestyle: Climate Change, Resources Conservation, Personal Fulfillment
- Understanding and Facilitating the Process of Personal Change
- Understanding the Nature of Happiness
- Voluntary Simplicity: Environmental Sanity and Personal Freedom
- The Environmental Impact of Personal Food Choices
- Climate Change: Causes and Solutions
- Gardening and Orcharding Principles and Practice
- Understanding Peak Oil and Resource Depletion
- Ethical Components of Choosing a Vegan Lifestyle
- Making the Change to Vegan Eating
- Understanding Prejudice and Discrimination
- Becoming Partially or Fully "Job Independent" While Still Young

## **Speaking Engagements, Classes, and Tours for 2024**

**(Continued scrolling allows a look at all previous years through 2001)**

### **January 2024**

Ahimsa Acres Sangha meditation/discussion *Practitioners Group*, ongoing meetings on Fridays from 10 to 12 at Ahimsa Acres Educational Center. Meetings will continue throughout the year.

January 2, Ahimsa Acres Educational Center begins accepting applications for internships for Spring and Summer 2023. Our internship program is run through World Wide Opportunities on Organic Farms (WWOOF). This is an opportunity to work as an intern at Ahimsa Acres and learn about living simply, sustainability, veganic food growing, and Buddhist meditation practice (for those who are interested). Intern season runs from May through early October. More information is available elsewhere on this website. Contact Ahimsa Acres at [ahimsaacres@gmail.com](mailto:ahimsaacres@gmail.com), or WWOOFUSA at [www.WWOOFusa.org/About WWOOFUSA](http://www.WWOOFusa.org/About_WWOOFUSA).

### **May 2024**

Ahimsa Acres internship season opens on May 29.

## **Speaking Engagements, Classes, and Tours for 2023**

### **January 2023**

Ahimsa Acres Sangha meditation/discussion *Practitioners Group*, ongoing meetings on Fridays from 10 to 12 at Ahimsa Acres Educational Center. Meetings will continue throughout the year.

Ahimsa Acres Educational Center begins accepting applications for internships for Spring and Summer 2023. Our internship program is run through World Wide Opportunities on Organic Farms (WWOOF). This is an opportunity to work as an intern at Ahimsa Acres and learn about living simply, sustainability, veganic food growing, and Buddhist meditation practice (for those who are interested). Intern season runs from May through early October. More information is available elsewhere on this website. Contact Ahimsa Acres at [ahimsaacres@gmail.com](mailto:ahimsaacres@gmail.com), or WWOOFUSA at [www.WWOOFusa.org/About\\_WWOOFUSA](http://www.WWOOFusa.org/About_WWOOFUSA).

### **May 2023**

Ahimsa Acres internship season opens on May 29.

### **August 2023**

Interviewed and submitted photos to be included in 2024 Sustainability Calendar created by Sustainable Citizen Project, a part of Lane County Waste Management.

### **September 2023**

Keynote Speaker at *Project Animal Freedom's* Third Annual Vegan Climate Summit on September 30: "Personal Food Choices, Climate Change, and the Environment."

### **October 2023**

October 1 marks the end of internship season for World Wide Opportunities on Organic Farms (WWOOF-USA) for the 2023 season.

Ahimsa Acres guided tour on October 28 for Sustainable Citizen Project, a part of Lane County Waste Management.

**Speaking Engagements, Classes, and Tours for  
2022**

## January 2022

Ahimsa Acres Sangha meditation/discussion *Practitioners Group*, ongoing meetings on Fridays from 10 to 12 at Ahimsa Acres Educational Center. Meetings will continue throughout the year.

Ahimsa Acres Educational Center begins accepting applications for internships for Spring and Summer 2022. Our internship program is run through World Wide Opportunities on Organic Farms (WWOOF). This is an opportunity to work as an intern at Ahimsa Acres and learn about living simply, sustainability, veganic food growing, and Buddhist meditation practice (for those who are interested). Intern season runs from May through early October. More information is available elsewhere on this website. Contact Ahimsa Acres at [ahimsaacres@gmail.com](mailto:ahimsaacres@gmail.com), or WWOOFUSA at [www.WWOOFusa.org/About\\_WWOOFUSA](http://www.WWOOFusa.org/About_WWOOFUSA).

## June 2022

Ahimsa Acres internship season opens on June 9.

*The Wisdom of the Buddha Blog* is launched on June 15 at [www.ahimsaacres.blogspot.com](http://www.ahimsaacres.blogspot.com).

## September 2022

"Sustainable and Compassionate Living Tour of Ahimsa Acres," guided tour of Ahimsa Acres sponsored by Eugene Veg Education Network (EVEN), Saturday, September 24, 10:00 am to noon, homesite of Dale and Sandy Lugenbehl, Cottage Grove, Oregon. Focus on veganic gardening and orcharding, gravity powered water catchment systems, solar electrical generation, passive solar space heating, geothermal energy, and energy conservation.

**Note: Many normal outreach events may be cancelled in 2022 because of the on-going COVID-19 pandemic.**

# Speaking Engagements, Classes, and Tours for 2021

## January 2021

Ahimsa Acres Sangha meditation/discussion *Practitioners Group*, ongoing meetings on Fridays from 10 to 12 at Ahimsa Acres Educational Center. Meetings will continue throughout the year.

Ahimsa Acres Educational Center begins accepting applications for internships for Spring and Summer 2021. See [www.ahimsaacres.org](http://www.ahimsaacres.org) for details.

## April

"Buddhist Meditation Traditions," a 6 week class offered by Lane Community College, Cottage Grove Campus, Winter Term, Wednesdays from 6:00 to 7:50 pm. Class starts April 15 and ends May 22. Instructor: Dale Lugenbehl. Cottage Grove Campus is at 1275 S. River Road.

## June

PowerPoint lecture presentation "Personal Food Choices, Climate Change, and the Environment," by Dale Lugenbehl. This is a webinar from 2:00 to 5:00 pm, June 14, given for the employees of an international business organization headquartered in New York. The business organization is not named here due to their wish to remain anonymous.

**Note: Many normal outreach events were cancelled in 2021 because of the on-going COVID-19 pandemic.**

# Speaking Engagements, Classes, and Tours for 2020

## January 2020

Ahimsa Acres Sangha meditation/discussion *Practitioners Group*, ongoing meetings on Fridays from 10 to 12 at Ahimsa Acres Educational Center.

Ahimsa Acres Educational Center begins accepting applications for internships for Spring and Summer 2020. See [www.ahimsaacres.org](http://www.ahimsaacres.org) for details.

*Day of Mindfulness*, Ahimsa Acres Sangha, Sunday, January 26, 9:00 am to 4:00 pm

## February

*Day of Mindfulness*, Ahimsa Acres Sangha, Sunday, February 23, 9:00 am to 4:00 pm

## March

Meeting of the Eugene Chapter, *Dharma Voices for Animals*, Saturday, March 14, 2:00 pm, at Ahimsa Acres Educational Center.

