

Pages & Content - Wording as of Sept 2024

Pictures folder:

<https://drive.google.com/drive/folders/1itnqXReRGYILsu-Uk1LM8E0txxO1wR5Z?usp=sharing>

Menu/ Pages:

Home Page

Overview of Aranya

Projects - High Level for home page

Projects

- *Upper Pics* (Layout - Picture + text for 3 topics)

Strategic Planning - [Strategic Planning](#), [Organization Development](#), [Facilitation](#)

Resilience Workshops - **Resilience Hub & Skill Building Workshops /**

[Kona Resilience Hub](#) + [Sustainability Center & Skill Building Workshops](#)

- **Food Systems** - [Agriculture Development in Hawai'i](#)

Lower Pics layout:

Resources - Garden Guide

- [TV Show](#)

- [International projects](#): (Here is the [wording of the projects google doc](#) that can be edited and used for the website)

- [Nepal](#)

- [Fiscal Sponsorship - Supporting Organizations Thrive!](#)

Project Page - Detailed for Website page

Kona resilience Hub + [Trainings & Workshops](#)

- Calendar and list of upcoming events

- [Recent workshops & Video's](#)

- [Sustainability Center & Educational Workshops](#) vision

[Organizational Support/Professional Services](#)

[International projects](#): ([projects google doc](#) that can be edited)

- [Nepal](#) + [Nepal Blog](#)

- [Uganda](#)

- [Cumulative Report](#) ([link](#))

TV Show

[Regenerative Land Use - with Starhawk](#) + [Regenerative Land Management Blog](#)

Workshops - [Sustainability Center & Educational Workshops](#)

[Trainings & Workshops](#)

- Calendar and list of upcoming events

- [Recent workshops & Video's](#)

Organizational Support/Professional Services

Leadership and Capacity Development for Organizations

Capacity Development

Systems Development

Strategic Planning

Visioning

Action Planning

Efficiency

Media/ blogs/newsletters

About Us

overview/ description

Staff

Board

Partners & advisors

Get Involved

Donate

Coral Sea Foundation

Equity & Inclusion

Contact

Social Media links

- FB: <https://www.facebook.com/AranyaSolutions>
- Insta: <https://www.instagram.com/aranyasolutions/>
- Stay in touch! Join our Mailing List! (button)
<https://aranyasolutions.us3.list-manage.com/subscribe?u=b1430f83c1085a8cc1fa59e27&id=5be3913761>

Media

- Videos

Resources:

- Garden Guide - FREE resource! ([link to upload](#) to website)

Blog

- Nepal Blog
- Regenerative Land Management Blog

OLD Ideas worth considering

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Wording for each page:

Home Page

OUR PURPOSE

Aranya Solutions works with communities to be self-sustaining and resilient.

We provide sustainability-based educational workshops based on the needs and interests in the community to build skills and resilience. Aranya Solutions specializes in creating systematic place-based solutions through participatory planning to enhance the daily lives of people. We serve as a bridge to resources and necessary infrastructure to bring meaningful livelihood, vitality and sustainable living.

Aranya Solutions collaborates with a web of partners and local leaders in each location to provide access to assets that bolster cultural resilience, sustainability and livelihood. We work locally in Hawai'i and internationally focusing on resiliency.

Our method is to assist communities and stakeholders to implement:

- **FOOD SYSTEMS & REGENERATIVE AGRICULTURE**
- **LIFE SKILLS WORKSHOPS & EMOTIONAL INTELLIGENCE**
- **GARDENING AND FOOD SECURITY**
- **LOCAL ECONOMIC DEVELOPMENT**
- **LEADERSHIP TRAINING AND ORGANIZATION**
- **NATURAL BUILDING**
- **CAPACITY BUILDING & TEAM DEVELOPMENT**
- **CONNECTOR & ADVISE COMMUNITY**

Projects - ([link to Projects section](#))

Pictures

(Layout - Picture + text for 3 topics)

[Strategic Planning, Organization Development, Facilitation](#)

[Resilience Hub & Skill Building Workshops](#)

[Agriculture Development in Hawai'i](#) (HIAP LOGO)

Lower layout (pictures & topics):

Fiscal Sponsorship - Supporting Organizations Thrive!

Resources - Garden Guide

TV Show

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Projects Page/ Tab

CURRENT PROJECTS

We are currently working in Hawai'i, and Internationally to support communities to be self-sustaining and resilient locally. We provide sustainability-based educational workshops based on the needs and interests in the community to build skills and resilience. We have worked in Nepal, Africa, California, and beyond. See our cumulative report for our previous work [here](#).

Additionally, we partner with a number of community-oriented projects, regenerative agriculture programs, and consulting services for organization development to strengthen teams and communities. We provide leadership training to help create the next generation of change makers.

We work in partnership with local community organizations such as Hamakua Institute, HIAP, Resilience Hub Network, Na Leo TV, Sacred Mirror Media, Rotary Club, Abundant Earth Foundation, ICA Nepal, Coral Sea Foundation, World Peace Through Technology, and others! Learn more about these projects and our approach in empowering these amazing people.

----Projects defined below:

Strategic Planning, Organization Development, Facilitation

Our focus is to empower leaders to come forward with renewed confidence in their capacity to make a positive change in their community, organizations and life.

We work with communities, organizations, teams of all flavors around the world! Including coaching, organization development, strategic planning and facilitating meetings or retreats.

- Strategic Planning
- Facilitation
- Organization Development
- Leadership Development
- Emotional Intelligence Training
- Conflict Resolution
- Team Building and Communication Skills
- Critical Thinking & Systems Thinking
- Decision Making Process

If this is of interest or needed for your organization please contact us! We strive for win-win solutions!

Testimonials:

Resilience Hub

Kona Resilience Hub

The Kona Resilience Hub is to establish a vital community resource in Kailua-Kona, Hawai'i, to address both immediate and long-term needs related to disaster resilience. Our program is designed to serve two primary functions:

- 1) **Emergency Response:** Provide a safe space for in times of emergency where we coordinate resource distribution and services before, during, and after a disaster
- 2) **Community Resilience and Development:** Foster long-term resilience and abundance within our community as a community center. We will support economic growth, leadership development, and skill-building through educational workshops and training programs. Our space would like to host local events, farmers markets, and cultural activities, enriching community life, and facilitating connections.

- More info ([link to Kona Resilience Hub detailed section](#))

Skill Building Workshops

We provide workshops and information on sustainable living and opportunities through our network to support communities to be resilient and thriving!

The skill-building workshops are based on the needs of the community, designed to enhance the capacity of the community, specifically to enable communities to assess needs, identify resources, and make plans to be self-sustaining with a culture of cooperation. Many workshops will be in coordination with partners like the Resilience Hub network and community leaders.

Types of workshops:

Emergency Response Capabilities:

Shelter and Safety: Provide a safe space for emergency shelter, including natural building models and sustainable housing solutions.

Food and Water Systems: Establish storage for dry goods and provide access to fresh water, ice, refrigeration, and a commercial kitchen. Implement rainwater catchment, grey water systems, and hydro-electric solutions.

Energy Generation and Storage: Deploy a Hybrid Resilience System (HyRS) combining solar PV, battery storage, and backup generators to ensure reliable power during outages.

Resource Distribution: Serve as a Community Point of Distribution (CPD) for packing and distributing goods, offering transportation for up to six weeks if needed.

Critical Communication: Equip the hub and community with Radio communication resources and other communication tools to keep the community informed and educated about hazards.

Community Resilience Building:

Educational Programming: Conduct a series of skill-building workshops, focusing on topics like sustainable living, food security, and leadership development. Workshops will be designed based on community needs identified through assessments.

Community Engagement: Host local events such as farmers markets, cultural activities, and events in a space designed for safe gathering and community-building.

Wellness: Health and vitality workshops, herbalism including herbal first aid, Integrate a community kitchen and garden for food production and space for health and wellness activities.

See our calendar for workshops and activities to participate in!

