

Goddard College Alumni Weekend 2021

Hosted by Goddard's Alumni Council

Keynote Workshops:

Internal Landscapes: Moving into Authentic Expressions

with John Ollom, MFAIA '14



John Ollom's work exposes archetypal and vibrational resonances that do not usually get exposed. Working on movement and embodied feelings, the participant comes to discover hidden truths. This practice of embodiment has been used to release trauma and blockages within. The flow of movement helps people find more authentic ways of being in their bodies. Combining with a partner we explore desire to or not to connect. This analysis of spatial dynamics is organic. Participants need comfortable

clothes to move and a journal to write in. More info on John Ollom, MFA at www.johnollom.com. More info on his company at www.Ollomart.com.

CPTSD: Awareness, Rights, and Visibility

with Christina Gerard, BFAW '17



As someone with an "invisible" disability, and a woman who does not fit society's idea of what PTSD/CPTSD looks like, Christina has struggled to come into the light and say, "I have PTSD." Her leeringness to emerge into and own her truth was one fraught with shame and guilt. Bringing her diagnosis to light, and to the public, was like turning on a light after living in darkness, but it came with its own obstacles. In this workshop, she will provide some clarity

on what PTSD/CPTSD can look like, showing that it can take on all different forms and shapes and sizes. Through writing exercises, dialogue, and reflection, we will explore how these trauma/anxiety disorders can be brought on by extreme and continuous injustice, like the oppression BIPOC and LGBTQIA+ communities face, abuse (in all forms), the traumatic death of a loved one, and more.

Creating Sustainable Communities: Homestead on a Budget

with Rod Rylander, MA-SE '86



Rod was one of the initial designers and developers of early vernacular and energy systems in the States. A scientist, agriculture agent, businessman, educator, designer, builder, and member of Earthaven Eco-village since 2002, he is currently the VP of the International Center for Sustainability and runs the Diversity Research and Educational Farm in Belize. In this workshop, participants will be divided into groups that will create low

cost, sustainable, homestead communities with few outside resources. Information will be provided and our brainstorming will stimulate creativity, possibilities, and direction. Each group will decide and design living conditions and food production to become sustainable without outside assistance.

Random Harvest Market, Cafe, and Community Space: Creating a Worker-Owned, Anti-racist Business and Relational Food Economy in the Hudson Valley since 2019

with Hillary Hawk, IBA '17



Come learn about Hillary's worker-owned business model, community building and food access work, queer/women/multi-racial leadership, and the ways they strive to build a more generous and just world. Hillary will share their story with you and create space for you to dream into what your visions are for your community, provide insight for how to find and create authentic partnerships, and offer tools to engage in the challenging work of creating new models of radical business from the ground up.