

# Resources Unlimited Partners



## Perma Culture

Permaculture is a methodology for designing diverse and robust systems for food production that collaborates with nature rather than working against it. It provides a diverse range of food for human needs, generates income and benefits the soil fertility, water purity and biodiversity of the land. It addresses both productivity and environmental degradation simultaneously. It integrates ecological agriculture, rainwater harvesting, soil and water conservation and focuses on nutrients based on locally available resources. When these elements are in harmony, Healthy Living is much easier to accomplish.

Projects in sites from drought-stricken villages in refugee camps to U.S. cities like Tucson, Arizona, have shown that creating a network of permaculture gardens yields multiple positive changes – places to learn, to demonstrate, to access resources and connect with others wanting positive changes and FOOD. It is a way to live lightly on the earth, bring soil alive, grow nourishing food, support regenerative communities, enhance local economies, and make a positive contribution to humanity.

## People Care

Resources Unlimited/Virginia Palmer's programs promote personal empowerment, partnership models, environmental conservation, renewable energy projects and community service for individuals/groups of all ages. We have conducted diverse programs ranging from Stress to Success retreats/workshops, Leadership trainings for various organizations to Faces of Power playbook activities for groups and homeless shelters. Our youth educational empowerment/eco activities in Austin and Los Angeles include Nature camps for underserved kids, Eco Edutainment in elementary schools, You've Got the Power in high schools, Garden NOW Network at the Eastside Boys & Girls Club, Walk in the Woods to Austin Barton Creek and Mother Earth Day at the Springs Festivals for kids of all ages. Resources Unlimited has sponsored Earth Day events, environmental preservation advocacy, food for unhoused communities as well as eco actions and clean-ups in both LA and Austin.

For thirty years, Resources Unlimited Partners have produced programs in group empowerment; permaculture designing, environmental edutainment; and community engagement.

Mission: Resources Unlimited Human Development Foundation, a 501 c (3), non-profit, is dedicated to designing, implementing innovative programs for individuals, groups, organizations that offer environmental models for sustainable living. We present practical tools to expand and implement the Partnership Model: personal power, mutual respect, mutual support, co-creation, higher purpose, community service.



“Permaculture is informed by indigenous cultures and traditional practices. Combining traditional wisdom, eco-literacy, design thinking and positive solution-finding, permaculture provides a cohesive framework to design for sustainable living, for abundance, for regeneration and for wellbeing.

Permaculture design thinking is applicable at any scale and in such a wide range of contexts – urban and rural, the global south and the global north.”

–Permaculture Education Institute

Ruth Gardner-Loew is a writer and a Healthy Spaces/Permaculture Consultant. Previous experience includes Executive Director of Atticus Circle and Food & Wine Editor at Elle magazine. She is bi-lingual in English/ French and lived in France for 20 years where she worked as a photo stylist, taught English to university level students, coached French executives in oral presentations to American audiences, studied and practiced Bio-Biology, Feng Shui and Bien Etre Chez Soi (Wellbeing in Your Home).

Ruth believes that Permaculture is a natural piece of the pie in Healthy Living. Bio-Biology, Fung Shui and Healthy Interiors all coalesce into perfect harmony with Permaculture. She is enhancing her Healthy Living skills through an international certification program at the Permaculture Education Institute in Australia.



Cheryl Rae rounds out the creative group at Resources Unlimited. She has three degrees in art, the last being a Master’s in Art Museum Education from The University of Texas at Austin. She is a fine artist in the medium of mosaics,

co-director for the Travis Heights Art Trail, the oldest studio art walking trail in Austin. Although she lives most of her life online as a webmistress for 70+ websites. Tasked mostly with marketing and graphic design, she also lends a hand with anything technology based.



Virginia Palmer, Ph.D., founder of Resources Unlimited Human Development Foundation, (RU) a 501 c (3) non-profit, has a BA in Journalism & Political Science; MA in Counseling & Physical Education; Ph.D. in Human Development. Virginia is former Executive Director of People for Parks in Los Angeles, Leadership and Community Engagement Trainer for Los Angeles County Parks as well as for Austin YMCA Directors and various non-profit groups. She was a Counselor, Faculty member, Austin Community College, Tennis Pro and a Transformation Coach. Virginia was partner in MV Green Power with successful Renewable Energy projects in Central Texas. The common thread that runs through Virginia Palmer’s work is her commitment to inspire and empower people to live healthy, fulfilling lives in a sustainable environment.

Virginia is author of StressWorks; Leadership and Group Dynamics; Personal Management Pattern; Faces of Power, A Guide to Personal Empowerment; Seven Faces of Soul; Vision Mapping, Seven Steps to Greater Success and Dream Power, It’s Time to Live Your Dreams.



Bill Oliver began playing guitar, singing, writing songs, in third grade and continues to this day. As a Boy Scout, he began his love of camping, hiking, kayaking and observing nature. He attended the University of Texas at Arlington, and began his life-long career as a singer, songwriter and advocate

for the environment. He was named “Environmental Troubadour,” by TIME Magazine, November, 1989. Through the years, Bill Oliver presented eco edutainment in 1000s of schools in Central TX, was listed in the Texas Commission on the Arts, produced “Mother Earth Day at the Springs” and “Lady Bird Lake Fest,” 2002-2022. He formed Bill Oliver and The Otter Space Band, playing concerts for adults, families, organizations including river trips, music videos, many albums, full moon musical boat floats, and a variety of fun-filled musical adventures. He’s also performed at Kerrville Folk Festivals, 1972-2023, National Audubon and Sierra Club Conferences, Texas Parks & Wildlife, Gulf of Mexico Musical Science Tour, Austin Science Fun Days, Keep Alaska Wild! Tours, Smithsonian Institute, Ocean Ecology Program, International Schools in Taiwan and Japan, National Parks: Grand Canyon, Lassen Volcanic, Muir Woods, Zion, & the Guadalupe Mountains.

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