



Stanislaus CONNECTIONS

Working for peace, justice and a sustainable environment

A MODESTO
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CENTER
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VOLUME XXII, NO. 3

Inequality for All coming to the State Theatre

A documentary film by Jacob Kornbluth, with Robert Reich

A passionate argument on behalf of the middle class

According to Robert Reich, Chancellor's Professor of Public Policy at UC Berkeley, former Secretary of Labor in the Clinton administration, and expert on economics, we're in the biggest economic slump since the Great Depression, and we can't seem to get out of it. Why? Because, exactly as in the 1920s, so much of the nation's income and wealth are going to the top, that the vast middle class doesn't have the purchasing power to keep the economy going.

Reich has spend most of his working life concerned about what's happening to American workers – their jobs, their wages, their hopes and fears. People are stressed. They're angry and frustrated. Their debt obligations are staggering, yet (if lucky enough to have a job), they're working harder and longer than ever before.

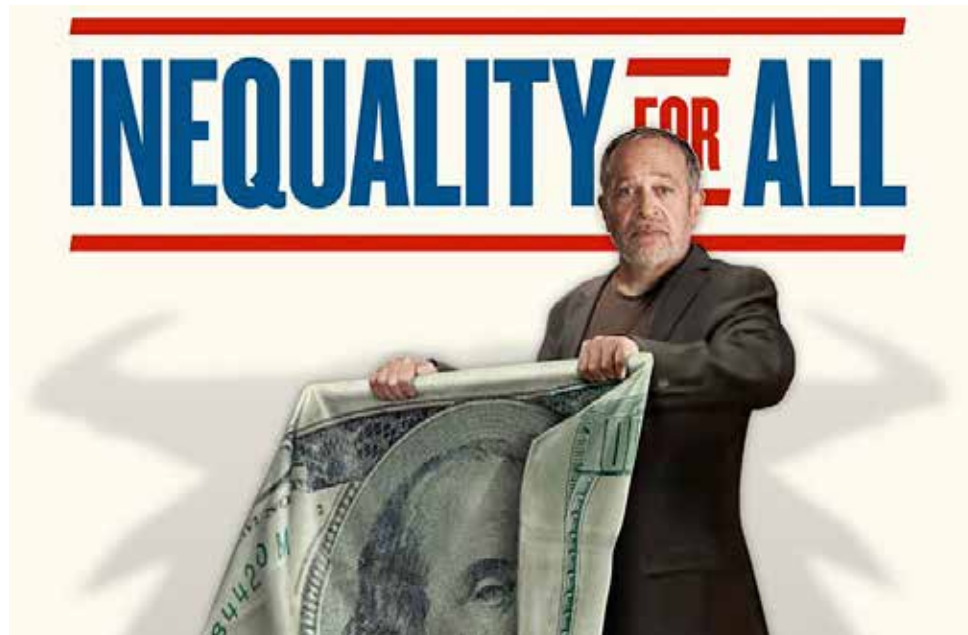
People need to understand what's happening to them – because from their perspective, the picture looks pretty bleak. Our democracy as we know it depends on it.

Says Reich, "I'm an educator. I love the classroom. But I also write books, appear on television and on the radio, and do everything else I can do to help people understand the economic truth. It's my life's work and it's more important than ever. One of the best ways to help people understand the challenges we face, is with a movie that can grab an audience and move them to action. And this movie will do exactly that."

ACTION: SEE THIS FILM which runs at the State Theatre through Thurs. 11/7

For dates and times visit: <http://www.thestate.org/calendar/date/2013-11-07#>

More information: <http://inequalityforall.com>



What was essential and what wasn't

By MATTEA KRAMER and JO COMERFORD

The National Priorities Project

On a damp Friday morning 11 days into the government shutdown, a "few dozen" truckers took to the Capital Beltway in a demonstration with the Twitter hashtag #T2SDA (Truckers to Shut Down America). They wanted to tell lawmakers they were angry, launch an impeachment campaign against the president, and pressure Congress to end itself.

They were on a "ride for the Constitution," protesting big government and yet the opinion polls were clear. In fact, the numbers were stunning. One after another, they showed that Americans opposed the shutdown and were hurting because of it. At that moment, according to those polls, nearly

Essential continued on pg.8

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The Modesto Peace Life Center invites you to

A Harvest Gathering

A benefit for the Peace Essay Contest

Friday, November 1, 2013, 6:00 p.m.

at the home of

John Frailing & Maria Arevalo

1125 Edgebrook Drive, Modesto

Enjoy Delicious Hors d'oeuvres, Desserts,
Good Wines, Special Coffees and Teas

Suggested Donation: \$20 per person

Casual attire

Help us continue our outreach to our community's youth
by supporting the Peace Essay Contest

Adler & Hearne at Great Valley Acoustic Music Series November 15

By CINDY VAN EMPEL LEMAIRE



The Great Valley Acoustic Music Series continues its second season bringing outstanding acoustic folk music to hungry ears with Adler & Hearne on Friday, November 15.

From the Upper East Side of Texas outside the rural arts hamlet of Winnsboro, award-winning performing songwriters Lynn Adler and Lindy Hearne serve up fresh

harvests of homegrown music mixed with seasoned original songs in a genre they describe as "Folk-Jazz Blues-Grass. Certified Organic."

In concert, she (Adler) and he (Hearne) have a signature sound that reflects a second-nature connection the two have as songwriters and as partners in life.

Adler & Hearne's music has grown deep roots in the sandy soil and piney woods of their Spring Hollow Organic Song Farm. The duo's musical formative years share common experiences in folk, gospel and classical music – organic influences that inform their singing and songwriting. But the subject matter of their songs knows no bounds, nor does their musical style. Their live sets range from crooning songs of love and longing, losing and finding – to covering touchy subjects with unexpected musical overtones – to camping it up with modern day spirituals steeped in dry wit.

Join us for the evening at 918 Sierra Dr. (Central Grace Community Church), next to Modesto High at 1st St.

Tickets \$10 at the door. All proceeds benefit the artists. Learn more at <http://www.adlerandhearne.com>

Poets to read at presentation of Song of the San Joaquin

By CLEO GRIFFITH

Modesto Poet Laureate Emeritus Ed Bearden will be one of the local authors who will read their poems at the presentation of *Song of the San Joaquin*, Fall Issue, Vol. X, #4, Saturday, November 2, 1 p.m. – 3 p.m., in the Downstairs Auditorium of the Stanislaus County Library, 1500 "I" St., Modesto, CA.

Poets from the Central Valley, Bay Area, Sacramento, Sierra foothills and even Alaska will read their own work at this event presented by Poets of the San Joaquin, the Stanislaus County Library, and Friends of the Library. The reading is free and appropriate for all ages. Light refreshments provided.

An "open mike" follows the formal presentation. *Song of the San Joaquin* is a poetry journal dedicated to the lifestyles of the California Central Valley. For more information, submissions, or subscriptions, contact Cleo Griffith, 543-1776, cleor36@yahoo.com

MERCY KILLERS: A one-man play by Michael Milligan

The Story: Joe loves apple pie, Rush Limbaugh, the 4th of July and his wife, Jane. He is blue-collar, corn-fed, made in the USA and proud, but when his uninsured wife is diagnosed with cancer, his patriotic feelings and passion for the ethos of life, liberty and the pursuit of happiness are turned upside down. In *Mercy Killers*, a new one-man play, Joe struggles with the uniquely American experience of losing your health in the land of plenty.

