

PEAK Moment TV Schedule for January 2011

On WCKN, Time Warner Cable Station 30, at 7 pm

January 10 & 11:

170: **Preparing for Disasters & Hard Times**

In this animated dialogue, natural resource analyst Sean Brodrick provides a sharp-eyed perspective on what may be coming in this precarious economy and how to prepare for it. The author of *The Ultimate Suburban Survivalist Guide*, Sean is hip to peak oil and other resource declines as well as the Katrina hurricane lesson - don't rely on government to save you during disasters. Urging us to prepare for hard times while we're in good times, he covers smart money moves, food and water storage, basic preparations in case you have to evacuate, and creating bonds with your neighbors to increase home security. More at: UltimateSuburbanSurvivalist.com and UncommonWisdomDaily.com.



Sean's [Financial Crisis Survival Kit](#) (pdf) goes into far more detail than our conversation, and covers personal financial preparedness and investment advice.

January 17 & 18:

178: **Beyond Back Yard Sustainability**

Four years ago (in episode 51, "[An Experiment in Back Yard Sustainability](#)"), Scott McGuire asked "how much food can I grow in my back yard to feed my family?" In this episode, we learn the results, and that food supply is not an individual project — it takes a community to feed one another. Scott's garden later became a CSA (community-supported agriculture) for eight families. Scott is a co-creative gardener — he asks the plants where they want to grow. When plants participate in the design of a garden, they build in energy meridians (like acupuncture lines in our bodies) for optimal

vitality and health.

(www.scottallenmcguire.com).

January 24 & 25:

181: **Partners in Preparedness - Neighborhoods and Emergency Responders**

The last thing "Dr. Doom" Bob Hamlin expected was citizens offering to help his county Emergency Management Department. But when Deborah Stinson from Port Townsend's Local 20/20 came to Bob's office after Hurricane Katrina, they formed a partnership. Citizens are organizing and educating neighborhoods to be more self-reliant in emergencies. And they're at the table with emergency responders in planning for disasters.

(www.L2020.org/ep).

January 31 & February 1:

171: **A Permaculture Course for Busy People**

Bill Wilson and Wayne Weiseman pour their hearts into their permaculture design courses, changing lives as well as landscapes. In a unique format, students do initial course work online and then attend a one week hands-on course. In this chat along with Sivananda Yoga Farm sponsor Vidya Chaitanya, Wayne discusses principles starting with observing elements like wind, water, sun and topography in a specific property. Bill provides alarming information on "peak soil." Together they note that permaculture's goal is to create small, intensive ecologies, a foodweb where everything is exchanging with everything else.