

Resilience, Inc.
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Resilience Inc. Newsletter: August 4, 2017 (Volume 24)

This month's newsletter includes:

**A Message from Lori Ashcraft, Singing with Singapore,
Ask Emily and Celebrate World Friendship Day.**

A Message from Lori Ashcraft.

Hello Friends,

Can you believe it's August already? Ordinarily my thoughts turn toward the Fair this month, and I start thinking about cotton candy and corndogs. But we talked about the fair last August and there is only so much you can say about the Fair. So this August, let's talk about the amazing, interesting, unusual event that takes place this month in the Black Rock Desert in Nevada known as Burning Man. The first event was held in 1986 on Baker Beach in San Francisco with an attendance of around twenty people. The attendance rose to 70,000 in 2015. Smaller regional events inspired by the principles of Burning Man have been held internationally; some of these events are also officially endorsed by the Burning Man Project as regional branches of the



event. Tales of this event may have left you with a bad taste, thinking it was a wild party held by irresponsible out-of-control pyromaniacs. Not so.

Burning Man is an annual gathering—a temporary city described as an experiment in community and art, influenced by 10 main principles: "radical" inclusion, self-reliance and self-expression, as well as community cooperation, civic responsibility, gifting, decommodification, participation, immediacy and leaving no trace. At Burning Man the community explores various forms of artistic self-expression, created in celebration for the pleasure of all participants. Participation is a key precept for the community—selfless giving of one's unique talents for the enjoyment of all is encouraged and actively reinforced. Some of these generous outpourings of creativity can include experimental and interactive sculpture, building, performance, and art cars among other media.



I think we have a lot to learn from Burning Man that could be replicated in our own communities. What if we were committed to a radically participatory ethic? What if we believed that transformative change, whether in the individual or in society, can occur only through the medium of deeply personal participation? What if everyone was invited to work and **Everyone** was invited to play? These are important questions when we talk about community integration. Other than a few examples here and there, we have yet to develop communities that embrace differences and value the gifts of **Each** person. It's possible. Let's try to make it happen.

Lori

Singing with Singapore.

Singing along with wonderful Singapore!!



Yes, we've been back to Singapore this month and spent several weeks with the wonderful folks there.

Another class of twenty wonderful peers "gladulated" from our Certified Peer Specialist course, and some are now taking a train the trainer class so they can sustain their growth and development. If you ever come to Singapore, it won't take long before you fall in love with the Singaporeans. They are extremely wonderful people and their peers ROCK!!! We have now "gladuated" 42 peers and at least 16 of them are employed. Others are volunteering and/or finding ways to give back while waiting for additional jobs to open up. There are also several other peer support specialists here in Singapore doing good work .

Ask Emily.

Hi Folks,

As you can see, I'm all dressed up to go to Burning Man. There is a note on their website that says, "no dogs" so mom is going to try to get me a press pass so I can be admitted as a journalist. This is a clear case of canine profiling if you ask me. I really hope I can go – do you have any idea how much sniffing there is to do there? A gold mine of smells! Anyway, time to give advice, so enough about burning man for now. This month's question comes from Jade. Jade takes care of Carolyn and Jake Taylor in Rolling Meadows, Illinois.



Jade is a 15-month-old Labrador Retriever and she was named after the stone because it is said to carry nourishing energy and can be very healing. Jade is also talkative – and appears to have her own language!!

Dear Emily,

Burning Man sounds so cool!! I'd love to attend. I'm at an age (just recently had my 1st birthday) where I have lots of energy and would love to race around kicking up dust in the desert. Which brings me to my need for advice. I really resent it when the humans keep trying to calm me down. I want to run, chase things, and well, you can imagine. The humans are always trying to shut down my explosive energy. They seem to think I should be ashamed of it but I love it. And truth be told, I really can't control it and I don't want to do that anyway. So, my dilemma is that if I don't get to act wild and enjoy my energy,

the humans are controlling me and I resent them for it. Do you have any words of wisdom for me? I'm not interested in being a normal dog. I want to be myself, and I want the humans to appreciate me for who I am in the stage of my life where I am right now. I don't want to resent them. HELP!!!!!!