Raw, emotional, and devastatingly honest...Broadway actor Michael Milligan's solo show gives an insight into the destructive personal impact of the American Healthcare system. It makes public the private stories of thousands of

Americans and shows an urgent need for change in a system failing so many. His performance is incredibly powerful and passionate, sweeping the audience up in Joe's story; making them laugh sometimes and bringing them to the edge of tears Milligan has written a beautifully moving and thought-provoking piece that will leave you feeling a mixture of thankful, angered, and saddened. –Anita Magee, *ThreeWeeks*



Thursday, November 7, 7:00 p.m., San Joaquin Delta College, Atherton Auditorium. Tickets: \$10*. Tickets free to all students with student ID. Delta Center for the Arts Box Office, 954-5110.

Order on line: <http://www.deltacollege.edu/div/finearts/dept/dca/calendar.html> or, contact Suzy Arnett, 209-639-4191. Box Office hours: Tues.-Fri. 11am-6pm; Sat. 11am-3pm. Student & child tickets must be picked up at DCA Box Office.

*A facilities fee is applied when processed through Delta Center for the Arts Box Office. PARKING: Lot 3 parking lot recommended. \$2.00 fee per car. Purchase ticket at boxes at end of each parking lot.

Sponsored by: San Joaquin Delta College, Single Payer San Joaquin, Campaign Healthy California, the Harold Clurman Laboratory Theater Company, Stella Adler Studio of Acting.

Information at <http://mercykillerstheplay.com/home/>

SAVE THE DATES!

THE FREEDOM RIDERS:

Saturday, November 9, 2013 2:00 PM

Join two girls from 1961, Jennifer and Tiffany, as they explore the intense history behind the Civil Rights Movement in this co-production from the Sankofa Theatre Company and the Gallo Center. As Jennifer persuades Tiffany to join her on the Freedom Ride to Alabama, historical figures appear to share their own stories. From Martin Luther King, Jr. to Malcolm X to the Little Rock Nine, history comes to life onstage.

Tickets: Call (209) 338-2100 or visit <http://www.Galloarts.org>


Annual Holiday Potluck Song Fest

A celebration of our Peace community will be held on Saturday, December 14, 5:30 - 9:00 PM at the Onorato's, 1532 Vernon Ave., Modesto, with minstrel John Poat of Wooden Nickel.

Bring your favorite dish and beverage to share, your merry Holiday spirit, and your eagerness to sing.

13th Annual John McCutcheon Concert January 14

Six-time Grammy nominated folk musician John McCutcheon brings his annual Left Coast tour to Modesto on Tuesday, January 14, 2014 at 7:00 PM at the Modesto Church of the Brethren, 2301 Woodland Avenue. This is his 13th benefit concert for the Modesto Peace/Life Center. Save the date and join us!



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Modesto Chapter
Parents, Families, and
Friends of Lesbians
and Gays

The 2013 Modesto Solar Fair a success

By RICHARD ANDERSON

The Sept. 28 Solar Fair at Modesto's Church of the Brethren was a stellar success! With the Church's 200 solar panels as a backdrop, about 100 people attended the three-hour event, talked with reps of 8 local solar installers, and listened to Pete Shoemaker and Mike Zweifel explain PG&E's and MID's policies (<http://youtu.be/fhI8F5TzEyc>). Hero Financing, which Turlock recently approved to finance solar rooftop projects, and Modesto's Umpqua Bank branch reps explained how residents can get reasonable solar loans.

Of course, if a homeowner has the money to cover the cost, that's better than borrowing. After the panels have paid for themselves (a 9-12 year payback period), the owner saves thousands of dollars per year for another 15 to 20 more years.

The Fair helped spread the good news: solar panels are a lot cheaper now. The Federal government still gives a 30% tax credit for solar projects (until 2016), MID pays an immediate rebate of \$0.80 per watt of installed AC power, and many local solar companies are anxious to help you decide if rooftop solar can work for you.

YOU can help decrease our dependency on distant energy sources (think war to protect our Middle East oil sources) by entering a partnership with the US government and MID.

The Fair's sponsor was Solar Everywhere, which is dedicated to fostering the local deployment of solar rooftops. Frank Ploof and I were the Fair's major organizers. Frank is excited about the solar potential in our area. "A recent DOE analysis cites Modesto as having 29,002 solar viable rooftops." (www.solarroadmap.com/national/california/modesto-ca/)

This DOE study states that development of our renewable energy production through local solar PV could produce these positive impacts over the next 5 years in Modesto:

LOCAL IMPACTS	CITY OF MODESTO
Solar Viable Residences	29,002
Residential Potential(kW)	147,909
Total Market Potential (kW)	519,125
Annual Energy Production (kWh)	715,873,000
Equivalent Homes Powered	61,550
Economic Impact (\$)	\$960 million
Workforce Impact (Jobs):	4,984

For Modesto alone, nearly a billion dollars of potential economic impact and 4,984 jobs! And in these times of harmful CO2 emissions, solar is a local action you can do with global benefits.

ACTIONS: Visit the Solar Everywhere web site. www.SolarEverywhere.org. We have no economic ties to any of the contractors. Explore the California Solar Initiative site. www.gosolarcalifornia.ca.gov/csi/index.php



Look for
CONNECTIONS
online at:
<http://stanislausconnections.org/>

2014 Peace Essay Contest

"It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it."

(Eleanor Roosevelt)
Broadcast. Voice of America
November 11, 1951

INTRODUCTION for Division I (grades 11-12) and Division II (grades 9-10):

History shows us that conflicts between people, families, groups, cultures and nations are inevitable. When disagreements arise, too often people respond with anger and violence. Alternative actions can be undertaken to avert violence and the destruction that accompanies it. All too often, when conflict is experienced, the use of force and violence is often promoted as the best means of solving conflict and settling disagreements. Taking the time to explore alternatives that encourage understanding and cooperation can lead to peaceful resolution of conflicts and prevent war. All of us should participate in promoting actions that lead to peace. Appreciating other perspectives, understanding cultures different than our own and learning to work cooperatively are good beginning steps. Implementing these ideas (and many others) can lessen tensions and prevent war, thus creating a more peaceful world.

DIVISION I (grades 11 & 12)

In your essay of 500-1000 words, begin by briefly describing a past or current international conflict that did or could escalate into war. Then describe the harmful consequences that did or could result from the conflict or war. Next propose a non-violent strategy that could be implemented that would reduce the tensions and contribute to a peaceful resolution of the conflict. Be specific about the steps you think would be necessary to make your idea work. Conclude by explaining how your proposal would lessen tensions and hostilities on all sides and create the possibility for lasting peace.

DIVISION II (grades 9 & 10)

In your 500-1000 word essay, begin by briefly describing a past or current specific situation somewhere in the United States that did or could escalate into violence. In the body of your essay, propose a non-violent strategy that could be implemented that would reduce the tensions and contribute to a peaceful resolution of the conflict. Be specific about the steps you think would be necessary to make your idea work. Conclude by clearly explaining how your proposal would lessen tensions and hostilities on all sides and create the possibility for lasting peace.

INTRODUCTION for Division III (grades 7-8) and Division IV (grades 5-6):

History shows us that conflicts between people, families, groups, cultures and nations are unavoidable. When disagreements arise, too often people respond with anger and violence. However, in any conflict there are non-violent alternatives that encourage understanding and cooperation that can lead to a peaceful resolution of the conflict. Being committed to working at peaceful solutions helps each of us practice "keeping our cool" when we find ourselves in a conflict. A "cool head" then allows us to follow through with our commitment to finding a peaceful solution.

