

Resilience, Inc.
P.O. Box 1907
Nevada City, CA 95959



Resilience Inc. Newsletter: Jan. 8, 2017 (Volume 17)

This month's newsletter includes:

A Message from Lori Ashcraft, Ask Emily, Fun Facts about New Years and A Tail Waggin' Chuckle!!

A Message from Lori Ashcraft

This morning I was reading one of those articles that you see a lot of this time of year – about changes we want to make for the new year. It reminded me of a presentation we used to do several years ago when we first discovered the possibilities of recovery. It was based on the difference between change and transformation. Gene would explain that “change” was about rearranging the past and doing it in a different configuration. He would challenge us toward “Transformation” which was about leaving the past behind and thinking and acting in a whole new way – a paradigm shift. I’m thinking we are overdue for another shift. We don’t need to rearrange recovery any longer. We need to move to the next level of wellness and real community living.



This is much easier to talk about than to do. If you were to ask me, “What are we shifting toward?” I could come up with some things that sounds pretty good. I may be able to spell out a good clear path that everyone could agree

to but I don't think I would be convincing enough to instigate an evolution. That's something we all need to do together and only then will it be inspiring enough to gain some traction. In the meantime, let's look at what we CAN do to begin the transformation.



- Be willing to transform. Be willing to do the hard work that transformation demands. This takes courage and determination. It requires an open mind that is willing to change.

- Be willing to let go of the past. The article I read this morning used the analogy of swinging on a trapeze. When the trapeze artist swings out on one bar there is a moment when he must let go of that bar and grab the next one. If he hangs on to the one in his hand, well, you know what will happen next. Think into the future and imagine what we could do to take our next steps.
- Transformation is probably beyond human will. It requires supernatural intervention. So let's call upon our higher power to move us beyond the past and to give us the courage to step into the unknown and build new pathways for transformation.

We here at Resilience wish all of you the best year ever. Let's truly make it a NEW year, not a rehash of the past, but a really great NEW year.

Lori

Ask Emily

Happy New Year my friends. How do you like my New Year's Eve outfit? I had so many treats I had to sleep it off most of the next day. The humans were doing this too so I wasn't alone. Our question the month comes from a lovely team of canine cuties who live with the amazing Lyn Legere. My mom admires Lyn and just loves it when they get to hang out together so I'm happy to be of help to her canine team.

Dear Emily,

As you can see we are a five-dog team working under the direction of Lyn Legere -I'm sure she needs no introduction since she is famous. We love working with Lyn. She is a great mom and a good leader, but sometimes we have a breakdown in communication and we need help in sorting this out. The picture of us tells it all. Oh, by the way, that's me – Joey - I'm the one in the middle with my paws on the glass. To my right is Bella and to my left is Lucy and Izzy. Georgie, the fifth member of our canine team tends to distance himself from us when we get in trouble, hence his picture is separate. With introductions out of the way, let's get back to the problem at hand – we take our job seriously – you can probably tell this by the expressions on our faces. We like to really go all out when we have the occasion to greet visitors. We multitask by jumping, licking, crowding, bumping, sniffing, all the time smiling, drooling and wagging. Then, right when we think we are doing the best job of greeting ever, we get exiled to the porch like you see in this picture. We don't understand this. Can you shed some light on why our excellent greeting skills are unappreciated?

Joey





Bella, Joey, Lucy and Izzy



Hey – we were just doing our job....right??



Georgie

Dear Joey, Bella,
Lucy, Izzy and
Georgie,

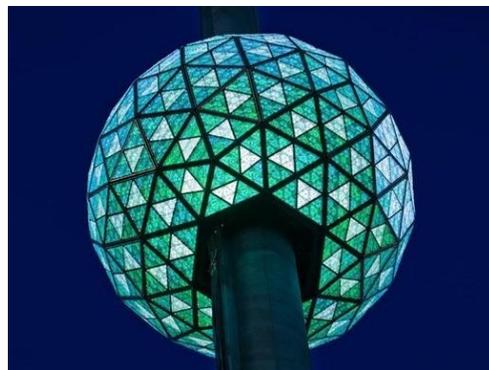
I can soooooo relate to this dilemma. The basic problem, as I see it, is that humans rely so strongly on

words to communicate. We dogs have many more ways of knowing things. Communication is important in relationships. A big part of my recovery has been about learning how to have positive relationships in general, and especially with humans. I've had to learn to listen and see if I can understand what they really want. This takes a lot of patience. The other thing I've had to learn is to not assume that I always know what is best. I've had the same experience you describe of offering a very enthusiastic greeting to guests only to be scolded for it right in front of everyone. It's embarrassing and it hurts my feelings. Then I have to learn to get over that and be a loyal friend again. It might make you feel better to know that humans have to do this with each other all the time too - it's not just about us. I think the best thing we can do is to try and role model loving relationships for them. I wish you the best in your relationships with humans.

Love, Emily

Fun Facts about New Years!!

- Auld Lang Syne is sung at midnight to toast in the New Year. The song was composed by Robert Burns sometime in the late 1700's. The term means "old long ago" or "the good old days."
- December 31, 1907 saw the very first ball dropping in Times Square.



- The very first New York ball was 700 pounds, 5 feet in diameter and made from wood and iron.
- The modern ball that is dropped in New York is made from Waterford Crystal and weighs over 1,000 pounds. There are over 9,000 LED lights, but uses hardly any energy.
- Items or food that is ring-shaped is thought to be good luck. This symbolizes “coming full circle”, which is what one year does. Some cultures eat ring-like food through the evening and through the night to ensure good luck will be bestowed upon everyone who eats.

Facts found online from the 20-20 Site – See It Clearly.

A Tail Waggin' Chuckle!!

Stick with me friends!! We'll escape the snow as long as we stick together!!





I guess this means we're not going for a walk, huh??!!

Pictures from Nancy Barber of Pets on Mom.me.

Don't forget to check out Lori Ashcraft's Blog!!

To read and contribute to Lori's blog, click on the link below:

www.resilience4u.us





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.

Visit our website at www.resilience4u.us

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