Jade



Dear Jade,

I can so identify and appreciate where you are coming from. When I was your age I had the same issues. I didn't resent the humans – I just ignored them and acted wild and scary. I finally outgrew it and you probably will too. It's part of becoming a mature dog. In the meantime, try this: Think of the things you CAN do that will help your relationship with your humans. These will be your strengths. Do them as often as you can. They will help balance out the things you

can't do –like sit still or keep from running, jumping up on people, etc. The more you practice your strengths, the more the humans will value you and will be more willing to be patient with the things you can't control. Give this a try. It's a way to change yourself and your humans. Good luck and let me know how it goes.

Emily

Celebrate World Friendship Day.

Did you know that the first Sunday in August is declared as World Friendship Day? This year it is on August 6, 2017. The first Sunday in



August was declared as a holiday in honor of friends by Proclamation made by US Congress in 1935. This beautiful idea of celebrating friends has also been accepted by several other countries around the world.

Interestingly, Friendship Day was originated by Joyce Hall, the founder of Hallmark Cards in 1930. This met with quite a bit of resistance – as it was thought to be a commercial gimmick to promote greeting cards. The idea of World Friendship Day was proposed on July 20, 1958 by Dr. Ramon Artemio Bracho during a dinner with friends in Puerto Pinasco, a town on the River Paraguay about 200 miles north of Asuncion, Paraguay. Out of this humble meeting with friends, the World Friendship Crusade was born. The World Friendship Crusade is a foundation that promotes friendship and fellowship among ALL human beings.

Friends are an important part of our recovery, resilience and wellness. So – take a moment on Sunday, August 6 to let your friends know just how important they are in your life.

Information gathered from friendship.org and Wikipedia.

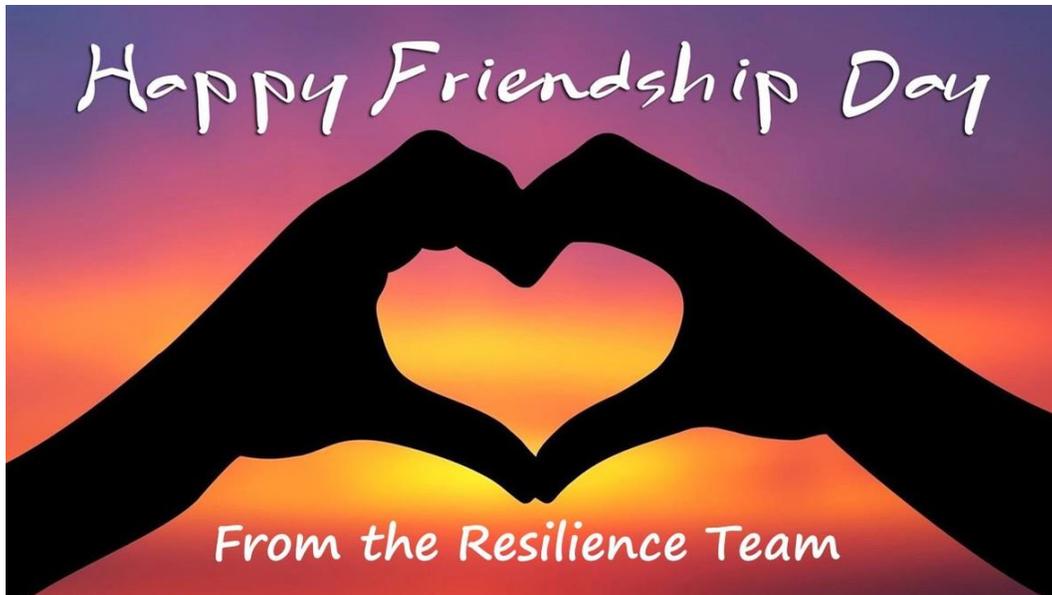
A Request From Emily.

If you have a question that you would like to send me – I would love the opportunity to respond!! Send your question to mail@resilience4u.us and I will respond in an upcoming Newsletter. And – feel free to send me picture of your cuddly self!!

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