DIVISION III (grades 7 & 8)

Think of an example of a conflict you know about in your community or elsewhere in California. Begin your essay of 250-500 words by briefly describing the conflict. In the body of your essay, suggest a non-violent strategy that could be implemented that would reduce the tensions and contribute to a peaceful resolution of the conflict. Be specific about the steps you think would be necessary to make your idea work. In your conclusion, explain how peacefully resolving local and regional conflicts can contribute to a more just and peaceful world.

DIVISION IV (grades 5 & 6)

Think of an example of a conflict you know about in your school, neighborhood or community. Begin your essay of 250-500 words by briefly describing the conflict. In the body of your essay, suggest a non-violent plan that would reduce the tensions and make the situation better. Describe the steps you think would be necessary to make your idea work. In your conclusion, explain how resolving our local, everyday conflicts can contribute to bringing about a more just and peaceful world.

AWARDS	1st Place	2nd Place	3rd Place	Honorable Mention
Division I	\$300	\$200	\$100	\$50
Division II	\$300	\$200	\$100	\$50
Division III	\$150	\$100	\$50	\$25
Division IV	\$150	\$100	\$50	\$25

Deadline for entries:
November 15, 2013

Notification of winners: Early February, 2014

- Download the flyers and entry form and "Like Us" at: www.facebook.com/PeaceEssayContest
- Email your questions to: peaceessay@juno.com
- View/print flyers at: www.stanislausconnections.org

See rules and submission information on page 4



Peace Essay Contest 2014

Rules & Submission Directions

- The Peace Essay Contest is open to all fifth through twelfth grade students who are residents of Stanislaus County or attend any public, private, or home school in Stanislaus County.
- Submit one copy of your essay. Essays in Division I & II must be typewritten, double spaced. Essays in Divisions III & IV must be either typewritten or written in dark ink, double spaced, using one side of **white** paper 8 1/2 x 11 inches. Number the pages consecutively. Your essay must be of a quality to photocopy legibly. **YOUR NAME OR IDENTIFYING INFORMATION SHOULD NOT BE ANYWHERE ON OR IN THE ESSAY.**
- Give your essay a title. Place it on the first page where you begin your essay. **DO NOT** use a separate title or cover page.
- Print and complete the Entry Form (may be found at: www.facebook.com/PeaceEssayContest OR www.stanislausconnections.org OR request a copy via email at: peaceessay@juno.com)
- Cite any quotations, borrowed ideas, and facts that are not general knowledge. If you are uncertain about plagiarism, ask your teacher.
- You must do your own work. However, you may ask a teacher, parent, or friend for constructive criticism.
- The Modesto Peace/Life Center reserves the right to reprint entries. Entries will not be returned.
- Entries may be delivered to the Modesto Peace/Life Center, 720 13th St., Modesto, from 2 p.m. - 5 p.m., November 13-15, 2013. You may also mail all entries, postmarked no later than November 15, 2013 to:

2013 Peace Essay Contest
Modesto Peace/Life Center
P.O. Box 134
Modesto, CA 95353-0134

Judging

A distinguished group of local writers, educators, and peacemakers will judge the essays.

Judging guidelines (in order of weight) include:

- Content:
 - Does the essay demonstrate concern for establishing a more peaceful world?
 - How well-developed are the ideas?
 - Does it address the given topic?

II. Style:

- Is the essay original and interesting?
- Is it written with conviction?
- Does the personality of the writer come through?

III. Clarity of expression:

- Are the ideas clearly stated?
- Is the essay well-organized?
- Does it have an effective beginning and ending?

IV. Mechanics:

- Is grammar, spelling, and punctuation reasonably correct?
- Does the author cite all quotations, borrowed ideas, and facts that are not general knowledge?
- Does the essay stay within the word limit?

Prizes

First, Second, and Third prizes will be awarded in each of the four divisions which have at least 15 entries. In the event that fewer than 15 entries are entered in any one division, all prizes may or may not be awarded in that division at the discretion of the judging panel. Up to three Honorable Mentions may be awarded in each division. Group entries (more than one author) are welcome however a student may only enter one essay.

The writer of the best essay in a division from a school which has ten or more entries in that division will be honored as the school winner. All participants will receive a Certificate of Participation.

Notification of Winners

In mid-February 2014, winners will be notified through the student's teacher. Prizes will be presented at an Awards Reception in the spring. All participants, teachers, judges, and sponsors will be invited as guests of honor.

2014 Peace Essay Committee: Peggy Castaneda, Indira Clark, Pam Franklin, Elaine Gorman, Linda Lagace, Deborah Roberts, Sandy Sample, Shelly Scribner and David Tucker

This 27th Annual Peace Essay Contest is a project of the Modesto Peace/Life Center (209) 529-5750 and is co-sponsored by: Department of Literature and Language Arts, Modesto Junior College

Green Tips for a Green Planet: Acorns and Pumpkins

By TINA ARNOPOLE DRISKILL

This month is much ado about thankfulness and enjoying the fruits and nuts of a bountiful harvest. In keeping with green living we focus on last month's Jack O Lanterns and bountiful acorn fall.

Acorns

Last month I visited with our "walk her talk" friend, Lillian Vallee, who was on hiatus from the Rivers of Birds column in Connections in order to fulfill some publication deadlines. As



I enjoyed her magical native plant garden, complete with miniature fairy gardens for her grandchildren, we

discussed the large acorn harvest from the many Valley Oak trees in her East La Loma Park neighborhood. From that discussion I learned that she gathers, processes and eats acorns as part of a healthy, green diet. She offers the following information for those who would like to do the same:

Her information was taken from Acorn Queen, Suellen Ocean's self-published cookbook, which was donated to the California Oak Foundation and can be found online at http://www.californiaoaks.org/ExtAssets/acorns_and_eatem.pdf. "It has a wonderful array of recipes, many of which I have tried," she says. Here are two important paragraphs from Suellen's book:

"Acorns provide a complete vegetable protein, up to seven percent by weight in some varieties. In some species more than half of the acorn's weight is carbohydrates, which provides a good source of energy....[acorns] contain significant quantities of calcium, magnesium, phosphorous, potassium, sulfur, fat and protein. They are especially good in cookies, breads and pies."

Lillian warns, "If the acorns have sprouted, be careful. Do not use green meat. It is critical that the acorns be ground and LEACHED. I would refer readers to the Suellen Ocean site. She has had so much experience with them. Here's Suellen's leaching method":

"...put them in the blender...(3 cups water per 1 cup acorns) and "liquefy" them. Make sure...they are "finely" ground. YOU MUST GRIND THE ACORNS AND YOU MUST LEACH THEM. You'll use this same water to leach them...keep [the ground] acorns leaching in large-mouthed quart-size canning jars in the refrigerator. The blended meal will settle to the bottom. Everyday for about a week...pour the darkened water off and add fresh...[being] careful [not to] pour out [the] acorn meal. The water will get clearer everyday. This leaching process is done to remove tannic acid."

Green Tips. . . . continued on pg.10

stanislaus
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Not Waiting for Doomsday

By JENIFER WEST

Someone asked me at work the other day if I'm a "prepper". I politely explained that we don't have a stockpile of dehydrated food to last us through Doomsday and beyond – we just like to be as self-sufficient as possible. Therefore, we have a year-round garden and some fruit trees, and have learned to produce as much of what we consume as possible. More recently, I've also invested in ways to cook using little or no fossil or other fuel.