*Day of Mindfulness*, Ahimsa Acres Sangha, Sunday, March 29, 9:00 am to 4:00 pm

## April

"Buddhist Meditation Traditions," a 6 week class offered by Lane Community College, Cottage Grove Campus, Winter Term, Wednesdays from 6:00 to 7:50 pm. Class starts April 15 and ends May 22. Instructor: Dale Lugenbehl. Cottage Grove Campus is at 1275 S. River Road, 541-463-4202 (or e-mail [ahimsaacres@gmail.com](mailto:ahimsaacres@gmail.com)).

*Day of Mindfulness*, Ahimsa Acres Sangha, Sunday, April 26, 9:00 am to 4:00 pm

**Note: Many normal outreach events were cancelled in 2020 because of the COVID-19 pandemic.**

## **Speaking Engagements, Classes, and Tours for 2019**

### **January 2019**

“Buddhist Meditation Traditions,” a 6 week, noncredit, class offered by Lane Community College, Cottage Grove Campus, Fall Term, Wednesdays from 6:00 to 7:50 pm. Class starts January 16 and ends February 20. Instructor: Dale Lugenbehl. Cottage Grove Campus is at 1275 S. River Road, 541-463-4202.

Ahimsa Acres Sangha meditation/discussion Practitioners Group, ongoing meetings on Fridays from 10 to 12 at Ahimsa Acres Educational Center.

### **March**

**Notice:** On March 17, while doing clean up after a storm, a large tree fell on Sandy Lugenbehl’s leg resulting in two compound fractures of the lower leg which required extensive surgical repair. As a consequence, all or most of our normal speaking engagements will need to be cancelled or rescheduled for at least the next 6 months during the recuperation and physical therapy process. A big THANK YOU to all our friends and colleagues who have leapt to our assistance during this difficult time.

### **April**

“Buddhist Meditation Traditions,” a 6 week, noncredit, class offered by Lane Community College, Cottage Grove Campus,

Winter Term, Wednesdays from 6:00 to 7:50 pm. Class starts April 17 and ends May 22. Instructor: Dale Lugenbehl. Cottage Grove Campus is at 1275 S. River Road, 541-463-4202.

## May

"Low Consumption Lifestyle: A Key Personal Strategy for Halting Environmental Destruction," a presentation for Lane County Master Recyclers Course to train Master Recyclers, May 7, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

**Announcement:** Dale Lugenbehl's first book was published May 10 on Amazon: *The Wisdom of the Buddha: Using Mindfulness to Change Your Life*. The culmination of 20 years of teaching the dharma in both sangha and college classroom settings, *The Wisdom of the Buddha* combines an in-depth and very readable introduction to Buddhism with the practicality of a spiritual self-help book. The book may be accessed from Amazon a [https://www.amazon.com/Wisdom-Buddha-Using-Mindfulness-Change/dp/109680588X/ref=cm\\_cr\\_arp\\_d\\_bdcrb\\_top?ie=UTF8t](https://www.amazon.com/Wisdom-Buddha-Using-Mindfulness-Change/dp/109680588X/ref=cm_cr_arp_d_bdcrb_top?ie=UTF8t).

May 31 is the opening of summer 2019 season for interns from World Wide Opportunities on Organic Farms (WWOOF) at Ahimsa Acres Educational Center (homestead of Dale and Sandy Lugenbehl). Opportunities to work as an intern and learn about living simply, sustainably, and Buddhist meditation practice run through early October. Contact Ahimsa Acres at [ahimsaacres@gmail.com](mailto:ahimsaacres@gmail.com), or WWOOFUSA at [www.WWOOFusa.org/About\\_WWOOFUSA](http://www.WWOOFusa.org/About_WWOOFUSA).

## June

"Sustainable Living Home Tour and Practicum," guided tour and hands-on work projects at Ahimsa Acres for Lane County Master Recyclers class, Saturday, June 1, 10:00 am to 3:00 pm, homesite of Dale and Sandy Lugenbehl, Cottage Grove, Oregon. Focus on permaculture, organic orcharding practices, soil fertility building, gravity powered water catchment systems, solar electrical generation, passive solar space heating, geothermal energy, and energy conservation.

## September



"Book Signing and Question and Answer Session" in connection with Dale Lugenbehl's new book *The Wisdom of the Buddha: Using Mindfulness to Change Your Life*. Event takes place at the Bookmine in Cottage Grove where Dale Lugenbehl is the "Author of the Month" for September. Event runs from 6-8 pm, Friday, September 27, Bookmine bookstore, 702 East Main Street, Cottage Grove, Oregon.

### **October**

"Buddhist Meditation Traditions," a 6 week, noncredit, class offered by Lane Community College, Cottage Grove Campus, Fall Term, Wednesdays from 6:00 to 7:50 pm. Class starts October 9 and ends November 13. Instructor: Dale Lugenbehl. Cottage Grove Campus is at 1275 S. River Road, 541-463-4202.

## **Speaking Engagements, Classes, and Tours for 2018**

### **January 2018**

Ahimsa Acres Sangha meditation/discussion Practitioners Group #1, ongoing meetings on Fridays from 10 to 12 at Ahimsa Acres Educational Center.

Ahimsa Acres Sangha meditation/discussion Practitioners Group #2, ongoing meetings on Mondays from 10 to 12 at Ahimsa Acres Educational Center.

### **February**

"Buddhist Meditation Traditions," a 6 week, noncredit, class offered by Lane Community College, Cottage Grove Campus, Winter Term, Tuesdays from 6:00 to 7:50 pm. Class starts February 6 and ends March 13. Instructor: Dale Lugenbehl. Cottage Grove Campus is at 1275 S. River Road, 541-463-4202.

### **April**

"Buddhist Meditation Traditions," a 6 week, noncredit, class offered by Lane Community College, Cottage Grove Campus, Winter Term, Wednesdays from 6:00 to 7:50 pm. Class starts

April 18 and ends May 23. Instructor: Dale Lugenbehl. Cottage Grove Campus is at 1275 S. River Road, 541-463-4202.

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Thursday, April 19, 10:00 to 11:50, Building 31 (Longhouse), room 101, Lane Community College.

## **May**

"Low Consumption Lifestyle: A Key Personal Strategy for Halting Environmental Destruction," a presentation for Lane County Master Recyclers Course to train Master Recyclers, May 1, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

"Sustainable Living Home Tour," guided tour of Ahimsa Acres for Lane County Master Recyclers class, Saturday, May 26, 10:00 am to noon, homesite of Dale and Sandy Lugenbehl, Cottage Grove, Oregon. Focus on permaculture, gravity powered water catchment systems, solar electrical generation, passive solar space heating, geothermal energy, and energy conservation.

May 31 is the opening of summer 2018 season for interns from World Wide Opportunities on Organic Farms (WWOOF) at Ahimsa Acres Educational Center (homestead of Dale and Sandy Lugenbehl). Opportunities to work as an intern and learn about living simply, sustainably, and Buddhist meditation practice run through early October. Contact Ahimsa Acres at [ahimsaacres@gmail.com](mailto:ahimsaacres@gmail.com), or WWOOFUSA at [www.WWOOFusa.org/About WWOOFUSA](http://www.WWOOFusa.org/About_WWOOFUSA).