Workshops - Community Input: Share what types of workshops you are interested in! [Click here \(survey\)](#)

- More info link to [Detailed section for Sustainability Center & skill building workshops](#) (below)

We are working on a Sustainability Center to house these workshops. More on the sustainability center here. (link to detailed section of (Sustainability Center))

- Add in
- [Workshop Descriptions](#) - (Links to different Topics) section out, each topic has its own section or page.
- See here for our Calendar and list of upcoming events

- Guest teachers - Pictures & Bio's

**_*_*_*_*_

Sustainability Center

Detailed section for Sustainability Center & skill building workshops:

Aranya Solutions is leading the effort to establish a Sustainability Center, for community resilience, which will serve as a long-standing infrastructure asset and resiliency hub for community. The center will offer the community a physical space to gather, provide educational workshops on sustainable living, and develop life skills. **The Kona Resilience Center is a catalyst for collective action towards a resilient future.**

The center will be self-sustaining for maximum resiliency - have its own energy source, water catchment and storage, compostable toilets and sanitation in a solidly built structure.

We will host a number of workshops, to enhance the capacity of the community, specifically to enable communities to assess needs, identify resources, and make plans to be self-sustaining with a culture of cooperation.

See our calendar for workshops and activities to participate in! For details on workshops click here (***link to workshops section***)

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Trainings & Workshops

Recent workshops & Video's:

Herbal Elixir Oxymer Workshop

Nourishing the soul making an Herbal Oxymer Elixir and learning about digestive health

Description:

Oxymer - is honey & apple cider vinegar mixed with herbs to pull out the medicinal properties to make this special medicinal elixir. We'll be using local honey and local herbs we'll have local Lions mane mushroom powder from Mermaid Mushrooms, local lemon balm, and local butterfly pea flower. We will also learn about learning about digestive health and the properties of each of the herbs we will be using. Come enjoy local ways to be resilient in Hawai'i! Workshop taught by Sara Rose from Earth Petal Herbs.

Video Recorded

This workshop was recorded for additional learning opportunities! Please contact Aranya Solutions for this educational video and interest in workshops like this.

Kona Resilience Hub

The Kona Resilience Hub is to establish a vital community resource in Kailua-Kona, Hawai'i, to address both immediate and long-term needs related to disaster resilience. Our program is designed to serve two primary functions:

- 1) **Emergency Response:** Provide a safe space for in times of emergency where we coordinate resource distribution and services before, during, and after a disaster
- 2) **Community Resilience and Development:** Foster long-term resilience and abundance within our community as a community center. We will support economic growth, leadership development, and skill-building through educational workshops and training programs. Our space would like to host local events, farmers markets, and cultural activities, enriching community life, and facilitating connections.

- More info ([link to Kona Resilience Hub detailed section](#))

****_**_**_

Detailed section for Kona Resilience Hub

Mission: The Kona Resilience Center will establish a vital community resource in Kailua-Kona, Hawai'i, to address both immediate and long-term needs related to disaster resilience. Our program is designed to serve two primary functions:

1. **Emergency Response:** As a Resilience Hub, we will provide a safe space during emergencies by offering critical services such as shelter, resource distribution, communication, and essential supplies. We would like our facility to be equipped to handle a week's worth of dry goods storage, offer transportation during extended emergencies, and maintain a supply of freshwater, food, ice, medical supplies, and power. We would like to deploy a Hybrid Resilience System (HyRS) integrating solar power, energy storage, and backup generators to ensure continuous operation. Additionally, our hub plans to be equipped to provide internet access through Starlink to keep the community connected and communications strong.
1. **Community Resilience and Development:** Beyond emergency response, the Kona Resilience Center will function as a community center fostering long-term resilience. We will support economic growth, leadership development, and skill-building through educational workshops and training programs. Our space would like to host local events,

farmers markets, and cultural activities, enriching community life, and facilitating connections.

Our leadership team & partners: With over 25 years of combined experience in community organizing and emergency management, includes experts such as Krista Arce, Chair of the Hawai'i Island VOAD, and Katrina Zavalney, Director of Aranya Solutions. Their expertise ensures effective disaster response and resilience-building efforts. We collaborate with local partners to enhance community preparedness and response such as Voluntary Organizations Active in Disaster (VOAD) for information related to emergency management. We are part of the Resilience Hub Network with the mission to build community skills to address vulnerabilities and enhance resilience island wide, where we are provided annual training and resources for emergency management and community resilience. We have a partnership with Parks and Rec where we can use their facilities for emergencies and community functions. Aranya Solutions, a 501(c)(3) nonprofit organization, will operate the Kona Resilience Hub and provide a platform to receive donations to keep the center going.

The need for the Kona Resilience Center is underscored by recent events like the Lahaina fire, which highlighted the urgency for improved resilience hubs and communication networks. Our center will address these needs by providing a robust infrastructure for emergency support and a platform for ongoing community engagement and skill development.

Our center will be executed in phases, beginning with identifying the needs in the community, securing a physical space and acquiring necessary equipment. Once operational, the center will serve as a catalyst for collective action towards a sustainable and resilient future, providing educational programs to meet the needs, making a lasting impact on our community's ability to thrive amidst challenges.

Community Needs Survey & Get Involved in the Hub!

We are asking the community what their needs and interests are, feel free to [share this survey with community members in Kona](#) so we can connect them to resources with the Kona Resilience Hub. We are also mapping assets, buildings, and resources in Kona - please let us know of any that should be on our radar, and introductions if applicable.

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Agriculture Development in Hawai'i (HIAP logo)

Agricultural resources to support communities to grow food locally!

Katrina from Aranya Solutions is facilitating meetings for the [Hawai'i Island Agriculture Partnership, or HIAP](#), which was created to be a platform for collective action for local agricultural development. Many farms, government agencies, farmers, and organizations are working hard for Hawaii Island's agriculture. HIAP strives to connect their efforts and help them work together in ways that build collective impact. We facilitate a collective update on current and future initiatives. This is in conjunction with [Hamakua Institute](#), a consulting institute that works internationally and nationally who is supporting a large scale local food systems design action plan island wide where we will be convening stakeholders in each district to gather information, connect resources for farmers and those in the agricultural sector, and develop an action plan.

For the HIAP meetings we will be focusing on the following topics:

- **Permitting and Regulations Session**
- **Value-Added Processing Session**
- **Invasive Species Management Session**
- **Workforce Development Session**

If interested in joining the meetings please check the Calendar and contact Katrina!

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TV Show

West Hawai'i Happenings TV Show on Nā Leo TV Hosted by our own Katrina Zavalney!

Katrina is now the host of a TV show!! West Hawai'i Happenings is the show on the local TV station Nā Leo TV on the Big Island of Hawai'i, Kaulia-Kona branch.

She interviews organizations in the community who are doing good for the community! It's really exciting!! It's what she naturally does, but now caught on camera

First Episode:

["West Hawaii Happenings: Ep. 1": HUBS for involvement in the Community – Tutu's House and Discover Your Kuleana](#)

You can [stream the show on-line at Na Leo TV here](#) or find it under the exclusives tab.

- More Info [\(link to detailed TV show section\)](#)

TV Show - Detailed (SEPARATE PAGE ON WEBSITE) - **Long description:**

TV show - West Hawaii Happenings on Nā Leo TV

Katrina is now the host of a TV show!! called West Hawai'i Happenings with the local TV station Nā Leo TV on the Big Island of Hawai'i, Kona station.

She interviews organizations in the community who are doing good for the community! It's really exciting!! It's what she naturally does, but now caught on camera :)

1st Episode! You can find it here:

[West Hawaii Happenings: Ep. 1": HUBS for involvement in the Community - Tutu's House and Discover Your Kuleana](#)

2nd Episode! You can find it here:

[West Hawai'i Happenings Ep. 2: Youth Media Challenge with Nā Leo TV CEO Ashley Kierkiewicz"](#)

You can [stream the show on-line at Na Leo TV here](#) or find it under the exclusives tab.

<https://naleo.tv/nltvexclusives/>

Description of West Happenings:

West Hawai'i Happenings is a TV show on Nā Leo TV profiling the community and happenings in West Hawaii with Local Host Katrina Zavalney (previously Jane Clement, who now works for the Mayor of Hawaii Island). We put a spot light on individuals, businesses, and organizations that have done and continue to do remarkable things for the community in West Hawaii. We interview people and nonprofits on the west side of the island (Kona side) and showcase their work.

The participants in the show are excited about this program and we already have a testimonial!

“Thank you for the invitation to participate, you made me feel so welcomed and that put me at ease so I could get the words out. Thank you so much! We're excited about it!!”