So I recently invested in an All American solar oven (for my money, the "Rolls Royce" of solar ovens!) – wahoo! It definitely wasn't a frivolous purchase. It's just that the SOS (reviewed in this column earlier this year) doesn't get quite hot enough to bake bread. Don't get me wrong – it's great for brownies and things like that. And it's an excellent slow cooker – food cooked at lower temperatures develops incredible flavor! (The SOS cooks a little cooler than a crock pot, but, as long as the day is sufficiently sunny and it's properly positioned, it stays within the "safety zone".) But if you want to bake sandwich bread, it's not quite so good. And since 2/3 of our household now refuses to eat store-bought bread, I took the plunge.

Great investment! The All American is extremely well made, and can achieve temperatures as high as the 300 – 400 F degree range – plenty hot enough to turn out a nice loaf of bread. This baby's worth every penny. During last summer's heat wave, for example, we never touched our stove, which certainly saved us money on our utility bills! So I figure we'll save enough over the next year or two to more than pay for the energy-saving cooking devices that have joined our culinary arsenal.

Although we haven't yet experienced a failure, there has been a bit of a learning curve with each oven. The All American has an ingenious system to help "focus" it (set it up for maximum sunlight absorption), and an adjustable "leg" that allows the back side of the oven to be moved up or down, changing the angle at which the oven faces the sun. This, in turn, controls the amount of light that gets in. It's amazing what a difference that makes in the temperature of the oven, especially during these shorter days! A self-leveling rack inside helps keep the contents from spilling over as the oven is raised or lowered. These features have come in very handy,

as the angle of the sun has changed dramatically over the past couple of months – and with it, the intensity of the light.

Learning to use the All American has actually helped me learn to work with both ovens more effectively, which is a very good thing, because as the angle of the sun has changed, so have the length and trajectories of the shadows from landscaping, buildings, etc. So I'm finding that I can no longer put things like soup or frozen meat into the oven (even the All American) later than 9:00 or 10:00 a.m., and that it's now necessary to "chase" the sunlight around the yard. Last summer, I could dash home at lunch and throw a roast or pot of beans into one of the ovens, and maybe some rice or potatoes in the other, and come home to a fully cooked meal. Yet, because they use the sun's light and not heat, we'll still be able to enjoy using our solar cookers even when it's cold, so long as the day is relatively sunny.

Our solar ovens are on wheeled gardening carts, so we can move them around to make the best use of the sunlight. The increased height also makes them much easier to load and unload. The carts have shelves underneath, which work very well for keeping handy things like silicone pot holders, canning jar rings (useful for creating space under cooking pots), and the thermometer for the SOS (the All American has a built-in).

Solar cooking fosters a closer connection with our environment. Until I used ours during the fall, for example, I never noticed the subtle changes in things like the angle and strength of the sunlight, nor the differences in shadows that occur during different times of the year. Understanding these gradual changes has actually helped make me a better gardener, for example, as I'm better able to see and feel the slow progression from one season to the next, and so am better able to judge when to plant things as the seasons change.

Besides – there's just something magical about putting food into an insulated box in the sun, and coming back awhile later to find it cooked and ready to eat!

So we may not be stockpiling enough "backpacking food" to get us through Armageddon, but we definitely are reducing our carbon footprint, living more closely to the earth, and saving money in the process!

Information on the solar oven at <http://www.sunoven.com>



Science, Democracy, and Fracking toolkit: A Guide for Community Residents and Policy Makers Facing Decisions over Hydraulic Fracturing

From the Union of Concerned Scientists

Recent advances in hydraulic fracturing (or "fracking") technology are leading to a rapid expansion in domestic oil and gas production. The pace of growth is driving many communities to make decisions without access to comprehensive and reliable scientific information about the potential impacts of hydraulic fracturing on their local air and water quality, community health, safety, economy, environment, and overall quality of life.

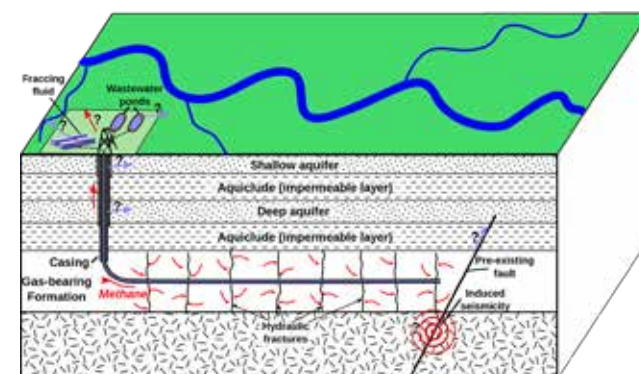
Are you an active citizen in a community facing decisions about fracking? This toolkit provides practical advice and resources to help you identify the critical questions to ask and get the scientific information you need when weighing the prospects and risks of shale oil or shale gas development in your region.

This toolkit can improve decision making on fracking by helping you to:

- Identify critical issues about the potential impacts of fracking in your area, and how to obtain answers to your questions
- Distinguish reliable information from misinformation or spin – and help your neighbors and local decision makers do the same
- Identify and communicate with scientists, journalists, policy makers, and community groups that should be part of the public discussion
- Identify and engage with the key actors in your community to influence oil and gas policy at the local and state level

Download the toolkit at <http://www.ucsusa.org/assets/documents/center-for-science-and-democracy/fracking-informational-toolkit.pdf>

Visit <http://www.ucsusa.org/center-for-science-and-democracy/>





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A Revolution Comes in Stages — Occupy or Otherwise

By GEORGE LAKEY

All of us hold an idea about how progressive change might happen, whether or not we spell it out explicitly. For some it's an elaboration of grassroots alternative-building, for others it starts with flooding legislators with advocacy. One way or another, we all have one. But, while reading Nathan Schneider's important recent piece on the Occupy movement in *The Nation*, I was reminded of the power of a theory of change to shape our actions. (<http://www.thenation.com/article/176142/breaking-occupy>)

Nathan — who is also an editor at *Waging Nonviolence* — turns to the theory of change developed by my friend Bill Moyer, the late civil rights organizer who went on to influence a number of social justice campaigns. Bill identified a series of eight stages that successful movements tend to go through on their way to victory; he called his theory the Movement Action Plan. Nathan finds that Bill's fifth stage helps us understand Occupy in the past year or so, when a lot of participants have felt discouraged. Bill found that successful movements usually go through a let-down after the adrenalin rush of sudden growth in stage four, only to recover in stage six and have a chance of winning. (See <http://www.newsociety.com/Books/D/Doing-Democracy>)

Early on in a movement, participants often see victory just around the corner. In their euphoria they imagine walls crumbling and victory within reach. Their theory of change has been influenced by movies and brief historical references to past movements that turn a long and tortuous slog into, for example, Rosa Parks on a bus and Dr. King having a dream. Disappointed when their drama tapers off, as dramas do, they imagine that the euphoria is all there is and go into despair when they don't see the dreamed-for results.

When social movements succeed, Bill found through study and experience, they survive the wilderness of stage five and advance to the effectual activities of stages six and seven — often with more drama along the way.

Reform or revolution?

Bill's Movement Action Plan, or MAP, is an excellent guide for movements aiming at reform. I discovered on a training trip to Taiwan in the early 1990s that progressive community and labor organizers were already using MAP to guide their work. However, Occupy's goals go well beyond reform. Occupy famously wanted to end the rule of the 1 percent, for one thing. To accomplish that goal, we need a model that shows how a movement goes beyond reform to facilitate a revolution.

In the organization Movement for a New Society, Bill and I were very close comrades, doing model-building at the same time but addressing different situations. In my strategy workshops I taught Bill's model for participants who were into carrying out reform, but I used a second model for the revolutionaries present. The second model was called Strategy for a Living Revolution.