## **September**

"Sustainable and Compassionate Living Tour of Ahimsa Acres," guided tour of Ahimsa Acres sponsored by Eugene Veg Education Network (EVEN), Saturday, September 22, 10:00 am to noon, homesite of Dale and Sandy Lugenbehl, Cottage Grove, Oregon. Focus on veganic gardening and orcharding, gravity powered water catchment systems,

solar electrical generation, passive solar space heating, geothermal energy, and energy conservation.

## **October**

"Low Consumption Lifestyle: A Key Personal Strategy for Halting Environmental Destruction," a presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, October 9, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Tuesday, October 16, 10:00 to 11:50, Long House main room, Lane Community College, Eugene, Oregon.

## **Speaking Engagements, Classes, and Tours for 2017**

### **January 2017**

Ahimsa Acres Sangha meditation/discussion Practitioners Group #1, ongoing meetings on Fridays from 10 to 12 at Ahimsa Acres Educational Center.

Ahimsa Acres Sangha meditation/discussion Practitioners Group #2, ongoing meetings on Mondays from 10 to 12 at Ahimsa Acres Educational Center.

"Phil 205: Contemporary Moral Issues," a 10 week, 4 credit, class offered by Lane Community College, Winter Term, Tuesdays and Thursdays from 10:00 to 11:50, main campus, Eugene, Oregon. Instructor: Dale Lugenbehl. Class starts January 10.

### **April**

"Rel 231: Buddhist Meditations Traditions: Principles and Practice," a 10 week, 4 credit, class offered by Lane Community College, Fall Term, Tuesdays and Thursdays from 10:00 to 11:50, main campus, Eugene, Oregon. Instructor: Dale Lugenbehl. Fall term starts April 4.

Meditation/Discussion Practitioners Group #1, ongoing meetings on Fridays from 10 to 12 at Ahimsa Acres.

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Thursday, April 20, 10:00 to 11:50, Building 19, room 241, Lane Community College.

## **May**

"Low Consumption Lifestyle: A Key Personal Strategy for Halting Environmental Destruction," a presentation for Lane County Master Recyclers Course to train Master Recyclers, May 2, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

"Sustainable Living Home Tour," guided tour of Ahimsa Acres for Lane County Master Recyclers class, Saturday, May 20, 10:00 am to noon, homesite of Dale and Sandy Lugenbehl, Cottage Grove, Oregon. Focus on permaculture, gravity powered water catchment systems, solar electrical generation, passive solar space heating, geothermal energy, and energy conservation.

May 31 is the opening of summer 2017 season for interns from World Wide Opportunities on Organic Farms (WWOOF) at Ahimsa Acres Educational Center (homestead of Dale and Sandy Lugenbehl). Opportunities to work as an intern and learn about living simply, sustainably, and Buddhist meditation practice run through early October. Contact Ahimsa Acres at [ahimsaacres@gmail.com](mailto:ahimsaacres@gmail.com), or WWOOFUSA at [www.WWOOFusa.org/About WWOOFUSA](http://www.WWOOFusa.org/About_WWOOFUSA).

## **June**

**Announcement:** After 23 years of teaching Eastern philosophy as well as Western philosophy classes, Dale Lugenbehl retired as a teacher of credit classes at Lane Community College. Dale will continue to teach noncredit classes in Buddhist Meditation and also Nonviolent Communication at Lane as well as in the community at large.

## **September**

"Sustainable and Compassionate Living Tour of Ahimsa Acres," guided tour of Ahimsa Acres sponsored by Eugene Veg Education Network (EVEN), Saturday, September 23, 10:00 am to noon, homesite of Dale and Sandy Lugenbehl, Cottage Grove, Oregon. Focus on veganic gardening and orcharding, gravity powered water catchment systems, solar electrical generation, passive solar space heating, geothermal energy, and energy conservation.

Meditation/Discussion Practitioners Group, ongoing meetings on Fridays from 10 to 12 at Ahimsa Acres.

## **October**

"Low Consumption Lifestyle: A Key Personal Strategy for Halting Environmental Destruction," a presentation for Lane County Master Recyclers Course to train Master Recyclers, October 10, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Tuesday, October 17, 10:00 to 11:50, Long House main room, Lane Community College.

"Understanding Carrying Capacity as a Tool for Environmental Policy and Decision Making," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Thursday, October 19, 10:00 to 11:50, Long House main room, Lane Community College.

**Notice:** All future years listed in this Events Calendar will be based on the calendar year starting January first rather than the academic/school year beginning in September.

## **Speaking Engagements, Classes, and Tours for 2016-2017**

### **January**

Ahimsa Acres Sangha meditation/discussion Practitioners Group #1, ongoing meetings on Fridays from 10 to 12 at Ahimsa Acres Educational Center.

Ahimsa Acres Sangha meditation/discussion Practitioners Group #2, ongoing meetings on Mondays from 10 to 12 at Ahimsa Acres Educational Center.

### **June 2016**

"Sustainable and Compassionate Living Tour of Ahimsa Acres," guided tour of Ahimsa Acres sponsored by Eugene Veg Education Network (EVEN), Saturday, June 25, 10:00 am to noon, homesite of Dale and Sandy Lugenbehl, Cottage Grove, Oregon. Focus on veganic gardening and orcharding, gravity powered water catchment systems, solar electrical generation, passive solar space heating, geothermal energy, and energy conservation.

### **September**

"Rel 231: Buddhist Meditations Traditions: Principles and Practice," a 10 week, 4 credit, class offered by Lane Community College, Fall Term, Tuesdays and Thursdays from 10:00 to 11:50, main campus, Eugene, Oregon. Instructor: Dale Lugenbehl. Fall term starts September 26.

### **October**

"Low Consumption Lifestyle: A Key Personal Strategy for Halting Environmental Destruction," a presentation for Lane County Master Recyclers Course to train Master

Recyclers, October 4, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Monday, October 17, 12:00 to 1:50, Long House main room, Lane Community College.

## **January 2017**

"Phil 205: Contemporary Moral Issues," a 10 week, 4 credit, class offered by Lane Community College, Winter Term, Tuesdays and Thursdays from 10:00 to 11:50, main campus, Eugene, Oregon. Instructor: Dale Lugenbehl. Class starts January 10.

Meditation/Discussion Practitioners Group #1, ongoing meetings on Fridays from 10 to 12 at Ahimsa Acres.

Meditation/Discussion Practitioners Group #2, ongoing meetings on Mondays from 10 to 12 at Ahimsa Acres.

## **April**

"Rel 231: Buddhist Meditations Traditions: Principles and Practice," a 10 week, 4 credit, class offered by Lane Community College, Fall Term, Tuesdays and Thursdays from 10:00 to 11:50, main campus, Eugene, Oregon. Instructor: Dale Lugenbehl. Fall term starts April 4.