With aloha,

Shawn Saito, Tutu's House Program Leader

Organizations Featured in Episode 1 of West Hawai'i Happenings on Nā Leo TV

Tutu's House and Discover Your Kuleana

HUBS for involvement in the Community

Tutu's House

www.tutushouse.org

Discover Your Kuleana

<https://www.fofhawaii.org/discover-your-kuleana/>

Friends of the Future of Hawai'i

www.fofhawaii.org

Community input and feedback appreciated!

If you want to be part of this show or have any suggestions of west side organizations in Hawai'i we should interview on the show please let us know!! You can [share this form for people to fill out](#) so we can learn what they are all about and to be considered for an interview on TV and to share community needs, interests, and feedback on the show.

More about Nā Leo TV

Nā Leo TV is one of four independent PEG (public, education, government) entities in the State of HI. The Mission of Na Leo 'O Hawai'i is to facilitate diverse community, education and government dialogue and expression by providing television access for the people of the County of Hawai'i. Na Leo 'O Hawai'i provides television access to facilitate diverse community dialogue and educational awareness for the citizens of Hawai'i island including County and State Governments to communicate and provide relevant information to Hawai'i island residents.

Website: <https://naleo.tv/>

FB Page: <https://www.facebook.com/naleotv>

If someone doesn't have Internet access the only other way is to watch Na Leo TV on spectrum on channel 53

Channel 53 is our educational channel - This is where it would be and would have to watch the guide.

Channel 54 is our public (content creators)

Channel 55 is our gov't channel

There were 8 air dates on Channel 53 on Nā Leo TV, as well as the episode is available to [stream on-line anytime](#) forever!

Community input and feedback appreciated!

If you want to be part of this TV show or have any suggestions of any west side organizations in Hawai'i we should interview on the show please let us know!! You can [share this form for people to fill out](#) so we can learn what they are all about and to be considered for an interview on TV and to share community needs, interests, and feedback on the show.

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Fiscal Sponsorship - Supporting Organizations Thrive!

Coral Sea Foundation - Fiscal Sponsorship

[Coral Sea Foundation](#) and the Sea Women of Melanesia, based in Australia, takes a grassroots approach to saving marine life, especially Coral Reefs by working with local communities. They teach about the effects of overfishing and climate change on coral reefs and how to protect the Earth's sacred waters. Leadership training program to enhance local community support. The Coral Sea Foundation helps landowners to map and register their marine protected areas. They provide humanitarian assistance with clean water infrastructure, medical supplies and educational materials for community participation in the marine reserve process.

(button) Link to donate page:

Resources [\(link to resources section\)](#)

[Growing Food Resources](#) (Pic of the PDF & [link to doc](#))

Tools for growing food for resiliency!

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International & older projects:

Aranya Solutions works with communities to be self-sustaining and resilient

Aranya Solutions specializes in creating systematic place-based solutions through participatory planning to enhance the daily lives of people. We serve as a bridge to resources and necessary infrastructure to bring meaningful livelihood, vitality and sustainable living.

Aranya Solutions collaborates with a web of partners and local leaders in each location to provide access to assets that bolster cultural resilience, sustainability and livelihood. We work locally and internationally focusing on resiliency.

- Here is the [wording of the projects google doc](#) that can be edited and used for the website
- Drawdown Research Group - sign-up link & short description

Nepal Agricultural Training

Improving lives of deprived communities in Dingam, Chipling and Thakani villages in Nepal.

Supporting the people in the Himalayas be more self-sustaining, empowering women and livelihood improvements through regenerative agriculture with shiitake mushroom and kiwi farming, beekeeping and leadership development. Aranya Solutions is working with three economically marginalized rural villages on strengthening their local capacities to improve their well-being and sustainability with a focus on indigenous sovereignty and cultural heritage preservation.

Direct impact results from the Nepal program include:

60 women trained in traditional handloom weaving + women's empowerment
45 people trained in Shitake mushroom farming
18 farmers trained in nursery management
20 farmers trained Kiwi cultivation
22 farmers trained in beekeeping
30 people trained in enterprise development

24 people trained in leadership, governance and communication skills
12 tunnel houses built
All in 3 villages that formed a cooperative together.

Read more in the cumulative report and for a deeper dive see the blog we put together here in the [Nepal Blog](#)

Uganda

Solar Cookers and Planting Fruit Trees

Aranya Solutions partnered with the local Rotary Club in Soroti, Central Uganda to implement a project that installed industrial grade solar cookers and planted a total of 3,300 fruit trees at three different school sites. These schools had been facing several problems associated with burning wood for cooking the new solar cookers help the health and reduce carbon!

Photo credit: Planting Fruit Trees Foundation

Regenerative Land Use - with Starhawk

Aranya Solutions produced a fundraiser in March 2019 in Oakland for Starkaw's Earth Activist Training's new Regenerative Land Management Training Program to offer diversity scholarships for people from communities of color and low-income communities to attend the program. Aranya Solutions also helped in the development of this Regenerative Land Management Training Program, as well as providing mentorship to trainees.

Details:

We are working with mentors, land, farms and ranchers around the world for internship placement. We also help raise funds for diversity scholarships.

This new long term program (2 years) in Regenerative Agriculture and Land Management led by Starhawk, Charles Williams and many other guest speakers and mentors. It's based around two ten-day intensives, short internships, a longer-term apprenticeship and many shorter courses, all guided by a personal mentor who will help tailor the program to participants' goals and needs. Internship sites will be sought across North America and internationally, so that students can learn from a variety of enterprises, approaches and gain exposure to land management practices and challenges in different cultures. The goal is to develop pathways for more farmers, ranchers, organizers and businesses that are focused on regenerative land

management. 20-30 students per course, this new long-term program is designed to give the skills, experience and confidence to run a farm, ranch, retreat center or urban farm in ways that heal damaged ecosystems and sequester carbon. The student often become teachers and leaders who will pass this knowledge on.

See more details at

<https://earthactivisttraining.org/courses/regenerative-land-management-training-program/>

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Cumulative Report

See our work in how we got started and grew over the years where we started in Nepal and Uganda in our Cumulative Report from 2018-2020!

Cumulative report ([link](#))

We are happy to share with you all the good work that's been done with Aranya Solutions over the past 3 years in this Cumulative Report! This is just the beginning, as we continue to build locally and internationally. [Click on the report](#) to take a look at our projects, the work we've accomplished, and the impact we've made. We are so grateful to be working with so many wonderful people in our mission to build up and support communities to be self-sustaining in Nepal, Uganda, the US, and beyond with regenerative agriculture training, women's empowerment, leadership skills, and more - take a peak!

Timeline / Aranya in the Community--Building Bridges

- Training & Workshops in Nepal
- Uganda
- Rotary presence
- Starhawk Regenerative Land Management Training
- Regenerate Fundraiser with Starhawk
- Drawdown Research Group
- Earth Day Events
- River Clean-Up
- Pollinator Project
- Hawai'i Island Agricultural Partnership (HIAP)

Kona Resilience Hub Program Timeline:

- Months 1-3 (Aug-Oct): Conduct a community needs assessment, map local assets, and begin outreach to build volunteer and stakeholder engagement.
- Months 4-6 (Nov-Jan): Secure a physical space for the center and purchase necessary equipment and supplies.
- Months 7-9 (Feb-April): Set up emergency response systems, including energy and water infrastructure, and establish resource distribution protocols.
- Months 10-12 (May-July): Launch educational programming and community events. Begin the series of skill-building workshops based on the community needs assessment.

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Resources:

- How To Garden Guide - FREE resource!
 - (image of pdf)
 - interactive PDF ([link to upload](#) to website)
 - Here is a gift from Aranya Solutions for more garden solutions, this interactive PDF is designed by Jennifer Andrews after taking our Drawdown Solutions for

Tiny-Gardens Video ([video embedded](#))

- If you live in an apt or small space, check out Tiny-Gardens.org for additional great resources and fun contest = equal opportunity gardening.

Outreach & Impact:

- **Families: promote personal wellness by growing food and connecting to natural systems**
- **Community and Regions: create sustainable systems for food and habitat renewal**
- **Global: Build a smart and efficient network for global collaboration to maximize carbon sequestration through healthier soils and ecosystems.**
- **Youth: Encourage youth involvement in conservation and agriculture. Partner with schools.**

Through Aranya's repository of resources, we provide access to information and education, making it easy for people to get involved for every day actions.