The good-news/bad-news from the Living Revolution

perspective is that although Occupy did many things right, there was no reason to expect short-term success because the movement overwhelmed itself with a multiplicity of tasks that couldn't all be done at the same time.

The movement wasn't wrong about some elements that are needed for a revolutionary movement; it was simply mistaken to think that it's possible to do in a New York minute what takes substantial time. Activists somehow forgot an urban farmer's wisdom and imagined that fertilizing, planting, weeding and harvesting could all be done at the same time. Organic revolutions unfold in stages.

successful movements usually go through a let-down after the adrenalin rush of sudden growth in stage four, only to recover in stage six and have a chance of winning

Activists in the first stage of a living revolution share a radical analysis in a clear and memorable way, and Occupy did that brilliantly with its meme of the responsibility of the 1 percent. Considering how thoroughly class analysis had been pushed out of U.S. political discourse by decades of propaganda and repression, Occupy made a breakthrough, and its participants can always be proud of that achievement.

In the first stage, however, a movement also needs to create a vision of what should replace the existing oppressive system, and Occupy wasn't able to reach a critical mass on that one.

All in good time

Occupy wasn't the first spontaneous rebellion that failed to project a vision that could win allies for the longer struggle. In May and June of 1968, millions of French students and workers rose up; occupations were a favorite tactic for them too. Some tried in the midst of the insurrection to hold assemblies in which a vision could be hammered out that would offer an alternative to French capitalism and authoritarianism. The activists weren't trying for a blueprint; a broad vision would have been sufficient. But an agreed-upon vision couldn't be generated in the heat of the moment.

That proved costly for the movement. I believe it was one reason why DeGaulle's government ended up surviving the insurrection; wavering middle-class elements wouldn't side with the students and workers if they couldn't tell if there was a place for them in a new society. The historically successful anti-authoritarian movements for fundamental change, such as those in Scandinavia, developed their visions over a longer time, giving more people in the society a chance to support them.

The second stage in the Living Revolution model is the work of innovating organizational structures and developing the skills to use them successfully. Occupy participants were right that innovation and skill-building in decision-making needed to happen, but they were mistaken in imagining that it could be done in a matter of weeks, amidst the stress of

running an occupation. I once sat with a sadder-but-wiser organizer at London Occupy as she recounted the high human cost of believing that idealism is a substitute for problem-solving. If we have a theory of change that sees a movement growing through successive stages, however, we can keep our idealism and take the time to solve problems, too.

The third stage is confrontation, and I am awed by the amount of creativity and courage that Occupy participants showed in direct action. Because the confrontation stage can bring on serious repression, it's easy to get distracted by the repression itself, instead of seeing it as one of the factors that can help us achieve our goal. The temptation for Occupy was to waver in its attention on the central issue — the 1 percent and class oppression — and focus instead on the violence of the police.

Barbara Deming, a feminist activist-writer on revolution, used to say that the hardest part when we're doing confrontation is keeping our equilibrium. That's why, in the Living Revolution stages, the confrontation stage comes third instead of first. The first stage's clarity of message and values and vision, and the second stage's building of an organizational infrastructure of solidarity, are what make a movement tough enough to withstand repression without losing its focus.

Be prepared

As I was reminded while working to assemble the Global Nonviolent Action Database, a great many movements have grown — and have even won — by hanging tough and remaining nonviolent through the repression associated with the confrontation stage. It's not rocket science. To maximize the chance of succeeding, though, a smart movement prepares for it, just as an army prepares for battles.

Confrontation leads to the fourth stage of mass political and economic non-cooperation, especially if stages one and two were done well. It's futile — and probably disempowering — to call for something as ambitious as a general strike (as Occupy did in 2012) before the fourth stage, but once the fourth stage is reached, various kinds of strikes can make a major difference.

while strikes and mass non-cooperation can open up a power vacuum, they don't fill that vacuum with a new and democratic order by themselves

Events since the overthrow of Hosni Mubarak in Egypt show, however, that while strikes and mass non-cooperation can open up a power vacuum, they don't fill that vacuum with a new and democratic order by themselves. That's another reason why stage two — organization-building — is so important. If a critical mass of people have new skills and confidence in non-authoritarian relations, then when the power vacuum opens, democratic and participatory organizations can fill the vacuum and facilitate the transition to a new society. That's stage five, a very tricky period in which success depends on whether there's been a clear vision that has won wide support and whether people have released their shackles in the course of the struggle sufficiently to dare to behave in new, more human ways.

Revolution continued on pg.7

As the War Turns 12

By AFGHAN PEACE VOLUNTEERS

Spoken Word Group Piece with The Afghan Peace Volunteers and Luke Nephew of The Peace Poets. Kabul, October Seventh, 2013: The 12th Anniversary of the United States War in Afghanistan.

Today,
As the war turns 12
Me and other Youth in Afghanistan worry we will not
make it alive to visit our families for Eid,

As the war turns 12,
Women in Afghanistan are still sold and traded, beaten and
degraded
we are still demanding our education... but over two
thousand and five hundred
Afghan women have committed suicide so far in 2013

As the war turns 12,
Drone attacks still kill kids like they did my two classmates
and my brother in law
Night raids terrify the people praying
For a chance to sleep through the night in peace

As the war turns 12, We, the young people are 75 percent
of society,
But we struggle for basic education.
We are searching for a peace and unity we have never seen.
We want to design the future ourselves... because as the
war turns 12
The US military says they should have total impunity for
their crimes-
but We ask why!
Why do they think they should not be held responsible

As the war turns 12
We hope it will not be possible for the US to leave 9
permanent bases the way they want to

As the war turns 12, American people protest imperial
violence
and demand their government stop this war, respect the
human rights of everyone in Bagram and Guantanamo bay,
WE say Salaam Alaykum, peace to all people, As the war
turns 12:

The people of Afghanistan WANT
Enough peace to hear the music of their land,
the laughter of their children,
the sound of a man laying a brick to build a home that he
can know is not
going to be destroyed
But war turns people into enemies
Schools into battlefields
Homes into badly built bomb shelters
War turns, us against, each other
But we turn, toward each other
to love all sisters and brothers
We will turn this war torn nation
Back into a place where we can dance
And that is our dream,
We are hoping
This war will never turn thirteen...

From Voices for Creative Nonviolence, <http://vcnv.org/as-the-war-turns-12>

Qur'ans for peace: what one person can do

By REV WAYNE LAVENDER

Clifton, Virginia - I am a man of faith. I have been a Christian pastor for 25 years in the United Methodist Church. It is out of this deep commitment to the principles of my faith that I felt I needed to do something – anything – in response to the potential hate crime that was going to be perpetrated by a church, the Dove World Outreach Center, in Gainesville, Florida, on 11 September.

Despite the fact that authorities for the city of Gainesville denied a permit for the event, saying that open burnings of books are not allowed in the city, Pastor Terry Jones promised to burn copies of the Qur'an in the parking lot of his church on the ninth anniversary of the 9/11 attacks.

As outcries against the burning intensified, Pastor Jones fortunately backed down. But I still wondered, what could I do to confront such hatred and ignorance?

I believe that every action creates an equal and opposite reaction, and that actions of hatred, intolerance and ignorance create an ever escalating cyclical pattern of more hatred, intolerance and ignorance. And so I have been searching for an alternative path, a response more in keeping with the love and grace embodied in the founder of my religion, Jesus Christ, the Prince of Peace.

What symbolic act could I perform that could help undo the hate that would have been embodied in the burning of these Qur'ans and help foster peace and understanding across faith traditions?