Meditation/Discussion Practitioners Group #1, ongoing meetings on Fridays from 10 to 12 at Ahimsa Acres.

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Thursday, April 20, 10:00 to 11:50, Building 19, room 241, Lane Community College.

## **May**

"Low Consumption Lifestyle: A Key Personal Strategy for Halting Environmental Destruction," a presentation for Lane County Master Recyclers Course to train Master

Recyclers, May 2, 6:00 pm, Glenwood Transfer Station,  
Lane County Public Works Building.

"Sustainable Living Home Tour," guided tour of Ahimsa Acres for Lane County Master Recyclers class, Saturday, May 20, 10:00 am to noon, homesite of Dale and Sandy Lugenbehl, Cottage Grove, Oregon. Focus on permaculture, gravity powered water catchment systems, solar electrical generation, passive solar space heating, geothermal energy, and energy conservation.

May 31 is the opening of summer 2017 season for interns from World Wide Opportunities on Organic Farms (WWOOF) at Ahimsa Acres Educational Center (homestead of Dale and Sandy Lugenbehl). Opportunities to work as an intern and learn about living simply, sustainably, and Buddhist meditation practice run through early October. Contact Ahimsa Acres at [ahimsaacres@gmail.com](mailto:ahimsaacres@gmail.com), or WWOOFUSA at [www.WWOOFusa.org/About\\_WWOOFUSA](http://www.WWOOFusa.org/About_WWOOFUSA).

## June

**Announcement:** After 23 years of teaching Eastern philosophy as well as Western philosophy classes, Dale Lugenbehl retired as a teacher of credit classes at Lane Community College. Dale will continue to teach noncredit classes in Buddhist Meditation and also Nonviolent Communication at Lane as well as in the community at large.

## Speaking Engagements, Classes, and Tours for 2015-2016

### September 2015

"Rel 231: Buddhist Meditations Traditions: Principles and Practice," a 10 week, 4 credit, class offered by Lane Community College, Fall Term, Tuesdays and Thursdays from 12:00 to 1:50, main campus, Eugene, Oregon. Instructor: Dale Lugenbehl. Fall term starts September 28.



Meditation/Discussion Practitioners Group #1, ongoing meetings on Fridays from 10 to 12 at Ahimsa Acres.

Meditation/Discussion Practitioners Group #2, ongoing meetings on Mondays from 10 to 12 at Ahimsa Acres.

## **October**

"Low Consumption Lifestyle: A Key Personal Strategy for Halting Environmental Destruction," a presentation for Lane County Master Recyclers Course to train Master Recyclers, October 5, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Monday, October 19, 1:00 to 2:20, Long House main room, Lane Community College.

## **January 2016**

"Rel 202: Religions of China and Japan," a 10 week, 4 credit, class offered by Lane Community College, Winter Term, Tuesdays and Thursdays from 10:00 to 11:50, main campus, Eugene, Oregon. Instructor: Dale Lugenbehl. Class starts January 5.

"*Cowspiracy*: Video Showing and Question and Answer Session," Sponsored by Sustainable Cottage Grove and the Healing Matrix, January 7, 7 pm to 9 pm, Healing Matrix, 632 East Main Street, Cottage Grove.

Meditation/Discussion Practitioners Group #1, ongoing meetings on Fridays from 10 to 12 at Ahimsa Acres.

Meditation/Discussion Practitioners Group #2, ongoing meetings on Mondays from 10 to 12 at Ahimsa Acres.

## **February**

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental

Politics class at Lane Community College, Thursday, February 11, 10:00 to 11:50, Long House main room, Lane Community College.

"*Cowspiracy*: Video Showing and Question and Answer Session," given for University of Oregon, Wednesday, February 17, from 6:00PM to 8:00PM in Straub Hall, Room 145.

"*Cowspiracy*: Video Showing and Question and Answer Session," for Cedar Sangha, February 24, 6:30 pm, Eugene, Oregon.

## **March**

"Rel 231: Buddhist Meditations Traditions: Principles and Practice," a 10 week, 4 credit, class offered by Lane Community College, Spring Term, Tuesdays and Thursdays from 10:00 to 11:50, main campus, Eugene, Oregon. Instructor: Dale Lugenbehl. Spring term starts March 28.

## **May**

"Low Consumption Lifestyle: A Key Personal Strategy for Halting Environmental Destruction," a presentation for Lane County Master Recyclers Course to train Master Recyclers, May 3, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

"Sustainable Living Home Tour," guided tour of Ahimsa Acres for Lane County Master Recyclers class, Saturday, May 21, 10:00 am to noon, homesite of Dale Lugenbehl and Sandy Aldridge, Cottage Grove, Oregon. Focus on permaculture, gravity powered water catchment systems, solar electrical generation, passive solar space heating, geothermal energy, and energy conservation.

Opening of summer 2016 season for interns from World Wide Opportunities on Organic Farms (WWOOF) at

Ahimsa Acres Educational Center (homestead of Dale Lugenbehl and Sandy Aldridge). Opportunities to work as an intern and learn about living simply, sustainably, and Buddhist meditation practice run through early October. Contact Ahimsa Acres at [ahimsaacres@gmail.com](mailto:ahimsaacres@gmail.com), or WWOOFUSA at [www.WWOOFusa.org/About\\_WWOOFUSA](http://www.WWOOFusa.org/About_WWOOFUSA).

## **June**

"Sustainable Living Home Tour," guided tour of Ahimsa Acres for Eugene Veg Education Network (EVEN), Saturday, June 18, 10:00 am to noon, homesite of Dale and Sandy Lugenbehl, Cottage Grove, Oregon. Focus on veganic food production, permaculture, gravity powered water catchment systems, solar electrical generation, passive solar space heating, geothermal energy, and energy and resource conservation.

## **Speaking Engagements and Classes for 2014-2015**

### **September 2014**

"Phil 205," Contemporary Moral Issues, a 10 week, 4 credit, class offered by Lane Community College, Fall Term, Tuesdays and Thursdays from 12:00 to 1:50, main campus, Eugene, Oregon. Instructor: Dale Lugenbehl. Fall term starts September 30.

### **October**

"Low Consumption Lifestyle: A Key Personal Strategy for Halting Environmental Destruction," a presentation for Lane County Master Recyclers Course to train Master Recyclers, October 7, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental

Politics class at Lane Community College, Monday, October 20, 1:00 to 2:20, Long House main room, Lane Community College.

## **January 2015**

"Rel 231 Buddhist Meditation Traditions: Principles and Practice," a 10 week, 4 credit, class offered by Lane Community College, Fall Term, Tuesdays and Thursdays from 10:00 to 11:50, main campus, Eugene, Oregon. Instructor: Dale Lugenbehl. Class starts January 6.

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Monday, January 26, 1:00 to 2:20, Long House main room, Lane Community College.