We encourage projects that will:

- **Serve the needs of individuals, families, and diverse groups.**
- **Build sustainable communities and the health of natural resources.**
- **Promote local to global earth stewardship.**

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Detailed Organizational Support/Professional Services

Leadership and Capacity Development for Organizations

Strategic Planning, Organization Development, Facilitation

Our focus is to empower leaders to come forward with renewed confidence in their capacity to make a positive change in their community, organizations and life.

We work with communities, organizations, teams of all flavors around the world! Including coaching, organization development, strategic planning and facilitating meetings or retreats.

- Strategic Planning
- Facilitation
- Organization Development
- Leadership Development
- Emotional Intelligence Training
- Conflict Resolution
- Team Building and Communication Skills
- Critical Thinking & Systems Thinking
- Decision Making Process

Click more--- and on each item to take you to that section

If this is of interest or needed for your organization please contact us! We strive for win-win solutions!

Contact Aranya Solutions for More Information & Support for:

- Easy process for starting a project
- Consulting Services in sustainability
- Organization and project development support
- Workshops
- Sustainability Center

If you are interested in joining one of our programs or workshops, [please reach out!](#) If you are interested in our consultation services, we would love to coordinate with you and provide the support you need.

(more/ details)

Leadership and Capacity Development for Organizations

Our focus is to empower leaders to come forward with renewed confidence in their capacity to make a positive change in their community, organizations and life.

We work with communities, organizations, teams of all flavors around the world! Including coaching, organization development, strategic planning and facilitating meetings or retreats.

- Emotional intelligence training
- Team building and communication skills
- Critical thinking
- Decision making skills

Capacity Development & Organizational Development

Capacity Development is a collaborative process where we map out how to create an efficient and vibrant working atmosphere. We are prepared to do a deep dive into your day to day systems and design a process that works for all and increases productivity.

Capacity and Organizational Development is done collaboratively where we map out the process to create an efficient and vibrant working atmosphere. Through Action Research, we start off by interviewing staff and collate the themes that arise, then share with everyone together. At the time of the feedback, when it is most ripe, we decide, as a team, what topics to focus on to begin the work. We start by asking these questions:

- What's working?
- What projects are your stuck on?
- Who is responsible for executing those projects and how can we support them?
- What resources are needed to ensure successful implementation?
- What constitutes a healthy atmosphere for you?

We are prepared to do a deep dive into your day to day systems and design a process that works for all and increases productivity.

Facilitation

Facilitate small and large groups to help meetings go smoothly and create cooperation between members of the team, stakeholders, and community to foster healthy discussion and engagement. We are trained in mediation and a number of different facilitation techniques to help people reach objectives efficiently and effectively, and reach an agreement or solution.

Strategic Planning

We help clients identify and reach their goals with clarity and cohesion. There are two main steps to achieving these goals, first a Visioning Process then Action Planning to identify the steps to fulfill the stated desires.

Visioning

One important element in effective long term planning is visualizing how your business will function at its most optimal level. This includes day-to-day operations, benchmarks, client relations, and the like. The visioning process begins with an inclusive brainstorming session facilitated in a manner that is supportive of all ideas to synthesize the most effective solutions. In these sessions, we take an appreciative look where everyone feels heard, acknowledged. After the brainstorming session action items and timelines to accomplish these goals are agreed upon.

Action Planning

These sessions are intended to assist clients in developing integrated whole systems practices and making the next steps visible. We work closely with you to exponentially improve all of your work-flow processes. We will develop a timeline, identify resources and support systems to efficiently reach your goals.

Efficiency

With effective organizational systems, it makes it easy to create action plans that are specific, manageable, achievable, realistic, and timely. We do this by looking at multiple aspects of the system that would have positive impacts on the overall result. We work with you to improve the process as necessary to create a more efficient system resulting in increased innovation, substantial improvements in group/team effectiveness, and coordinated systems development.

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Contact

We'd love to hear from you

To partner, get involved in supporting community development, participating in community action events, organization development support, or leadership programs please email our founder, Katrina Zavalney.

Include contact form

- *NOTE: do a SEO or some feature that doesn't allow spam. Perhaps a recaptura or something that verifies it's a human - I've been getting a lot of spam from contact forms*

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Media/ blogs/newsletters

Stay in touch - join our mailing list!

(button - link:

<https://aranyasolutions.us3.list-manage.com/subscribe?id=5be3913761&u=b1430f83c1085a8cc1fa59e27#>)

[See previous newsletters here](#) (link:

<https://us3.campaign-archive.com/home/?u=b1430f83c1085a8cc1fa59e27&id=5be3913761>)

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About Us

ABOUT ARANYA SOLUTIONS

Supporting Communities To Be Self-Sustaining

Aranya Solutions specialize in creating systematic place-based solutions through participatory planning to enhance the daily lives of people. We serve as a bridge to resources and necessary infrastructure to bring meaningful livelihood, economical vitality and sustainable living.

Our method is to assist communities to implement environmentally friendly building and regenerative agricultural methods, carbon sequestration, life-skills workshops, local business development, leadership training, education initiatives, and capacity building amongst stakeholders.

Aranya Solutions collaborates with a web of partners, such as Rotary International and local partner organizations in each location to provide access to assets that bolster cultural resilience, sustainability and livelihood. We work internationally, often serving the underserved.

What Aranya Means

Aranya means “Abundant Forest” in Sanskrit. We have an ecological mindset in our approach, where we think and act like a forest ecosystem, identifying where the levers for support are needed and bring resources to fulfill the needs – pollinating like bee’s creating a web of support systems.

Our Story

The inspiration for developing a nonprofit came during Katrina Zavalney’s international travels in 2017 doing research on the international community development field. She wanted to do work aligned with sustainable land use and utilize her skills as a coordinator and community organizer. Aranya means “abundant forest” in Sanskrit, signifying plenitude, generosity, resourcefulness and prosperity. She recognized that her skills and network is full of resources that can be used to help coordinate people and lands to be self-sustaining and contribute to their larger communities’ livelihoods.

Recognizing how hard it can be for start-ups to find the resources available, she began to envision Aranya Solutions as a nonprofit serving as a framework for organizational support for sustainable community development. Aranya Solutions provides education in administrative and organizational skills, and could become a forum to accept donations for scholarships and needs. We are collaboration-based, working in partnership with organizations and local institutions including schools, the Government and International Nongovernmental Organizations (INGO’s). Katrina shared “As I talked with locals, it became clear that there is a need for smaller more agile organizational support with local-level projects. This is where Aranya Solutions fits, by understanding and being responsive to local needs by being a bridge to resources and organizational support.”

The first project was identified in Nepal, Dingam Village, that fit our criteria and is a community in dire need where no other organization’s were working, thus our impact will be significant. It quickly became apparent that we need to have our own nonprofit to properly coordinate the first and many more projects focused on community and sustainability development for long lasting sustainable solutions. We developed a calendar of activities to meet the needs of the village assessed for the next 4 years for agriculture, education, health, leadership and community development. Now is the time where we can create an organization to have tremendous impacts with people in need.

This nonprofit was formed to fill an important niche of working directly with the community in collaboration with local organizations and providing leadership development skills for long term public health and sustainability. The purpose of having a nonprofit in the USA is to raise funds from the States to bring to places that are in greater need, as a direct channel for fundraising efforts for maximum impact. Ethos is to serve the under served, starting our work in Nepal after seeing the needs for more support on the ground and fundraising. Aranya Solutions serves organizations and communities dedicated to making the world a better place. We create and facilitate strategies for efficiency.

In 2019 we took on more local and international projects related to regenerative agriculture working with Starhawk and Rotary International. As we are about creating an abundant forest it is very aligned with our mission to focus on regenerative practices.

In 2021 we moved to Hawaii to start a Sustainability Center as the Aranya Solutions Headquarters, where we can grow food year-round, provide educational workshops around resiliency, natural building, life skills, anything under the sun for regenerative and sustainable living, and community activities like dance, farmers market, and more. If you are interested in participating or learning more please reach out.

-
- Staff - pics & bio's
 - Katrina (updated Bio)

Who We Are

KATRINA ZAVALNEY – FOUNDER, EXECUTIVE DIRECTOR & BOARD PRESIDENT

Katrina Zavalney is based on the Big Island of Hawaii and is a mover and shaker where she has worked with grassroots to corporate and is passionate about community development and connecting people to resources. She is a systems thinker with a Masters in Organization Development, with over 20 years of experience she is skilled in community organizing, sustainability, producing events, strategic planning and permaculture. Katrina likes to take on impactful projects such as greening Burning Man in 2007, leading a huge grassroots movement in sustainability and inspiring the theme of the event to be the “Green Man”. She also greened Disney by writing environmental policies companywide, namely the paper policy in 2012.