I decided that for every Qur'an this church was going to burn in the name of my God, I would deliver a Qur'an to a church within the United States to be included in their church library, because it seems that at this important time in history I can only combat such hate through actions of love and peace.

What a 16-year-old Pakistani Girl Knows

“The best way to solve problems and to fight against war is through dialogue. That’s not an issue for me, that’s the job of the government... and that’s also the job of America.”

“If you hit a Talib with a shoe, then there would be no difference between you and the Talib. You must not treat others with cruelty. ... You must fight others through peace and through dialogue and through education.”

“I thanked President Obama for the United States’ work in supporting education in Pakistan and Afghanistan and for Syrian refugees. I also expressed my concerns that drone attacks are fueling terrorism. Innocent victims are killed in these acts, and they lead to resentment among the Pakistani people. If we refocus efforts on education, it will make a big impact.”

— Malala Yousafzai

Accordingly, I ordered 50 Qur'ans, and when they arrive, I will distribute them to clergy attending an interfaith conference so they can take them back to their congregations.

Misinformation about Islam and cherry picking Qur'anic verses out of context has become a troubling trend in the United States. The Internet is being used to widely disseminate lies, half-truths and distortions that are insulting, hate-filled messages of anti-Muslim and anti-Islam propaganda. These must be countered with messages of truth

that will lead to peace with justice. Islamophobia can best be addressed through further knowledge and understanding of the Qur'an.

What can one person do? I would encourage you to purchase a Qur'an and present it as a gift to your church or place of worship. If we cannot increase tolerance within the United States and our world, I fear we

are headed for a very violent future.

Faced with the prospect of someone burning the Holy Qur'an, I – as a Christian pastor – chose to sow seeds of love and tolerance by giving Qur'ans to local churches where they might not only be a symbolic gesture of peace and religious tolerance, but might also be read for better understanding that, like Christianity, Islam is a complex, nuanced and dynamic faith with its roots in mercy, justice and peace.

What will you do?

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Revolution continued from pg.6

I see the Occupy movement as one of the grander “experiments with truth,” as Gandhi might have put it. We’ll all gain from learning what we can from the experiment. Bill Moyer’s MAP reminds us that reflection is a good thing to do during the downtime of his stage five. Meanwhile, the Living Revolution model suggests that what time we spend clarifying our visions and organizing ourselves will go a long way when the next big moment of heightened drama comes along.

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Essential

from page 1

one in three Americans said they felt personally affected not by too much government, but by too little, by the sudden freeze in critical services.

In reality, that government shutdown was partial and selective. Paychecks, for example, kept flowing to the very lawmakers who most fervently supported it, while the plush congressional gym with its heated pool, paddleball courts, and flat-screen televisions remained open. That's because "essential" services continued, even as "nonessential" ones ceased. And it turned out that whether the services you cared about were essential or not was a matter of just who got to do the defining. In that distinction between what was necessary and what wasn't, it was easy enough to spot the values of the people's representatives. And what we saw was gut-wrenching. Stomach-churning.

Prioritized above all else were, of course, "national security" activities, deemed beyond essential under the banner of "protecting life and property." Surveillance at the National Security Agency, for instance, continued, uninterrupted, though it was liberated from its obviously nonessential and, even in the best-funded of times, minimal responsibility to disclose those activities under the Freedom of Information Act. Such disclosure was judged superfluous in a shutdown era, while spying on Americans (not to speak of Brazilians, Mexicans, Europeans, Indians, and others around the planet) was deemed indispensable.

Then there was the carefully orchestrated Special Operations Forces mission in Libya to capture a terror suspect off the streets of Tripoli in broad daylight, proving that in a shutdown period, the U.S. military wasn't about to shut off the lights. And don't forget the nighttime landing of a Navy SEAL team in Somalia in an unsuccessful attempt to capture a different terrorist target. These activities were deemed essential to national survival, even though the chances of an American being killed in a terrorist attack are, at the moment, estimated at around one in 20 million. Remember that number, because we'll come back to it.

Indeed, only for a brief moment did the shutdown reduce the gusher of taxpayer dollars, billions and billions of them, into the Pentagon's coffers. After a couple days in which civilian Defense Department employees were furloughed, Secretary of Defense Chuck Hagel announced that 90% of them could resume work because they "contribute to morale, well-being, capabilities, and readiness of service members." This from the crew that, according to Foreign Policy, went on a jaw-dropping, morale-boosting \$5 billion spending spree on the eve of the shutdown to exhaust any remaining cash from the closing fiscal year, buying spy satellites, drones, infrared cameras and, yes, a \$9 million sparkling new gym for the Air Force Academy, replete with CrossFit space and a "television studio."

Furloughing Children

Then there were the nonessential activities.

In Arkansas, for instance, federal funds for infant formula to feed 2,000 at-risk newborn babies were in jeopardy, as were 85,000 meals for needy children in that state. Nutrition for low-income kids was considered nonessential even though

one in four children in this country doesn't have consistent access to nutritious food, and medical research makes it clear that improper nutrition stunts brain architecture in the young, forever affecting their ability to learn and interact socially. Things got so bad that a Texas couple dug into their own reserves to keep the program running in six states.

If children in need were "furloughed," so were abused women. Across the country, domestic violence shelters struggled to provide services as federal funds were cut off. Some shelters raised spare change from their communities to keep the doors open. According to estimates, as many as six million women each year are victims of domestic violence. On average in this country, three women are murdered by an intimate partner every day.

But funding for domestic violence protection: nonessential.

Funds for early childhood education, too, were shut off. Seven thousand low-income kids from 11 states were turned away. Their "head start" was obviously less than essential, even though evidence shows that early education for at-risk children is the best way to help them catch up with their wealthier peers in cognition and adds to their odds of staying out of prison in later life.

The National Institutes of Health (NIH) wasn't accepting new patients because of the shutdown. Typically 200 new patients arrive every week for experimental treatment. On average around 30 of them are children, 10 of whom have cancer.

Cancer, in fact, is the leading cause of death among children ages one to 14. But treatment for them didn't qualify as essential. Unlike fighting terrorism — remember the less-likely-than-being-struck-by-lightning odds of one in 20 million — treating kids with cancer didn't make the cut as "protecting life and property."

A father of two young girls in the town of Eliot, Maine, said to a National Priorities Project staffer in disbelief, "If even one kid can't get cancer treatment, isn't that enough to end the shutdown?"

Let this be the last time we find ourselves on the wrong side of that question. Because every day we as a nation allowed our lawmakers to keep the government closed was a day in which we as a people were complicit in replying "no."

Let this be the last time that a couple dozen Tea Party truckers are the only ones angry enough to take to the streets. The vast majority of Americans, whatever their anger when faced with pollsters or TV news interviewers, took this shutdown lying down, perhaps imagining — incorrectly — that they were powerless.

Let this be the last time we allow ourselves such lethargy. After all, there are 243 million Americans old enough to vote, which means 243 million ways to demand a government that serves the people instead of shutting them out. Keep in mind that in the office of every member of Congress is a staffer tracking constituent calls. And what those constituents say actually matters in how legislators vote. They know that a flood of angry telephone calls from their home districts means legions of angry constituents ready to turn out in the next election and possibly turn them out of office.

Shutting Down Taxes

Americans, however, didn't get angry enough to demand an end to the shutdown, perhaps at least in part because poisonous rhetoric had convinced many that the government was nothing more than a big, wasteful behemoth — until, at least, it shut down on them. Think of these last weeks as a vivid lesson in reality, in the ways that every American is intimately connected to government services, whether by enjoying a safe food and water supply and Interstate highways, or through Meals on Wheels, cancer treatment, or tuition assistance for higher education, not to speak of Social Security checks and Medicare.