## **February**

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, February 10, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

## **March**

Tour of Ahimsa Acres for students from Environmental Politics class at Lane Community College, 10:00 am Saturday, March 7.

"Rel 231 Buddhist Meditation Traditions: Principles and Practice," a 10 week, 4 credit, class offered by Lane Community College, Fall Term, Tuesdays and Thursdays from 10:00 to 11:50, main campus, Eugene, Oregon. Instructor: Dale Lugenbehl. Spring term starts March 31.

## **April**

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Monday, April 20, 1:00 to 2:20, Long House main room, Lane Community College.

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, April 28, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

## **May**

"Sustainable Living Home Tour," verbal explanation and tour of Ahimsa Acres for Lane County Master Recyclers class, Saturday, May 16, 10:00 am to noon, homesite of Dale Lugenbehl and Sandy Aldridge, Cottage Grove, Oregon. Focus on permaculture, gravity powered water catchment systems, solar electrical generation, passive solar space heating, geothermal energy, and energy conservation.

Opening of summer 2015 season for interns from World Wide Opportunities on Organic Farms (WWOOF) at Ahimsa Acres Educational Center (homestead of Dale Lugenbehl and Sandy Aldridge). Opportunities to work as an intern and learn about living simply and sustainably run through early October. Contact Ahimsa Acres at [ahimsaacres@gmail.com](mailto:ahimsaacres@gmail.com), or WWOOFUSA at [www.WWOOFusa.org/About WWOOFUSA](http://www.WWOOFusa.org/About_WWOOFUSA).

## **June**

Ahimsa Acres tour given for Oregon Farm Academy, Saturday, June 13, 10:30 to 12:30. Focus on permaculture, food security, gravity powered water catchment systems, solar electrical generation, passive

solar space heating, geothermal energy, and energy conservation.

## **Speaking Engagements and Classes for 2013-2014**

### **September 2013**

"Rel 231 Buddhist Meditation Traditions: Principles and Practice," a 10 week, 4 credit, class offered by Lane Community College, Fall Term, Tuesdays and Thursdays from 12:00 to 1:50, main campus, Eugene, Oregon. Instructor: Dale Lugenbehl. Fall term starts September 30.

### **October**

"Low Consumption Lifestyle: A Key Personal Strategy for Halting Environmental Destruction," a presentation for Lane County Master Recyclers Course to train Master Recyclers, October 8, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Monday, October 21, 1:00 to 2:20, Long House main room, Lane Community College.

### **January 2014**

"Rel 202 Religions of China and Japan: Confucianism, Taoism, and Buddhism," a 10 week, 4 credit, class offered by Lane Community College, Fall Term, Tuesdays and Thursdays from 10:00 to 11:50, main campus, Eugene, Oregon. Instructor: Dale Lugenbehl. Class starts January 6.

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental

Politics class at Lane Community College, Monday, January 27, 1:00 to 2:20, Long House main room, Lane Community College.

## **February**

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, February 11, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

## **March**

"The Environmental Impact of Our Day to Day Food Choices," 3 morning presentations for Impact Conference 2014: Thought For Food, Pleasant Hill High School, Monday, March, 8:10 to 12:30, Pleasant Hill, Oregon.

Tour of Ahimsa Acres for students from Environmental Politics class at Lane Community College, 10:00 am Saturday, March 8.

"Rel 231 Buddhist Meditation Traditions: Principles and Practice," a 10 week, 4 credit, class offered by Lane Community College, Fall Term, Tuesdays and Thursdays from 10:00 to 11:50, main campus, Eugene, Oregon. Instructor: Dale Lugenbehl. Spring term starts March 31.

## **April**

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Wednesday, April 23, 1:00 to 2:20, Long House main room, Lane Community College.

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, April

29, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

## **May**

"Sustainable Living Home Tour," verbal explanation and tour of Ahimsa Acres for Lane County Master Recyclers class, Saturday, May 17, 10:00 am to noon, homesite of Dale Lugenbehl and Sandy Aldridge, Cottage Grove, Oregon. Focus on permaculture, gravity powered water catchment systems, solar electrical generation, passive solar space heating, geothermal energy, and energy conservation.

Opening of summer 2014 season for interns from World Wide Opportunities on Organic Farms (WWOOF) at Ahimsa Acres Educational Center (homestead of Dale Lugenbehl and Sandy Aldridge). Opportunities to work as an intern and learn about living simply and sustainably run through early October. Contact Ahimsa Acres at [ahimsaacres@gmail.com](mailto:ahimsaacres@gmail.com), or WWOOFUSA at [www.WWOOFusa.org/About\\_WWOOFUSA](http://www.WWOOFusa.org/About_WWOOFUSA).

## **Speaking Engagements and Classes for 2012-2013**

### **July 2013**

"Sustainable Living Home Tour," verbal explanation and tour of Ahimsa Acres for Eugene Veg Education Network (EVEN), July 20, 10:00 am to noon, homesite of Dale Lugenbehl and Sandy Aldridge, Cottage Grove, Oregon. Focus on permaculture, gravity powered water catchment systems, solar electrical generation, passive solar space heating, geothermal energy, and energy conservation.

### **June 2013**



Opening of summer 2012 season for interns from World Wide Opportunities on Organic Farms (WWOOF) at Ahimsa Acres Educational Center (homestead of Dale Lugenbehl and Sandy Aldridge). Opportunities to work as an intern and learn about living simply and sustainably run through October. Contact Ahimsa Acres at [ahimsaacres@gmail.com](mailto:ahimsaacres@gmail.com), or WWOOFUSA at [www.WWOOFusa.org/About WWOOFUSA](http://www.WWOOFusa.org/About_WWOOFUSA).

## **May 2013**

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, May 1, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

"Sustainable Living Home Tour," verbal explanation and tour of Ahimsa Acres for Lane County Master Recyclers class, Saturday, May 18, 10:00 am to noon, homesite of Dale Lugenbehl and Sandy Aldridge, Cottage Grove, Oregon. Focus on permaculture, gravity powered water catchment systems, solar electrical generation, passive solar space heating, geothermal energy, and energy conservation.

## **April 2013**

"Rel 231 Buddhist Meditation Traditions: Principles and Practice," a 10 week, 4 credit, class offered by Lane Community College, Spring Term, Tuesdays and Thursdays from 10:00 to 11:50, main campus, Eugene, Oregon. Instructor: Dale Lugenbehl.

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Monday, April 24, 1:00 to 2:50, Long House main room, Lane Community College

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, April

30, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

### **January 2013**

"Rel 231 Buddhist Meditation Traditions: Principles and Practice," a 10 week, 4 credit, class offered by Lane Community College, Winter Term, Tuesdays and Thursdays from 10:00 to 11:50, main campus, Eugene, Oregon. Instructor: Dale Lugenbehl.

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Monday, January 28, 1:00 to 2:50, Long House main room, Lane Community College

### **November 2012**

"Voluntary Simplicity: Minimizing Damage to the Environment Through Personal Action," a presentation for Claudia Owen's Environmental Science classes at Lane Community College, Friday, November 8, 8 am to 9:50 and 10 am to 11:50, Science Building, Lane Community College.