In the community organizing realm Katrina was the Revitalization Coordinator for a whole town in the Mississippi Delta, Clarksdale, where she got the farmers market going again as a true community hub! Katrina earned her chops as a core member of the community building organization, City Repair, in Portland, OR since 1999 where there was a focus on localization, placemaking and neighborhood development.

Katrina founded Aranya Solutions in 2018, a 501c3 nonprofit dedicated to enriching the quality of life within economically challenged areas and developing systematic changes with a focus on localization, service as a bridge to resources, providing necessary infrastructure. Katrina has

joined forces with Rotary International to support village livelihood programs in Nepal and Africa along with board member and dear friend Barry Cogbill.

Katrina excels in creating programs based on the needs in the community and identifying resources and partnerships to support and build out the programs, events and activities. She is a natural networker and connector, finding ways to empower other people's passions. Katrina spent much time in Nepal, where she has been supporting village livelihood programs that focus on agriculture, leadership, economic stability and women's empowerment.

Katrina loves to dance – anywhere, anytime, any type of dance! She teaches Zumba and mindful movement. Katrina believes in the power of living healthy and loves to do theater & improv... and likes to have FUN a whole lotta FUN! She loves to collaborate, so reach out and have fun!

BOARD OF DIRECTORS

BARRY COGBILL

Barry Cogbill, International Projects Chair for the Rotary Club of Santa Rosa East in California, helps support the fundraising efforts and supplies knowledge and resources for this project. Through his involvement in Rotary International, Barry collaborates on humanitarian based solar projects in Africa, Nepal, and now Puerto Rico.

Barry is a clean energy consultant, regarded for his solar and energy efficiency expertise, collaboration with government and industry specialists and excellence in managing and implementing clean energy projects. Barry is an energy writer, speaker and educator.

It is his priority to bring clean energy resources to Digam Village in subsequent scopes of work, utilizing the power of Rotary International's Global Grants program.

JESSICA OLNEY

Jessica Olney specializes in community engagement in fragile contexts, particularly in Myanmar and around its borders. As a practitioner, researcher and facilitator with 15 years of field experience in South and Southeast Asia, she has led studies and written analyses on the Rohingya crisis for Department of Foreign Affairs and Trade (Australia), United Nations Development Programme (UNDP), The Asia Foundation, and Peace Research Institute Oslo. She currently serves as Visiting Researcher at Centre for Peace and Justice, Brac University, where she designed projects for civic engagement and peace education implemented amongst host and refugee communities in Cox's Bazar.

KARRI WINN

Karri is a thought leader, movement leader, and organization development wizard. She served as National Program Curator for Green Festivals - the leading voice promoting local green economies, social justice + sustainability (2002-2010). Where she produced 500+ presentations including NY Times best selling authors, celebrities and grassroots solutioneers. Karri also teaches Nia dance classes in Portland,OR. She connects the many aspects of her work through Body-Centered Business, creating an avenue for people to find meaning and purpose in their work.

Check out her website: www.karriwinn.com

Partners

We are currently working in the USA and Internationally to support communities to be self-sustaining and resilient locally in Hawaii, we have worked in Nepal, Africa, California, and beyond.

Additionally, we partner with a number of community-orientated projects, regenerative agriculture programs, and consulting services for organization development. We provide leadership training to help create the next generation of change makers.

We work in partnership with local community organizations such as Hamakua Institute, HIAP, Na Leo TV, Sacred Mirror Media, Rotary Club, Abundant Earth Foundation, ICA Nepal, Coral Sea Foundation, World Peace Through Technology, and others! Learn more about these projects and our approach in empowering these amazing people.

Add in Kona Resilience Hub partners!

ROTARY INTERNATIONAL

Rotary is where neighbors, friends and problem solvers share ideas, join leaders and take action to create lasting change. The main principal of Rotary is "Service Above Self".

We have partnered with Rotary to support community, environmental impact, economic development, increase capacity, health, and nutrition in deprived areas in the world by multiplying funds raised through Rotary International to increase impact. The International Projects Committee of the Rotary Club of Santa Rosa East, California developed these projects in collaboration with the host Rotary clubs in Africa and Asia and their local communities.

Through our friendships with Rotarians in developing countries, we are able to create lasting change for the people we serve.

See more details at www.Rotary.org and www.Pathways4Thriving.org

CORAL SEA FOUNDATION

Coral Sea Foundation, based in Australia, takes a grassroots approach to saving marine life, especially Coral Reefs by working with local communities. www.coralseafoundation.net We are working on a leadership training program to enhance local community support. The Coral Sea Foundation helps landowners to map and register their marine protected areas. They provide humanitarian assistance with clean water infrastructure, medical supplies and educational materials for community participation in the marine reserve process. They teach about the effects of overfishing and climate change on coral reefs and how to protect the Earth's sacred waters. The Coral Sea Foundation raises awareness of the ecological and social value of the Coral Sea and the Eastern Coral Triangle to take a proactive role in its sustainable management, they find the most success when they are initiated, administered and supported by the local communities.

One of their programs, Sea Women of Melanesia, won the [UN Champions of the Earth Award](#)!! The UN Environment Program's Champions of the Earth award is the UN's highest environmental honor. The Sea Women of Melanesia (Papua New Guinea and the Solomon Islands), train local women to monitor and assess the impacts of widespread coral bleaching on some of the world's most endangered reefs using marine science and technology.

See more [Details click here](#) and visit www.coralseafoundation.net

STARHAWK'S REGENERATIVE LAND MANAGEMENT PROGRAM

We are working with mentors, land, farms and ranchers around the world for internship placement. We also help raise funds for diversity scholarships.

This new long term program (2 years) in Regenerative Agriculture and Land Management led by Starhawk, Charles Williams and many other guest speakers and mentors. It's based around two ten-day intensives, short internships, a longer-term apprenticeship and many shorter courses, all guided by a personal mentor who will help tailor the program to participants' goals and needs. Internship sites will be sought across North America and internationally, so that students can learn from a variety of enterprises, approaches and gain exposure to land management practices and challenges in different cultures. The goal is to develop pathways for more farmers, ranchers, organizers and businesses that are focused on regenerative land management. 20-30 students per course, this new long-term program is designed to give the skills, experience and confidence to run a farm, ranch, retreat center or urban farm in ways that

heal damaged ecosystems and sequester carbon. The student often become teachers and leaders who will pass this knowledge on.

See more details at

<https://earthactivisttraining.org/courses/regenerative-land-management-training-program/>

ABUNDANT EARTH FOUNDATION

Abundant Earth Foundation (AEF) was formed as a way for the global Permaculture Movement to unite and better support one another. AEF funds projects around the world that are using permaculture, regenerative agriculture, and social entrepreneurial efforts to make a great impact at local and global levels. Aranya Solutions partnered with AEF to represent the Weaver Network at the East Africa Permaculture Convergence in Uganda in May of 2018. Weaver Network is an online platform to share stories and projects, list Wants/Needs/Offerings/Requests, connect and share information with others who hold similar passions, and learn about permaculture trainings and courses.

See more details at AbundantEarthFoundation.org or WeaverNetwork.org

ICA NEPAL

With the aim of changing lives and changing societies, the Institute of Cultural Affairs (ICA) Nepal was established in early 1998 in Kathmandu, Nepal. Since its establishment and following its philosophy: 'every individual has a capacity to bring change in his/her situation', ICA Nepal has continuously worked for human capacity development, and hence, has emerged as one of the leading organizations in training and facilitation in Nepal. ICA Nepal believes that no sustainable development or change is achieved without considering existing cultural dynamics and pluralities. Thus, it is dedicated to creating an environment, in which the opportunity of participation, and the building in of sustainable change and development is foremost.

See more details at www.ica-nepal.org

POLLINATION PROJECT

Pollination Project funded us to put on a storytelling workshop to gain skills in presenting our organizations story. The Pollination Project seeks to unleash **Goodness** and expand **Compassion** all over the world. They make worldwide daily seed grants to inspiring social changemakers who are committed to a world that works for all. #SeedsofChange

See more details at <https://thepollinationproject.org/>

WORLD PEACE THROUGH TECHNOLOGY

World Peace Through Technology has been a funding partner since our inception, we are grateful for their support, advise and friendship. The World Peace Through Technology Organization purpose is inspiring peace through technology via education, art, music, and dance.