Deep in the politics of the shutdown lies another truth: that it was all about taxes — about, to be more specific, the unwillingness of the Republicans to raise a penny of new tax revenue, even by closing egregious loopholes that give billions away to the richest Americans. Simply shutting down the tax break on capital gains and dividends (at \$83 billion annually) would be more than enough to triple funding for Head Start, domestic violence protection, the Women, Infants, and Children nutrition program, and cancer care at the NIH.

So let this be the last time we as a nation let our elected officials cut nutrition assistance for vulnerable children at the same moment that they protect deep tax loopholes for the wealthy and corporations. And let's call recent events in Washington just what they are: breathtaking greed paired with a callous lack of concern for the most vulnerable among us.

It's time to create a roll of dishonor and call out the lawmakers who supported the shutdown, knowing just what was involved: Mark Meadows (North Carolina, 11th congressional district), Walter Jones (NC-3), Rodney Davis (IL-13), John Mica (FL-7), Daniel Webster (FL-10), Jim Gerlach (PA-6), Justin Amash (MI-3). And that's just to start a list that seems never to end.

We need a long-haul strategy — the unsexy yet necessary systemic set of changes that will ensure our government truly represents the people. Gerrymandered district lines must be redrawn fairly, which means that citizens in each state will have to wrest control over redistricting from biased political bodies. California has set the example. Then the big money must be pulled out of political campaigns, so that our politicians learn how to be something other than talented (and beholden) fundraisers.

Finally, we must build, person by person, an electorate that's informed enough about how our government is supposed to work to fulfill its responsibility in this democracy: to ensure, that is, that it operates in the best interests of the broadest diversity of Americans.

Ahead will be long battles. They'll take years. And it will be worth it if, in the end, we can give the right answer to that father who asked a question that should have been on everyone's lips.

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Check out the newest Dispatch book, Nick Turse's *The Changing Face of Empire: Special Ops, Drones, Proxy Fighters, Secret Bases, and Cyberwarfare*.

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A Gathering of Voices: "Seek Peace and Pursue It"

By TINA ARNOPOLE DRISKILL

In November our nation honors those "patriots" who go to war to "fight" for peace and freedom. We asked several local poets to reflect upon the topic, "Peace is Patriotic". The poetry reflects this theme and looks at the sorrow and futility of attempting to bring about harmony and justice with violence and force. Shalom is the Hebrew word meaning both peace and wholeness or completeness. Psalm 34 tells us to "seek peace and pursue it." In the Pirke Avot 1:12 Hillel said: "Be a disciple of Aaron: loving peace and pursuing peace, loving your fellow creatures.."

The Priestly Benediction from the ancient Hebrew Temples, which comes forward in Jewish liturgy and is echoed in Catholic and other Christian traditions, ends with "The Lord give thee peace" (Num. 6:26), by way of saying that none of the blessings avail at all unless peace is with them."

Commentary taken from Torah Table Talk – Pirke Avot Shalom: The Sum of all Blessings (Leviticus 4:21 -7:89) suggests, "Our role in the world is to seek and pursue shalom: not just 'peace' but a harmonious working together of all human beings no matter how diverse they are...The Priestly Benediction, then, was meant to serve as a means of restoring harmony in society. God's blessings were for all the people. And the culmination of the blessing was shalom, wholeness and harmony."

Peace is Patriotic

There is a militancy of peace seeking
That strives for universal harmony,
Believes the essence of a patriot
Is the freedom and courage to be at peace.

It loves not guns, nor bombs,
Nor poisoned gases,
But the air of clarity
And total acceptance.

It does not preach "What would Jesus do?"
But acts as if Jesus is doing,
Does not judge, but recognizes personal
Freedom and choice.

Allows each soul its journey,
Calmly sets boundaries
Against greed, misuse of power,
Threats of physical harm.

Does not denigrate the realities of peace through
patriotism,
Comes together united in love,
Never says never to the possibilities of peace.

— Tina Arnopole Driskill

Just Wait

It is during your own time period
that you will be judged least harshly.
Let's say you don't deliver needed energy
until you've jacked up the price.
You might go to a country-club prison,
then upon your release, decide to
contact old cronies who offer you a
high-paying, behind-the-scenes position
in a new large cap corporation.

Just wait a hundred fifty years,
and you might be blamed like
those nineteenth-century robber barons.

It is during your own time period
that you will be judged most harshly.
Let's say you join the army but decide
you don't like any of the choices –
lose your limbs, kill or be killed.
You decide to travel out West and, by chance,
become a mover – though not a shaker.
You change your name, but then the town
names streets and parks using that alias.

Just wait a hundred fifty years,
and you might not be blamed
for saying no to a war nobody liked.

— Louise Kantro

War Forgiveness

In the rubble
of who we fought
I found a brother.

— Brian Wright

Would I change Things?

If I could re-live that time again
would I change things or repeat
the same mistakes.

We always think we would clean
it up, do it differently, have a different outcome.

It's not that I think these mistakes
are pre-ordained or that we couldn't
do it differently. It's that I think
a set of circumstances join together
to create a situation, one we would
repeat again.

We can find the answer in history.
Nations that have never learned to live
together in peace. Politicians who talk
a great game of change before election
then vote the party line like sheep.

Today I heard on the radio someone say
we need to attack Egypt, wipe out the
Muslim Brotherhood. I wondered what
made this person think he was any different
than those fighting their fellow Egyptians.

If I could re-live that time again I would try
to change the outcome, treat you more gently,
give you love not anger.

— Roberta Bearden

The young men and women

graduate from high school – or not
enter college or the work force
meet the partner of their dreams
or keep on looking --
steps along the path of life
we've all been there
the decisions, bad or good
the repercussions,
the joys and sorrows
of bringing into this world
yet another generation
we've all been there
the anxiety of jobs
held and lost
the awkwardness of slowing
as years pass so quickly
acceptance of what they have become
perhaps not hero, but neither villain,
yes, we've all been there,
this is the promise of birth
the years to learn oneself
it is the strength of nations
and it takes strength
to wish to prevent
each individual loss --
the strongest tragedy
of war.

— Cleo Griffith



Elegy For Robert Andrew

You never did talk of those days
in the spring of '45,
when you took trucks and men into Bavaria,
Northern Germany and knocking
down the gate
instead of driving past
you drive right in and stay — at Dachau.
You have work here.
Your charge is last rites;
your assignment a burial detail
with work enough to last your
small band into winter,
and so you toil.
How often you thank your God,
your lucky stars, your good fortune
you have those stripes.
So grateful that from time to time
you throw in with the men
and help with the digging
and with the dumping of
fifty pound sacks of quick lime
to hasten the biblical decree,
“dust to dust.”
It isn't really burial.
Disposal is the word.
Human remains, bodies stacked high,
abandoned by their handlers.
Bodies so thin and frail
so wasted by the same disease,
starvation, that men and women
seem the same.
You give the order
and out they come, with their sameness,
to the open pit dug by a dozer blade
mounted on the front of a tank.
One by one bodies are placed
and covered with lime; finally the tank,
looking strange with it's blade,
is called on to push the dirt back.
The tank will have to do,
no heavy equipment here,
no construction crew.
John Wayne and the “Fighting Seabees”
are in the Pacific.
You are here, in Europe, in Germany,
at Dachau, your face wrapped with
gauze against the stench.
Everyone says it helps and you won't
remove the gauze afraid of finding it doesn't.
You work along side your men,
identical mummies with
steel pots on your heads.
Your work is not yet finished

when suddenly there are new orders.
You are to take your trucks and men
and travel from Dachau to Paris.
You read the orders over and over,
orders too good to be true.
You try to sound decisive but
stifle a giggle when you say,
“Com'on boys let's go to Paris.”
On the road to Paris your little
convoy rides closely clustered,
hearts pounding a single cadence.
Now there will be a tale to tell.
One that can be told to parents and chums.
A tale of Paris in the last days of the war,
a tale of girls in Paris.
Girls who patriotically present themselves
as representatives of a grateful state.
Girls so damn sweet and kind and soft
that Dachau never happened.
— Ed Bearden, Modesto Poet Laureate Emeritus