### **October 2012**

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, October 9, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Wednesday, October 10, 1:00 to 2:50, Long House main room, Lane Community College

### **September 2012**

"Rel 202 Religions of China and Japan: Confucianism, Taoism, and Buddhism," a 10 week, 4 credit, class offered by Lane Community College, Fall Term, Mondays and Wednesdays from 11:00 to 12:50, main campus, Eugene, Oregon. Instructor: Dale Lugenbehl. Class starts September 24.

**July 2012**

"Vipassana (Insight) Meditation," a 4 week class given at Ahimsa Acres, July 1 to July 29.

**June 2012**

Beginning of intern season at Ahimsa Acres.

"Vipassana (Insight) Meditation," a 4 week class given at Ahimsa Acres, June 1 to June 29.

## **Speaking Engagements for 2011-2012**

**September 2011**

"Buddhist Vipassana (Insight) Meditation," a 5 week meditation class at the First Presbyterian Church in Cottage Grove, 11:30 to 12:30, Sundays from September 11 to October 10. Class is free and open to the general public.

**October**

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, October 11, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Wednesday, October 12, 1:00 to 2:50, Long House main room, Lane Community College

**November**

"Personal Food Choices, Climate Change, and the Environment," a presentation for First Presbyterian Church in Cottage Grove, 11:30 to 12:30, Sunday November 13. Presentation is free and open to the general public.

## **January 2012**

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Monday, January 30, 1:00 to 2:50, Long House main room, Lane Community College

## **March**

"Voluntary Simplicity in an Era of Resource Depletion, Economic Turmoil, and Climate Change," a presentation for the Green Neighbors Faire, 1:15 to 2:30, Saturday March 3, in the library of the First United Methodist Church at 1376 Olive Street in Eugene. Presentation is free and open to the general public. Richard Heinberg will be speaking at 10:00 am on peak oil in the main chapel.

## **April**

## **May**

Opening of summer 2012 season for interns from World Wide Opportunities on Organic Farms (WWOOF) at Ahimsa Acres Educational Center (homestead of Dale Lugenbehl and Sandy Aldridge). Opportunities to work as an intern and learn about living simply and sustainably run through October. Contact Ahimsa Acres at [ahimsaacres@gmail.com](mailto:ahimsaacres@gmail.com), or WWOOFUSA at [www.WWOOFusa.org/About WWOOFUSA](http://www.WWOOFusa.org/About_WWOOFUSA).

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, May 1, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

"Sustainable Living Home Tour," verbal explanation and tour of Dale and Sandy's home for Lane County Master Recyclers class, May 19, 10:00 am to noon, homesite of Dale Lugenbehl and Sandy Aldridge, Cottage Grove, Oregon. Focus on permaculture, gravity powered water catchment systems, solar electrical generation, passive

solar space heating, geothermal energy, and energy conservation.

"Sustainable Living Home Tour," verbal explanation and tour of Dale and Sandy's home for Environmental Politics students from Lane Community College, May 12, 10 am to 4 pm, homesite of Dale Lugenbehl and Sandy Aldridge, Cottage Grove, Oregon. Focus on permaculture, gravity powered water catchment systems, solar electrical generation, passive solar space heating, geothermal energy, and energy conservation.

## **June**

"Vipassana (Insight) Meditation," a 4 week class given at Ahimsa Acres, June 1 to June 29.

## **Speaking Engagements for 2010-2011**

### **September 2010**

"Sustainable Living Home Tour," verbal explanation and tour of home for BRING Recycling staff and volunteers, Saturday, September 4, 5:30 to 6:30 pm, homesite of Dale Lugenbehl and Sandy Aldridge, Cottage Grove, Oregon.

### **October**

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, October 12, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Thursday, October 13, 1:00 to 2:50.

### **January 2011**

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental

Politics class at Lane Community College, Tuesday, January 25, 1:00 to 2:50.

## **February**

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, February 15, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

## **April**

"Voluntary Simplicity and Climate Change," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Wednesday, April 13, 1:00 to 2:20 in the Long House.

"Curbing Climate Change, One Bite At A Time," a panel discussion with Dale Lugenbehl, Sarah Kleeger, and Dan Armstrong, 11:50 am, Friday, April 22, 12<sup>th</sup> floor Eugene Hilton, Vistas Ballroom. Event sponsored by City Club of Eugene, panel discussion will be broadcast on KLCC radio Monday April 25 at 6:30 pm, and on OPAN (cable channel 21) Thursday, April 28 at 6:00 pm.

## **May**

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, May 3, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

"Sustainable Living Home Tour," verbal explanation and tour of Dale and Sandy's home for Lane County Master Recyclers class, May 14, 10:00 to 12:00 am, homesite of Dale Lugenbehl and Sandy Aldridge, Cottage Grove, Oregon. Focus on permaculture, gravity powered water catchment systems, solar electrical generation, passive solar space heating, energy conservation.

## **June**

Home tour for Cottage Grove Permaculture Guild, focusing on permaculture and sustainable living technologies, Wednesday June 15, 4:30 pm, homesite of Dale Lugenbehl and Sandy Aldridge, Cottage Grove, Oregon.

## **July**

"Town and Country Garden Tour," verbal explanation and tour of home in connection with permaculture and sustainable living technologies, Saturday July 23, 8:00 am to 3:00 pm, homesite of Dale Lugenbehl and Sandy Aldridge, Cottage Grove, Oregon.

"Personal Food Choices and Climate Change," a presentation for Eugene Vegetarian Education Network, July 28, 7:00 pm, McNail-Riley House, 601 W. 13th Avenue, Eugene.

## **Speaking Engagements for 2009-2010**

### **October 2009**

"Voluntary Simplicity: Minimizing Our Environmental Footprint," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, October 13, 6:15 pm, Glenwood Transfer Station, Lane County Public Works Building.

### **January 2010**

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Thursday, January 21, 1:00 to 2:50.

### **April 2010**

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Wednesday, April 14, 1:00 to 2:50, 19/250.

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, April 27, 6:00 pm, Glenwood Transfer Station, Lane County Public Works Building.

### **May 2010**

"Sustainable Living Home Tour," verbal explanation and tour of Dale and Sandy's home for Lane County Master Recyclers class, May 22, 10:00 to 12:00 am, homesite of Dale Lugenbehl and Sandy Aldridge, Cottage Grove, Oregon.

### **June 2010**

"Sustainable Living Home Tour," verbal explanation and tour of home for BRING Recycling Sustainable Living Home Tour, Sunday, June 20, 9:00 am to 5:00 pm, homesite of Dale Lugenbehl and Sandy Aldridge, Cottage Grove, Oregon.

## **Speaking Engagements for 2008-2009**

### **October 2008**

"Voluntary Simplicity: Minimizing Our Environmental Footprint," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, October 7, 6:15 pm, Goodson Room, Lane County Public Works Building.