See more details at www.wptt.org

THE RELIEF TRUST

Local partner in Nepal to support life skills programming and connections to government officials. This partner does trauma relief work through counseling and leads trainings in communication and emotional intelligence work for community development.

See more details at www.TheReliefTrust.org

Advisors

- Laurie Rich
- Darian Rodriguez Heyman
- Hannah Apricot - Abundant Earth Foundation

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Get Involved

- Participation opportunities (currently mostly through workshops)
- Newsletter sign-up "Join our mailing list for a free how-to garden tutorial (give a \$ value)"
- Potential volunteer opportunities
- Specific actions people can take
 - How To Garden Guide Link
 - Tiny Garden Video
- Hire us for consulting services
 - Link to Organizational Services
- Contact us form
- Link messenger into the contact us page, make more explicit and clear
- Survey - Share what types of workshops you are interested in! [Click here \(survey\)](#)

Donate

- Donate Button links to Paypal Giving (use link on current website)
- More heartfelt pictures, pull at heart strings
- Explain what \$ goes to
 - Give x amount it goes to feeding x people in Uganda!
- Link to cumulative report

In side bar - or somewhere:

- Calendar and list of upcoming events
- Recent blogs/newsletters - ability to sign up for newsletter
- Definition of Aranya - Incorporate graphic Amy Made

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Donate

(From Home screen - donation wording)

Support our non-profit with a tax-deductible donation!

-Donation Button (links to Paypal Giving) <https://paypal.com/us/fundraiser/charity/3284521>

Image of "Thank you for your support"

- Image of [cumulative report](#)

Donation Page on website

- Donation Button (links to Paypal Giving)
- Explain what \$ goes to
 - Give x amount it goes to feeding x people in Uganda!
- Link to [cumulative report](#)

Any amount helps us achieve our goals

Thank you for considering helping our efforts. We believe that the society as a whole prospers when people without access are shown support and opportunities for change.

Donate with a credit card or PayPal via Paypal Giving:

<https://paypal.com/us/fundraiser/charity/3284521>

Please mail checks to:

PO Box 1711

Kealahou, HI 96750

ARANYA SOLUTIONS IS A 501C3 NONPROFIT REGISTERED IN THE USA, DONATIONS ARE TAX-DEDUCTIBLE.

EIN #82-1512607

Stay in touch! Join our Mailing List!

(button)

<https://aranyasolutions.us3.list-manage.com/subscribe?u=b1430f83c1085a8cc1fa59e27&id=5be3913761>

A lot of energy goes into the work we do! Please consider donating to our projects that are: supporting communities to be self-sustaining, creating food security, and promoting equality in local communities around the planet.

Kona Resilience Center

Please donate to support the Kona Resilience Center, a vital community resource in Kailua-Kona, Hawai'i, to address both immediate and long-term needs related to disaster resilience.

Coral Sea Foundation

We are accepting donations on behalf of the Coral Sea Foundation and the Sea Women of Melanesia where your donations will support community education and aid in the islands of Papua New Guinea and Melanesia.

Their mission is to raise awareness of the ecological and social value of the reefs of the Coral Sea, Melanesia and the Great Barrier Reef, and to be proactive in their sustainable management.

Donate (button) link:

https://www.paypal.com/donate/?hosted_button_id=6M3GGYCJXS9H6

CSF website link: <https://coralseafoundation.net/>

The Power of Community Aid

We believe working with communities will bring the greatest impact for addressing the change we want to see on this planet. In order to have an impact, the communities need to have the support and aid to be strong and function at a high level. Combining an ethos of science, gender equity and sustainability, the Coral Sea Foundation raise awareness of the ecological and social value of the Coral Sea and Eastern Coral Triangle, to be proactive in its sustainable management. Ultimately to improve the basic quality of life of people in our partner villages.

Our teams work in some of the most remote and undeveloped island communities in the world, helping indigenous landowners sustainably manage their marine resources and biodiversity through the creation of marine protected areas.

We support our partner communities with essential medical aid and clean water infrastructure such as portable water tanks, and these simple items make a huge difference to the quality of life in these villages. Furthermore, they help boost community compliance with the marine reserve areas and therefore contribute to the conservation effort.

Your impact donation of \$100 will provide medical aid to a village of over 50 people, and a \$500 donation delivers a water tank to the community as well.

Step by step - Community by community - we are creating a positive impact on this planet.

To learn more about this program go to www.Seawomen.net and www.CoralSeaFoundation.net

Fiscal Sponsorship

As Aranya Solutions is a 501c3 nonprofit registered in the USA we will occasionally support other organizations that need to utilize our nonprofit status to receive donations. We are honored to support these amazing organizations in this way. Donations are tax-deductible. Aranya Solutions registered EIN #82-1512607

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Equity & Inclusion

Official Statement on Equity & Inclusion

BLM image

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Media

Videos:

EAST AFRICA PERMACULTURE CONVERGENCE

WE WENT TO AFRICA! CHECK OUT THE VIDEO WITH THE EAST AFRICA PERMACULTURE CONVERGENCE!

At the end of May 2018, the first ever East Africa Permaculture convergence was held in Uganda. Hosted by Sector 39, the convergence brought together participants to share local knowledge, network by geography and interest groups, and build stronger connections among the African Permaculture Movement. Abundant Earth Foundation was proud to sponsor us to go and represent a project we are working on together and 15 scholarships that allowed the participation of people who would not otherwise have been able to attend.

Video link: <https://youtu.be/BPOqwJdzmVA>

About Aranya Solutions (old Video)

Aranya Solutions' purpose is to enrich the quality of life within economically challenged and developing areas. Developing systematic changes with a focus on localization, serving as a bridge to resources and infrastructure.

Cumulative report

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Blog

Nepal Blog

Improving lives of deprived communities in Dingam, Chipling and Thakani villages in Nepal - Empowering Women and Village Livelihood

Supporting the people in the Himalayas be more self-sustaining, empowering women and livelihood improvements through regenerative agriculture with shiitake mushroom and kiwi farming, beekeeping and leadership development. Aranya Solutions is working with three economically marginalized rural villages on strengthening their local capacities to improve their well-being and sustainability with a focus on indigenous sovereignty and cultural heritage preservation.

Partnering with the Institute for Cultural Affairs in Nepal (ICA-Nepal) and Rotary International, Aranya Solutions worked with three adjoining villages in the Nuwakot and Sindhupalchowk districts of Nepal starting in 2017 to implement a Village Livelihood Program. These two districts are among the most affected areas by the massive earthquake of 2015 in Nepal.

The major objective of the project is to enhance the leadership capacity of the communities for income generation of 200 households through skill development activities and diversify their agriculture in these deprived communities.

These rural villages are in the foothills of the Himalayas, 2,500 meters high in the mountains, 65 km from Kathmandu, capital of Nepal. These villages are connected with roads that are not accessible during rainy monsoon season.



Program Overview:

- o **General Agriculture and Livelihood training** provided to diversify the agriculture, extend growing season, improve livestock raising techniques, mushroom farming, beekeeping and create value added products. Agriculture Demonstration Plots to aid in the infrastructure and sustainability of their agriculture program.

o **Micro Enterprise Development** – a Cooperative was initiated, with assistance from other successful programs and suggestions for income generation using local resources, such as honey production, a specialized sector will be for women's skill development.

o **Women empowerment** – counseling, safe place for women and their empowerment to explore new ideas and explore inherent capacities to lead. Handloom training for women participants to engage them into income generating activities including cooperative training.

o **Leadership Development** – We gave leadership trainings to the whole community and support network, local leaders in the villages, Rotary Community Corps, Elected Local Government Officials for identifying the resources, making plans and resource mobilization.



IMPACT:

By the end of 2019, the Village Livelihood Program had provided several trainings to people in the villages of Dingam, Chipling, Thankani—and **ultimately impacted 10,000 people in the region.**

The outcome is empowered communities to be self-sustaining. The impact is the well being of the community state of health and happiness, ***afterall, isn't happiness the ultimate goal in life?***

Over 100 villagers were trained in sustainable agriculture, including shitake and kiwi farming, nursery management and tunnel house cultivation, and beekeeping and honey production. **Outcomes were skills-sharing amongst villagers that enabled the training to reach 1,000 people** and the diversification of agricultural products, which resulted in increased income from market sales.

