

# EARTHKIN NEWSLETTER



## NEW WEBSITE!

The Earthkin website has been revamped and was recently launched. If you are curious about our vision, the land, and the Earthkin pack of instructors check it out. You'll also find all of our upcoming course offerings for the 2024 calendar year and ways to register. Information about Earthkin Gathering 2024 including registration details are also up on the website.

[WWW.EARTHKIN.CA](http://WWW.EARTHKIN.CA)



## EARTHKIN GATHERING 2024

### REGISTRATION OPENS FEBRUARY 9TH

We'll be gathering again around summer solstice for a week from Friday June 28th (arrival) until Friday July 5 (departure). Mark your calendars and join us as we practice ancestral earth-based living skills together. You'll be able to register through our website on February 9th. Only 85 tickets will be available this year so make sure to stay tuned!



# ANCIENT FUTURES

PART 3 OF A 5 PART SERIES

BY KYLE KOCH

## Freedom in Filth

Social media and TV shows tout the off-grid life as a dreamy lifestyle. My experience living here at Anderson Lake is that being off-grid is far from easy and convenient. One of the most challenging aspects for me is cleanliness. Here is a behind the scenes look at my “dreamy off-grid lifestyle”.

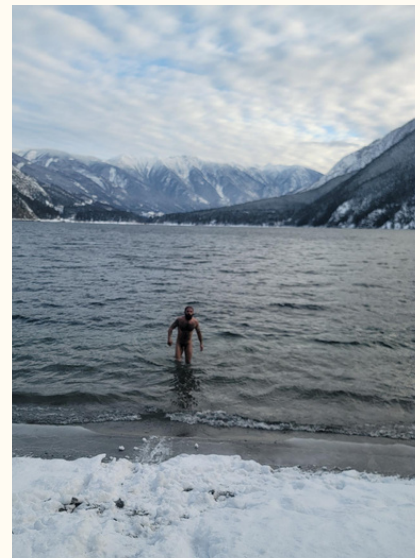
During the winter months there is no running water here. So we haul buckets of water a few hundred meters from the spring to the main cabin. Two 5 gallon buckets, roughly 43lbs each, make for an adventurous ‘farmers carry’.

Now, because our diet is so rich in fat from bear, beef, and mountain goat, the water needs to be quite hot to actually clean anything. The best option for this is the wood stove which requires all the prep work of acquiring and stacking wood, moving the wood, restacking, and splitting. By the time the water is hot we have moved the wood six times!

Now we have hot water and can clean the dishes and clean up our messes. But what about our cloths? One method I’ve learned this winter is to put cloths in the lake with a rock on top and let the waves do the work. This does get the smell out and feels clean, but my clothes still have dirt and stains. And sometimes I lose my underwear to the waves.

The most enjoyable cleaning out here is that of my body which a wood fired sauna helps with. I first bring wood down to the sauna by the lake, chop enough kindling, and light the fire. Then I wait 45 minutes for the sauna to warm up before I get inside of it. After another 30 minutes I am so hot and sweaty that a cold plunge in the lake seems appealing. I repeat this three times until I’m finally clean. It’s a simple method for bathing but also time intensive requiring, two and half hours of my time.

If I added up all of the time it takes to get my body, dishes, and cloths clean it ends up being significant. What makes it all worthwhile is the beauty and wildlife out here . On some days, I do dream of a hot shower, clean washed clothes, passive dishwashing and all the freedom that comes with convenience. I’d still choose to live out here in this way and wouldn’t trade it for all the convenience in the world.





# WINTER TRAVEL FOR YOUTH

MARCH 17-23, SPRING BREAK BACKPACKING TRIP

Join us on a 5-day expedition through the mountains. Route find your way off trail with a tight group of peers. Practise winter wilderness living skills. Learn to read the track and sign of animals in the snow.

[FIND OUT MORE](#)



## BUSHCRAFT 101

MARCH 29-31, 2024

Join us for a campout weekend and gain competence in some bushcraft skills and powerful core routines of nature connection.

[FIND OUT MORE](#)



## ROCP & STORIES

W/BELINDA WHITE

Weaving the tools of Renewal of Creative Path with Story Catching to track where we've been and better design where we are headed. Join Belinda 2 Tuesdays monthly

[FIND OUT MORE](#)