### **January 2009**

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Tuesday, January 27, 1:00 to 2:50, 19/234.

### **April 2009**

"Voluntary Simplicity, Food Choices, and the Environment," a presentation for Eugene Vegetarian Education Network (EVEN), April 6, 7:00 pm, McNail-Riley House, 601 W. 13th Avenue, Eugene.

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental



Politics class at Lane Community College, Tuesday, April 15, 1:00 to 2:50, 19/234.

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, April 28, 6:00 pm, Goodson Room, Lane County Public Works Building.

### **July 2009**

"Sustainable Living Home Tour," verbal explanation and tour of home for Lane County Master Recyclers, July 11, 9:30 to 11:30 am, homesite of Dale Lugenbehl and Sandy Aldridge, Cottage Grove, Oregon.

"Sustainable Living Home Tour," verbal explanation and tour of home for BRING Recycling Sustainable Living Home Tour, July 26, 9:00 am to 5:00 pm, homesite of Dale Lugenbehl and Sandy Aldridge, Cottage Grove, Oregon.

### **August 2009**

"Cooling Off Global Warming; Preparing Students for the Future While Protecting Mother Earth," a presentation for high school students at Indian Conservation and Energy School, Natives Program Center at Bailey Hill Elementary School, August 10, 9:30 to 11:30 am.

## **Speaking Engagements for 2007-2008**

### **October 2007**

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, October 16, 6:00 pm, Goodson Room, Lane County Public Works Building.

"Living Simply: Environmental Sanity and Personal Freedom," Saturday, October 20, 3 to 5 pm, Maitreya EcoVillage Strawbale, 1641 W. Broadway. Event sponsored by Post Carbon Eugene.

### **November 2007**

"Personal Lifestyle Choices and Global Warming," presentation for Climate Leadership Initiative Program, Wednesday, November 7, 6:00 pm, University of Oregon.

## **January 2008**

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Monday, January 28, 1:00 to 2:20, 19/239.

## **February 2008**

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, February 12, 6:15 pm, Lane Community College, Cottage Grove Campus.

## **April 2008**

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Wednesday, April 16, 1:00 to 2:20, 19/239.

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, April 29, 6:00 pm, Goodson Room, Lane County Public Works Building.

## **Speaking Engagements for 2006-2007**

### **October 2006**

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, October 17, 6:00 pm, Goodson Room, Lane County Public Works Building.

### **February 2007**

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Monday, February 12.

### **April 2007**

"Living Simply in the Post-Petroleum Era," April 28, sponsored by Eugene Permaculture Guild. Time and location to be announced.

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College.

### **May 2007**

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, May 2, 6:00 pm, Goodson Room, Lane County Public Works Building.

## **Speaking Engagements for 2005-2006**

### **October 2005**

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Oregon Bioneers 2nd Annual Conference, Saturday, October 15, 2:30 to 3:45 pm, Lane Community College.

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, October 18, 6:00 pm, Goodson Room, Lane County Public Works Building.

### **January 2006**

"Living Simply: Environmental Sanity and Personal Freedom," Maitreya Ecovillage, 1641 W. Broadway, Saturday, January 21st from 3 - 5 pm. This is a follow up presentation to Richard Heinberg's January 10 address at the Eugene Hilton on peak oil.

### **March 2006**

"The Environmental Impact of Our Day to Day Food Choices," a presentation for the Environmental Land, Air and Water Conference (ELAW), University of Oregon School of Law, Sunday, March 5, 9:00 to 10:15 am, Law Building, Room 142.

### **April 2006**

"Living Simply: Environmental Sanity and Personal Freedom," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Monday, April 24.

## **May 2006**

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, May 2, 6:00 pm, Goodson Room, Lane County Public Works Building.

"Making Sustainability Part of Every Class," presentation for Lane Community College Spring Conference, Friday, May 5, 2:45 to 4:05 pm, Center for Meeting and Learning, Room 117.

## **June 2006**

"Voluntary Simplicity in an Era of Declining Oil," a presentation for the Eco Logical Culture Series, sponsored by the Eugene Permaculture Guild, Harris Hall, 8th and Oak in Eugene, June 28, 7:00 pm. For additional information on the Series, call 686-6761 or visit [www.eugenepermacultureguild.org](http://www.eugenepermacultureguild.org)

## **August 2006**

"Voluntary Simplicity, Food Choices, and the Environment," a presentation for Eugene Vegetarian Education Network (EVEN), 7:00 pm, McNail-Riley House, 601 W. 13th Avenue, Eugene.

## **Speaking Engagements for 2004-2005**

### **October 2004**

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, October 19, 6:00 pm, Goodson Room, Lane County Public Works Building.

### **April 2005**

"Voluntary Simplicity," presentation for Stan Taylor's Environmental Politics class at Lane Community College, Wednesday, April 13, 1:00 pm in Bldg. 19, Room 239.

"The Environmental Impact of Our Day to Day Food Choices," Earth Day presentation sponsored by BRING Recycling,, Saturday, April 23, EWEB Building, Eugene.

Exact time and room number for afternoon presentation not determined yet.

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, April 26, 6:00 pm, Goodson Room, Lane County Public Works Building.

### **May 2005**

"Questioning Our Traditional Concepts of Success, Wealth, and Power," a presentation for students in the Honors Program, Charles Lundquist School of Business, University of Oregon. Exact date, time, and room location not presently available.

### **June 2005**

"Voluntary Simplicity," a presentation for Eugene Veg Education Network, Monday June 6, 7:00 pm, McNail-Riley House, 601 W. 13th Avenue, Eugene.

## **Speaking Engagements for 2003-2004**

### **October 2003**

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, October 14, Goodson Room, Lane County Public Works Building.

### **November 2003**

"Voluntary Simplicity: Creating Sustainability at the Personal Level." The way that we choose to live and consume shapes the kinds of businesses we will have, the manner in which business is carried out, and the quality of our lives at the personal, social, and environmental levels. This workshop presents thinking tools and practical information for empowering us at the personal level for moving toward a more sustainable world." 10:30 to noon, Sunday November 16, Sustainable Business Symposium, University of Oregon, Eugene, Oregon. Open to public.

## **March 2004**

"The Environmental Impact of Our Day-to Day Food Choices," a panel discussion for the Environmental Land, Air and Water Conference (ELAW), Univeristy of Oregon School of Law, Sunday March 7, 10:30 to 11:45, Law Building, Room 241.

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Wednesday, March 31, 7:15 pm, Goodson Room, Lane County Public Works Building.

## **April 2004**

"Living a Simpler Life," a presentation for Professional Development Day for classified employees at Lane Community College, Wednesday, April 7, Center for Meeting and Learning, Room 106. The presentation will be given from 9:00 to 10:20 am and repeated from 2:00 to 3:20 pm.

"Voluntary Simplicity and the Environment," a presentation and discussion for Stan Taylor's Environmental Politics class at Lane Community College, third week of Spring term (exact date not presently available).