Women's empowerment was promoted through training 60 women on traditional handloom weaving, which enabled women throughout the local villages to expand their craft sales at markets, while they bonded. Essential psychological and counseling support was also provided to ensure the training had a beneficial and long-lasting impact on women's economic development.

Training was also provided to 30 people in micro-enterprise development and to 24 people in leadership and governance, furthering the capacity of the villages to be self-sustaining. All the villages were also taught how to create a cooperative to combine their resources for continued success. **20 new enterprises were formed** with a support network of a coordinator and team for each new enterprise, and additional support from the village cooperative formed. ICA-Nepal and Aranya Solutions continue to provide trainings in accounting, market development and effective communication skills.



Testimonials

“The work of Aranya Solutions has helped a lot in transforming the lives in three villages in Nepal. They take the time to listen to what the needs of the community are, then work collaboratively with us as partners to develop programs to meet those needs. They work through challenges when they arise and look at all sides of the problems to find resolve and understanding. We have really enjoyed working with Aranya Solutions, they provided some structure, connection to resources, including the necessity of raising funds needed for our project.”

- Dr. Tatwa Timsina, PhD, Professor, TU and Founder of the Institute of Cultural Affairs, ICA-Nepal, primary Partner Organization in Nepal

In the villagers words....

“We are really happy with the Tunnel Farming. Farmers used the tunnels for tomato farming, and many more farmers were able to sell their produce in the market. Tomatoes are selling well in the market, thanks to the tunnel houses. They sold tomatoes in the local market for a very good price, thank you for supporting us to reach our dreams.”

- Sukman Tamang, Village Leader, Dingam Village, Nuwkat Region, Nepal

Women's Empowerment through Weaving in Nepal



Look at the detail in this gorgeous bag! This was created in Nepal in our women's empowerment program, it's one example of many – including scarves, bags and shawls that 60 local women learned how to weave during our 45 day training program serving 3 villages.

Our executive director/founder, Katrina Zavalney had the honor of being in Nepal personally for this training. She experienced first-hand the joy these women received from learning these new skills to weave.

The course was part of a larger program to support local economies, enable families to stay together, and support communities to thrive through training in regenerative agriculture, leadership and to form a cooperative. Within one month, local stores began carrying these beautiful, handmade, local goods rather than only imported junk food, sodas and beer.

Until this point, only a small handful of women knew how to weave these traditional items; it was becoming a lost cultural skill. Beyond the initial 60 women directly impacted, an inspiring ripple effect reached neighboring villages reaching over 10,000 people.

This is truly a regenerative circular economy. Looms are made from locally available and sourced bamboo, providing further benefit to the local livelihood. They live in mountain jungles of Nepal, in remote villages our work encourages to be self-sustaining.

These women feel heard, seen and empowered to do more in their community. Aranya Solutions partners with ICA Nepal and Rotary International to find the best local teachers in Nepal. These women have a new element in their lives that enables them to express their creativity, and earn an income. In addition, they learn about their once-dying culture and history, and can now keep that alive and thriving.

MARCH 1, 2019 Katrina Zavalney

Why Regenerative Land Management is Important - and how our founder, Katrina Zavalney, got involved...

A personal post, I wanted to share something of the heart. The reason why I am doing this event Regenerate on March 28th with Starhawk. This is much more than an event for me, it is synergies for something special, something needed – to spread the word about the need for more Regenerative Land Use and pathways to support careers happening in this field. Beyond careers, lifestyles. To support awareness of carbon sequestration and knowing how to work with and on the land and repair the earth, we are in dire need, and many people have lost connection and knowledge and the earth is going into catastrophe. I know in my family in just 2 generations there has been much knowledge lost where 2 generations back they used to live off the land, now we are modernized and don't know how as much. I wanted to create a platform for awareness raising and raising abundance so more people have access to the training and knowledge to do this work. I admire and support diversity scholarships, people who traditionally haven't had access due to unnecessary levels of oppression – we need to stop these cycles and uplift each other, so I am putting on a fundraiser. Starhawk and Earth Activists training created a program to bring back this knowledge and

create career and lifestyles in this – The Regenerative Land Management Training program. There are many other great programs as well out there on this topic, however I have a special connection to this particular one and delighted that it is ready to share! Here's more about how this program came into creation – and I am very lucky to have been part of it from the start.

I first got involved in this project 3 years ago, well – longer than that – but this particular track started with Starhawk 3 years ago, I think for her it has been a lifelong development. It started with the International Permaculture convergence continuity after London of how to keep connected and what resources are needed at this time for the greater community. When Starhawk shared about this, I had to get involved – per a growing interest in both International development and the relation to sustainable agriculture and livelihood. Overtime this developed into a curriculum and program, and it was fun as I would explore the world, come back from my travels and touch base with Starhawk, and there were always synchronicities with where we were both at over the years and recognized land that was available for use. We saw a need to utilize and support these resources and determined that there would be an internship component to the program and that everyone should have the opportunity to learn from other cultures and practices by spending time on farms internationally. I knew if we were going to ask that of people we needed to have a way of supporting them financially, as it can be expensive to travel. This is one reason for holding a fundraiser.

Starhawk and I have been friends with for many years, and hold a special connection with as our lives have weaved together since 2005, have a lot of mutual friends, and we've helped each other out in many ways since we've known each other. I adore her spirit and what she

stands for and fully support her. I first met her when she was working on the Bayview Hunters Point garden project working with disadvantaged youth and teaching permaculture skills. Through that I met the magnificent Brandi Mack who has gone onto create amazing programs and promoting FarmHER's and skills shares and awesome sustainability lifestyles, and this woman has astounding positive energy it always brings me up! I have been inspired by and met so many people through this network. Then there is the spiritual community where I keep getting pulled into from friends in LA who would bring Starhawk in for rituals and gatherings and pull me into helping plan, even after I moved to the Bay! So that afforded Starhawk and I the opportunity to carpool/ road trip together, share stories of her time in Palestine and progressive movements, from anti-war to anti-nukes, she is deeply committed to bringing the techniques and creative power of spirituality to political activism. I just love her courage and tenacity, and keeping an even keel through it all. A true leader on so many levels – and a real person, and a real sense of humor – I love that woman's cackle! Our connection always had the key note of permaculture and climate change awareness and how to get it out to more people. So as this program developed over the years it had hopes to really get the much needed information out there that could be utilized into a long-term course of action and spread. This is why I stood by her and the development over the years, unpaid, and many hours poured into supporting the creation of a regenerative land management program. This is really her baby and I am simply a support unit.

I really see the need to support the financial development of this program and vision, and visionary – as Starhawk has not been paid for this creation either! She is a generous soul with so much knowledge to give and huge network of inspiring, knowledgeable teachers she in bringing in to share their wisdom in the program, like

her first permaculture teacher Penny Livingston, who is so experienced and wise! And as I mentioned we want to support people to explore regenerative land use and farming practices internationally, and that adds up. I know the fundraiser won't pay for it all, but it is a starting block and more so a tool to help raise awareness about this program and why it exists. I am hoping people will see this need and donate to the program, support Starhawk and diversity scholarships. I will continue to be available, support and be of service by attending the Regenerative Land Management training x program in May to get to know the participants and help them with their internship placements and structure to this portion of the program. Thus I am open to learning about farms and places around the world that participate in Regenerative practices and would like an intern for 2-6 months. Please let me know if you have or know of a viable place. I also will need funds to help support this program, so I am raising money to pay myself (finally) J and make sure we have a scholarship fund for the participants. This is how I work and I do it for the betterment of all.

I am also doing this in honor of our dear soul sister aManda Greene who just passed, and she has such a sweet connection to empowering youth and giving tools for success – she created the Youth Impact Hub to support the leadership of low-income youth of color in creating an equitable, life-affirming economy by providing socially innovative training, collaborative co-working space and access to networks and resources. I want these scholarships to go to people in this track. I want to support her vision and keep it going. We need more people like her and if she isn't around that means the responsibility is now with all of us. I take that to heart and will uphold

that for you my dear aManda, for all of us, and want all of us to do this together. So even if people can't make the event I want folks to know you can still support this program, career track and lifestyles in whatever way works for you – if you are in a financial place to support that is often what is needed most – however each person has their own unique gifts and talents and I ask you to utilize those and support our next generation and repair the earth, we need it, we need you, we need it now.

