



December, 2015

Howdy Folks,

A few years ago, Faye filmed an interview with my friend Walt Woods and me.

Walt was a good friend and learned a lot from him. One of the things he said that got my attention was 'canned food had lost half of its nutrition in the past 30 years.' [This video is available at <http://www.raymongracefoundation.org/archivevideos.htm>]

This information, along with the increased use of GMO food got me to thinking about a statement I made 40 years ago. "The time will come that if we have good food to eat, we will have to grow it ourselves.' Seems that time is here.

Also noticed that older people who saved heirloom seed were dying off and few were taking their place.

In view of these facts, the Raymon Grace Foundation made a contribution to the Washington County Library to start a seed saver program.

The folks at the library took their work seriously and got the word out, held a class a month on seed saving and got things going.

Last week was invited to attend a meeting, complete with dinner, sponsored but the library seed savers.

Seems there was more interest than I had thought. Students from Emory & Henry College did interviews with farmers and gardeners in the areas to collect information on seed saving. Seed saving has been part of this mountain culture since our ancestors came here and the Indians before them.

The response has been excellent. Families are interested in better quality food, being able to grow it and being more self-sufficient.

Farmers and gardeners who have heirloom seed are donating it to the library and new gardeners are getting the seeds, planting them, keeping some for themselves and donating some back to the library to pass out to new members next year.

The interest has continued to grow with no decline. This is the way I like to do business~~~ everyone wins.

Some of you reading this may be in a position to start a seed saver program in your area. If so, here is the link to the Washington County Va. Library. www.wcpl.net Click on 'main library' and then click on 'seed savers library'

This week 20 students from Emory & Henry College gathered here to do a cleanup of the river. This is another Raymon Grace Foundation project. Here is a link to a short video of the cleanup and interview with the students. Video is at www.raymongracefoundation.org/archivevideos.htm

The response to the webinar has been good and we appreciate all your kind words. We are offering it again in February. If you want to give a family a gift that will help change their lives, you might consider giving them the webinar for a Christmas present. It is on my schedule at www.raymongrace.us

Remember you can use the 'Blueprint for Freedom' video at www.raymongracefoundation.org to do a random act of kindness for someone this season and also use the video called 'Random Act of Kindness' at www.raymongraceprojects.com

Hope you use the videos and maybe start a similar project where you are ~~~or join the projects we already have.

Enjoy the Holidays,

Raymon

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And it is time for the Call to Action...details here...please join in. The winter solstice is on the 21st at here in the Eastern US.....so lets do the call to action on the 21st.

I am also offering a Christmas special to those on this email list only...I have three cd's. Being With Bowls, which is Crystal Bowls, and two Gong Cd's - Being with Bowls and Energizing your Field with Gongs. Regular price is \$15 each. For this newsletter only....email me and you can order all three for \$30. A \$15 discount. Raymons dowsing indicates they do wonders for your energy field. Give them a try! Valid until January 1st, 2016.

Wishing all who celebrate it a Merry Christmas and to all others a wonderful December and Happy New Year!

Faye

Please feel free to forward this newsletter to anyone you like, as long as you leave it just as it is in its entirety. Please do not edit, forward as is. Thanks.

It is available [here](#) as a printable pdf file for download.

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