## **May 2004**

"Questioning Our Traditional Concepts of Success, Wealth, and Power," a presentation for students in the Honors Program, Business Department, University of Oregon. Exact date, time, and room location not presently available.

## **Previous Speaking Engagements for 2002-2003**

### **October 2002**

"Your Money or Your Life," 10 a.m. to 3 p.m., Saturday October 19, workshop for Lane Community College, Main Campus. Early registration encouraged but can register day of class. Register by phone using Fall Term Class Schedule.

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master

Recyclers Course to train Master Recyclers, Wednesday, October 23, Goodson Room, Lane County Public Works Building.

### **November 2002**

"Global Impact of Our Day-to-Day Food Choices" Saturday November 2, a presentation at a 3 day retreat for Cultural Creatives (affiliated with Financial Integrity Associates), Vancouver, Washington.

### **February 2003**

"Living Simply As Peace Work," Saturday February 1, 10:40 to 11:50 am, Fir Room of EMU, Oregon Peacefest, University of Oregon, Eugene, Oregon.

### **March 2003**

"The Environmental Impact of Our Day-to Day Food Choices," a panel discussion for the Environmental Land, Air and Water Conference (ELAW), Univeristy of Oregon School of Law, Sunday March 9, 9:00 to 10:15 a.m.

### **April 2003**

"Your Money or Your Life," an 8 week class for Lane Community College, 6 - 8 pm Thursdays, April 17 to June 5, Main Campus. Register using Spring Term Class Schedule. Early registration encouraged but can register day of class. Call Dale Lugenbehl & Sandy Aldridge at (541) 942-0583 for further information. and visit website at [teach.lanecc.edu/lugenbehd](http://teach.lanecc.edu/lugenbehd).

"Low Consumption Lifestyle: The Ultimate Waste Reduction Strategy," presentation for Lane County Master Recyclers Course to train Master Recyclers, Tuesday, April 22 6:30 p.m., Goodson Room, Lane County Public Works Building.

"The Environmental Impact of Our Day-to-Day Food Choices," an Earth Week presentation for Oregon Student Public Information Research Group (OSPIRG), Lane Community College, Eugene. Tuesday April 22, 3:00 p.m., Forum 308, Main Campus, Lane Community College. Open to students, staff, and members of the community.

"The Environmental Impact of Our Day-to-Day Food Choices," a presentation for Oregon State University EarthWeek Celebration, Wednesday April 23, 6:30 p.m. on the Corvallis campus. Room location not available at

present time. Open to students, staff, and members of the community.

### **May 2003**

"Voluntary Simplicity and the Environment," a presentation and discussion for Stan Taylor's Environmental Politics class at Lane Community College, Thursday May 1, 1:00 to 2:20, Science 161.

"Questioning Our Traditional Concepts of Success, Wealth, and Power," a presentation for students in the Honors Program, Business Department, University of Oregon. Wednesday, May 14, 5:00 p.m. Room location not presently available.

"Are We Ethically Justified In Treating Animals as Commodities?" a presentation and discussion for Jeffrey Borrowdal's Contemporary Moral Issues class at Lane Community College, Wednesday May 21, 2:00 to 2:50, Building 19, Room 257.

## **Previous Speaking Engagements: 2001-2002**

### **October 2001**

"Living a Simpler Life," 10 a.m. to 3 p.m., Saturday October 13, workshop for Lane Community College, Building 2, Room 212. Early registration encouraged but can register day of class.

### **November 2001**

"Walking the Talk: Sustainability As a Personal Philosophy," 9:00 a.m., Sunday November 11, Sustainable Business Symposium, University of Oregon, Eugene, Oregon. Open to public. Information available from <http://darkwing.uoregon.edu/~sbs>.

### **February 2002**

"Healthy Vegetarian Nutrition" class/workshop, two Saturdays, February 2 & 9, 10 am to 3 pm, Lane Community College, Cottage Grove Center, Room 112. Registration #6155; call 942-4202 for further information. See "Handouts" under Living A Simpler Life course for syllabus.

### **March 2002**



"Sustainable Living at the Personal Level," a panel discussion for the Environmental Land, Air and Water Conference (ELAW), University of Oregon School of Law, March 7-10. This panel will take place Saturday March 9th at 4:00 p.m. The presentation will offer important reasons to believe that what we choose to do on a personal level matters. Numerous practical principles and suggestions for ways to live more lightly on the planet will be offered.

Panelists: Dale Lugenbehl, philosophy instructor, Lane Community College

Sandy Aldridge, sociology instructor, LCC; environmental activist

Jane Steckbeck, Assistant Director of Career Services at the University of Oregon School of Law

### **April 2002**

"Living A Simpler Life," a one day class/workshop at Lane Community College, Saturday April 20, from 10:00 am to 3:00 pm, Main Campus, Building 2, Room 204A. Members of the community are welcome; preregistration is necessary (see page 40 of the Spring Term Class Schedule or call 463-5252.

"Voluntary Simplicity and the Environment," a presentation and discussion for Stan Taylor's Environmental Politics class at Lane Community College, Tuesday April 23, 1:00 to 2:20, Center 402.

### **May 2002**

"The Ethical Significance of Our Daily Food Choices," a presentation for Jennifer Von Ammon's class of English composition and culinary students at Lane Community College. Friday, May 17, 9:30 to 10:45 am, Math & Arts Building, Room 245.

"Questioning Our Traditional Concepts of Success, Wealth, and Power," a presentation for students in the Honors Program, Business Department, University of Oregon. Presentation will take place on a Wednesday, May 22, at 5:00 pm. Call Dale or Mike Dore, Business Department, University of Oregon, for room location.

## **Partial List of Other Prior Talks and Presentations**

- "Voluntary Simplicity: An Alternative Concept of the Good Life," presentation for students in the Honors Program, Business Department, University of Oregon, 2001, 2000, 1999.
- "The Environmental Impact of Our Day to Day Food Choices," in Writing 121 English Composition, October 2001, Lane Community College (Jennifer Von Ammon's classes).
- "The Wisdom of Epictetus: How to Stop Creating Your Own Suffering," February 2001, Delta Sigma Phi Fraternity, University of Oregon. [Dale only]
- "Lowering Consumption as the Ultimate Form of Waste Reduction," Lane County Master Recyclers Course to train Master Recyclers, 2000 and 20001.
- "Vegan Nutrition" workshop for Lane Community College at Cottage Grove, April 2001.
- "Food Choices and the Environment," presentation to Learning in Retirement, Eugene, 2001.
- "Food Choices and Sustainable Living," New Road Map Foundation conference, Vancouver Washington, March 2000.
- "Voluntary Simplicity," presentation for Peace and Conflict Studies class at Lane Community College, 2000 (Stan Taylor's class), and 1998 (Jerome Garger's class).
- "Voluntary Simplicity," a panel presentation for Environmental Land, Air and Water (ELAW) Conference, University of Oregon, March 2000.
- "Living a Simpler Life," presentation at Lane Community College Counseling Department In-Service, August 1999.