I also wanted to share more about why the entertainment was chosen for Regenerate on March 28th– that was very intentional as well. When I first got the call from Starhawk saying the program was ready, my first thought was “well need to have a fundraiser and get the word out!” And the next day I was at a New Years party and the Seastars were singing, they have such a sweet and fun way in singing about sustainability and harmonies and are incredible women who do this work outside of singing that it was a natural fit to have them sing. I told them about my excitement that the program was happening and they all love Starhawk, and she is the favorite author with the book the Fifth Sacred Thing, that it was meant to be and meaningful for all of us. Around the same time I saw my buddies from Hot Buttered Rum bluegrass band – whom I have known since college! They used to stay at our house when on tour in the Pacific Northwest in 2003/04! So we go way back – however this is the first time that we are doing a benefit concert together – we've talked about it and now here it is, so this is also very special and meaningful for all of us! Then my buddy Jonathan Youtt, who I've been wanting to do a show with him and his puppetry for years – has a great show about sustainable agriculture with the smallest farmer in America accompanied with a song and dance – one of my favorite characters ever!! Jonathan also started the PLACE for Sustainable Living and the Cell Space and is one of the most invested community organizers I've ever met, much respect and

love for this brother. And Neptune! A dear friend, Michael Gosney, introduced Neptune and I as he was taking Starhawk's permaculture course with the Earth Activists Training and asked if I would help steward his permaculture connections. Connecting people to resources is my favorite thing, especially people who care about permaculture and community – so I was ALL IN! Neptune is so inspired and on fire it is a joy to see this passion about Earth Activism! Neptune was available to DJ and support this event in this way with his talent and passion, so this was also meaningful. And let's not forget Starhawk, this is naturally a platform to share about the Regenerative Land Use program and why she developed it at this time. Also, one of my favorite things to do with her is the Spiral Dance – so I had to find a venue big enough for a Spiral Dance, where we join hands and she spins us round and round and we get to look into each others eyes and celebrate as a community while singing and dancing, it is so fun!! So each act is very intentional and magical on how this came about. It is pure beauty and joy and everyone has been so supportive of this mission it makes my heart sing! Thank you!! I am so excited to play with you all and to see your talents in action!!

Thank you for taking the time to read and be with me, understand why I do this work and intention to build abundance to support those who want to step forward and repair the earth, those teachers who give us the information and tools to grow, and to Starhawk and her team who are creating the pathway to make this happen. Please join the support team with me and have some fun while at it! I hope to see you at the Regenerate fundraiser March 28th at Omni Commons in Oakland. For those who can't make it and will be out of town we will live stream some of it, and people can still contribute to the fund through my nonprofit www.AranyaSolutions.com and note that this is for the Starhawk Regenerative Land Management Program with Earth Activist Training.

Good friends of mine are aware of how I am constantly wondering how can I contribute to the world in a meaningful way that will bring impact. I hope this educational program will bring some impact through carbon sequestration and skills in how to work with and repair the earth – as we need to get back to it. Let's hear it for Regenerative Land Management and supporting pathways to make this happen!

Thanks – hope to see you next Thursday March 28th, 2019 at Omni Commons in Oakland. If not, please consider donating to www.AranyaSolutions.com or send me a note. Thank you!

With love,

Katrina

General Blog/ Media ideas:

- Combine blog (keep updated and publish articles) and newsletter page (catchy name "the buzz")
 - Mini blogs with quick updates
- Embed our instagram page with most current/popular posts
- Embed interactive map of our projects
- Hire us to be a Guest-speaker connect to inquire about pricing (sliding scale)

[Back to Menu/ Pages](#)

OLD Ideas worth considering

Aranya Solutions (.org) Website outline & wording - May 2021

Hyperlinks:

[Organization/ Outline](#)

[Pages & Content](#) - Wording for pages

[Design/ Aesthetic Ideas](#)

[Notes](#)

Quick links:

- [Website folder](#)
- [Web log-in info](#)
- [wording of the projects google doc](#) that can be edited and used for the website

Notes

Previous - update

- [Website folder](#)
- [Web log-in info](#)
- More newsletter sign-up boxes/ easier access
- Find a way to move from .com to .org inexpensively or forwards to .org
- Create outline and architecture for pages on website
- Look and feel of new Aranya Site - focus more on our capacity building skills
- Links to social media pages and integrate instagram posts into the website

Organization/ Outline

UPDATE BASED ON PAGES/ NEW CONTENT

Menu/ Pages:

[Home Page](#)

Past [Projects & Partners](#)

[Trainings & Workshops](#)

- Calendar and list of upcoming events

[Organizational Support/Professional Services](#)

[Media/ blogs/newsletters](#)

[About Us](#)

[Get Involved](#)

[Donate](#)

Outline and Organization for each page:

Past Projects & Partners

- Here is the [wording of the projects google doc](#) that can be edited and used for the website
- Dropdown menu linking to current and past projects
 - Past Projects
 - In the projects page, **archive for past projects**
 - Timeline / Aranya in the Community--Building Bridges
 - Rotary presence
 - Starhawk Regenerative Land Management Training
 - Regenerate Fundraiser with Starhawk
 - Drawdown Research Group
 - Earth Day Events
 - River Clean-Up
 - Pollinator Project
 - International Community
 - Weaver w/ Abundant Earth Project
 - Scholarships for East Africa Permaculture Convergence (w/ video)
 - Uganda Project
 - Nepal Project
 - Earth Day
 - Photo's
 - Project Development Template w/ example of building a garden
 - Links to resources
 - [Copy for Earth Day page](#) (needs to be updated.. This is a start)
 - Sponsorship opportunities
 - Projects tab is active itself, quick summary of each projects
 - Copy current project page with
 - Local Workshops & Trainings (link to Workshops page)
 - Sustainability Center
 - Uganda Project

- Nepal Project
- **Add interactive map**
- Circulating photos instead of just one

Trainings & Workshops

- 1-pager/ overall description
- Info graphic
- [Workshop Descriptions](#) - section out, each topic has it's own section or page.
- Calendar and list of upcoming events
- Guest teachers - Pictures & Bio's
- Survey - Share what types of workshops you are interested in! [Click here \(survey\)](#)

In the States:

- Farm Tours at Blue Dot Farm
- Drawdown Research Group - sign-up link & short description

Internationally:

- Uganda Permaculture train the Trainer
- Nepal Agricultural Training

Resources:

- How To Garden Guide - FREE resource! (image of doc)
- Tiny-Gardens.org (video embedded)

Organizational Support/Professional Services

- How-to Guides
- Capacity Building & Organization Development
 - Building infrastructure
 - Leadership development
 - Coaching
 - Fundraising
- Links to future webinars
- Project Development
- [wpgmza id="1"]

Design/ Aesthetic Ideas

- <https://epacenter.org>
- More use of clickable tiles
- More dynamic style in general, moving icons, videos, interactive components
- Adhere to current color scheme, add a little more edge and diversity in color perhaps
- Simplify, make more concise, get rid of unnecessary redundancy

check out the template and consider purchasing the pro version or just scrapping the whole site and starting anew. There is a \$99 lifetime access option that looks reasonable.

Here is an example of the finished template:

<https://rarathemes.com/previews/?theme=benevolent-pro>

Here is the list of buying options:

<https://rarathemes.com/wordpress-themes/benevolent-pro/>

-

New Content Ideas

Page by Page suggestions: Use format on the [New Copy/ Notes for D5130 ESRAG website](#) - separate each page and comments

Mostly for Earth Day page - notes:

- [Earth Day page for Aranya](#)
- [Build new Aranya website on Wordpress](#)
- [Connect to Wordpress multisite](#)

[Other sites to connect to:](#)

- [District](#)
 - [D5130 ESRAG Websit](http://d5130esrag.org/) - <http://d5130esrag.org/>
 - [New Copy/ Notes for D5130 ESRAG website](#)
- [International - ESRAG - Rotary](#)
 - [Connect to ESRAG \(www.ESRAG.org\)](#)
 - [www.esraganzpi.org](#) - new site that is being built, will connect to [ESRAG.org](#)
- [Other sites to connect to:](#)
 - www.ifixthepanet.org
 - <https://esragdrawdown.org/>
 - [RCATNow.org](#) - Rotary Climate Action Team