



Resilience Inc. Newsletter: November 1, 2016 (Volume 15)

This month's newsletter includes:

A Message from Lori Ashcraft, Ask Emily, A Blog in the Next Frontier -Applying Your Spiritual Energy and Cornucopia – Did You Know?

A Message from Lori Ashcraft

Hello folks,

Welcome to Fall! I am dedicating this edition of our newsletter to Ken Minkoff, Steve Herington and Lyn Legere because they are all three avid “birders.” Yes, I can barely imagine Ken without his binoculars tucked under his arm, and the other two are almost as devoted. So why bring this up? Well, because this is “turkey month” for one thing. Also, I’m going to be telling you about a study I read recent involving chickens. Turkeys, chickens -- they are both birds, so it seemed like a good opportunity to honor the “birds” for Ken, Steve and Lyn and all the rest of us.



Now, let’s talk about those chickens! Last week on NPR the TED Radio Hour hosted a conversation that include a remarkable woman by the name of Margaret Heffernan, and international businesswoman, author and speaker. Go ahead, Google her and see for yourself! Anyway, Margaret talked about a study that was conducted on, yes, you guessed it, chickens!



The theme of the study was productivity, and as it turns out, studying productivity in chickens reveals some very interesting characteristics that are common among humans as well. Not to mention – productivity is easy to study with chickens since all you have to do is count the number of eggs. Very straightforward in deed!

The study began by separating the “super chickens” from the regular chickens. These were chickens with high productivity, that looked good, and that seemed to be more advanced than the regular chickens. In other words, they were high on the pecking order. The next step was to develop six generations of “super chickens” and compare their productivity to the regular chickens over a period of time and to evaluate the results. Much to the surprise of the researchers, the regular chickens significantly out-performed the super chickens. How could this be?

Well, the first obvious reason is that all but three of the super chickens were dead. These super chickens had literally pecked each other to death. Their model of operation was based on aggression and competition resulting in dysfunction and waste. In this model success depends on the failure of others.

Margaret explains that the regular chickens were just being chickens – puttering around, chatting with each other. Productivity was an outgrowth of their natural way of being with each other. She talks about working smarter not harder by using each other’s strengths; by building relationships that are supportive and caring; by sharing good ideas; by getting to know each other as people.



These are such good ideas. Thank you Margaret for bringing this to our attention. We’ll be a better flock thanks to learning this.

Lori



Ask Emily

Happy Thanksgiving my friends!

Since this is turkey month, I thought I would honor that great bird by wearing feathers. Also, it's hard to dress up for thanksgiving. Halloween, Christmas, Valentine's Day – these are all no brainers in terms of what to wear. But Thanksgiving? What are the choices? A full blown turkey outfit (no thanks), a cornucopia (too uncomfortable) a pilgrim (too grim). So I just opted for feathers. Hope you like them, and for all you turkeys out there, this outfit is for you!!!

OK, now to our guests – this is a fine troop of supporters of Shannon McCleerey-Hooper, Peer Support Program Manager at Riverside University-Health System in the office of Consumer Affairs. Her “fur babies” include the lovely cat, Bailey boy; the pug/Chihuahua is Fred-the-Dog and the lady

of the house, a Queensland Heeler, is Miss Zoe girl. Shannon is a lucky girl to have these dedicated supporters to greet her when she comes home from a tough day at work. So let's see what they need advice on.

Dear Emily,

We adore Shannon and we would do anything for her. But sometimes we just don't know what to do. Can you give us some ideas on how to be an effective support team? We get a little burned out from time to time but we think it's because we are missing something important in our role as supporters.

Thanks

Partially burned out from Riverside

Partially Burned,

The fact that you are noticing that you are "feeling the burn" and that you think you might be missing something puts you way ahead of most of us. Most of us aren't that insightful about burn out until it's too late to reverse it in early stages.



As dogs and cats, there are some things we can do better than most other humans, and then there are things we can't do at all. So let's look at what we do best – good listening, faithful, loyal, non-judgmental, unconditional love, grateful for treats, and the list goes on. One of the things we can't do, and maybe no one should do these things are: Wanting to see a particular outcome as a result of our support. This is a recipe for burnout. We need to do what we do best and leave the outcome to the Great Spirit. Another thing we can't do is do things for those we support instead of empowering them to do it for themselves. Once we take on the task we rob the person of the joy for being self-sufficient. Plus, we burn ourselves out. These are just a couple of ideas. If you want more, send me a note and I'll be happy to share more with you. Thanks for all you do to support Shannon. She is a wonderful person doing great work and deserves your love and support.

Emily



A Blog in the Next Frontier - Applying Your Spiritual Energy!!

Explore your Spirit with Lori Ashcraft!! Lori's new blog focuses on things that she has found essential to maintain recovery, build resilience and offer the best to those we support. Lori will be discussing ways to build the spirit of

resilience and the things that tear it down. Discover how this can be applied to your own personal character building and growth experience, as well as to organizational transformation.

Lori invites you to check in on her Blog from time to time and add comments to share the insights and wisdom you have gained from your experience.

You can check out Lori's Blog by clicking on the link: www.resilience4u.us

Cornucopia – Did You Know??

Cornucopia is the most common symbol of a harvest festival. A Horn shaped container, it is filled with abundance of the Earth's harvest. It is also known as the 'horn of plenty'. The traditional cornucopia was a curved goat's horn filled to brim with fruits and grains. According to Greek legend, Amalthea (a goat) broke one of her horns and offered it to Greek God Zeus as a sign of reverence. As a sign of gratitude, Zeus later set the goat's image in the sky also known as constellation Capricorn.



For more information on our Consulting and Training Services or information on our Peer Support Learning for the 21st Century - Building Resilience on a Foundation of Recovery and Whole Health Workbook and Training Program, call 530-362-7070.

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