If

If after the war I am able
to put aside the thoughts
of what I've done or witnessed
to put aside the prejudices
with which I was trained and learned

If after the war I am able
to understand the enemy
as my own or identify
my feelings about my home
and see beyond today

If after the war I am able
to give words for comrades lost
and unable to stand at attention
at a memorial then I may never
raise a weapon to kill another

— Brian Wright



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From The Vanity of Human Wishes

But scarce observed, the knowing and the bold
Fall in the general massacre of gold;
Wide-wasting pest! that rages unconfined,
And crowds with crimes the records of mankind;
For gold his sword the hireling ruffian draws,
For gold the hireling Judge distorts the laws;
Wealth heaped on wealth, nor truth nor safety buys,
The dangers gather as the treasures rise.

— Samuel Johnson

Green Tips continued from pg.4

Lillian adds, “Hope you try this wonderful food; it is a good year for Valley Oak acorns. I don't know if they lower cholesterol, exactly, but they do seem to act like other nuts... I have been told that ailing native peoples are sometimes put back on an acorn diet and do better.”

Jack O Lanterns

Now that Halloween is over and the smiley or scary faces are beginning to droop, the easiest green thing to do is to throw them into the green waste can or break them up into a compost bin or pile. My preference is to use fresh pumpkins in cooking. Depending on when you read this, your Jack O Lanterns will still be fresh enough to enjoy in a number of delicious ways, and hopefully you have only drawn faces on them or left them as they came from the fields.

There are recipes for pumpkin veggie stews or baked pumpkin sweetened with honey, cinnamon and a dab of butter or pumpkin soups... My favorite thing to do with pumpkins is to bake them or turn them into the best pumpkin pies ever! Here is my favorite, but not necessarily healthiest, pumpkin pie recipe (you might also want to find healthier honey or other naturally sweetened recipes on line):

Creamy Pumpkin Pie

Pastry for a 9" crust

1 3/4 cups mashed cooked fresh (or canned) pumpkin

1 1/3 cups sweetened condensed milk (15 oz. can)

1 large egg

1/2 t. salt (op.)

1/2 t. cinnamon

1/4 t. nutmeg

1/4 t. ginger

1 cup hot water

Heat oven to 375 degrees. Beat all filling ingredients together. Pour into pastry-lined pie pan. Bake 50 to 55 min. Garnish with whipped cream, if desired.

Enjoy!

Happy Thanksgiving!



An ad hoc ambassador

By DANIEL NESTLERODE

I don't know which is weirder, trying to make a living as an American musician in the English Folk world or simply being from the United States watching nearly incomprehensible political events day after day.

Actually, I do know. The latter is much weirder.

As a musician, I am learning that the business I have launched myself into is all about personalities. People book you, buy your CDs, come to your shows, and sing along on your choruses because they like you, not necessarily or completely because they like the music you make. In order to get gigs and achieve success on any given night, I need to make a personal connection with most of the audience.

My nationality affects the perceptions of people who make up my audience. Sometimes --with some people-- being an American is an advantage. Sometimes it's a disadvantage. A friend who runs a folk festival in Essex County once looked at me and said, "You have that American lilt in your voice. It really helps get you over." But there are English Folk purists out there who are convinced before they hear me that I cannot make proper folk music because I'm an American. I've seen them sitting in the audience at my gigs with arms folded and scowls on their faces. And one woman actually harrumphed and made a dismissive gesture when I chose to play a Bob Dylan song. (To be fair, she probably saw him on his last acoustic tour of England, and was still mad about the fact that he 'went electric' in 1965.)

But in the end, it all comes down to me. I cannot deny my American identity, so I just focus on making good music. I practice, I write, I search for material that I think will con-

nect with my audience. And when the time comes, I go out and I execute to the best of my ability. Most people enjoy it, and I think my American-ness becomes something of a non-factor in the end.

My nationality affects the perceptions of people who make up my audience

Sometimes being American abroad can be exasperating. Mostly this occurs when the United States makes the news here. The trial of George Zimmerman, wildfires in California, and the partial closure of the federal government have all made the news here.

Two of these three things make being an American abroad somewhat frustrating.

I have no control over these events, and yet there are times and places when I am called upon to act as an ad hoc ambassador and explain what appears to most British people as utter foolishness. I must admit that the longer I live outside the US the more I share their confusion. I'm not longer exposed to the daily inundation of Republicans vs. Democrats and political "balance" in the US news media. (As though an antagonism to the function of government itself can be traced to both parties who share equally in the blame for the current situation.)

Britain has a parliamentary system. The party with a majority of votes gets the right to create a government. The opposition/minority party has very little to zero ability to affect the government's programs. They just have to lump it and wait their turn when the next election cycle rolls around. So it is difficult for most people in Britain to understand that a minority party could have such a direct effect on events in the federal government.

As someone with a Masters degree in History and student

of the early Republic, I have the knowledge, perspective, and ability to explain our system of government to people who don't know about it. I often sketch out the structure of the US Federal Government to explain a minority party's ability to directly affect the function of government in the US. But in this case, it doesn't explain why one party would be willing to contemplate violating the fourteenth amendment to the Constitution in order to kill a ratified, signed, and vetted law. For that we would have to have a longer discussion about redistricting, the function of "news" in American politics, and the rise of an ultra conservative faction in the right of center party. This takes a heck of a lot longer and is much less interesting.

The Zimmerman case was also painful to watch from abroad. Lots of people here in Britain do not understand why anyone would want to own a handgun let alone why any state government would think it was a good idea to create a law that makes it possible for one person to shoot another unarmed person in the back without being convicted of murder. In their defense, it is stupefying.

And again, I am dragged into ad hoc ambassadorial service. But I did not want to talk about this one. It's too much. The 'stand your ground' law is simply very bad law created by people who feel threatened by America's changing demographics and the resulting social and cultural changes. In order to drop my role as ad hoc ambassador I noted that we were discussing Florida state law and I was from California. Here, it's the equivalent of a Scot saying, "Ach. English."

My marriage to a French citizen makes me eligible, in two and a half years, for French citizenship. I plan on taking advantage of that opportunity. But then I know I'll have more explaining to do. Not just here in Britain, but I imagine some of my friends in the states will be mystified as well. At least it'll change the subject!

Sometimes being American abroad can be exasperating

Stanislaus CONNECTIONS, published by the non-profit Modesto Peace/Life Center, has promoted non-violent social change since 1971. Opinions expressed DO NOT necessarily reflect those of the Center or Editorial Committee. We welcome pertinent, signed articles, 800-1000 words or less, and letters with address, phone number. DEADLINE: 10th of the Month PRECEDING the next issue. Send articles and ads to Jim Costello, jcostello@igc.org. Submit PHOTOS as high-resolution JPEGs; ADS as PDF files.

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12 CALENDAR



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ACTIONS FOR PEACE

Sonora - Stockton

SONORA: Contact Alice at lewisalice090@gmail.com

PEACE AND JUSTICE NETWORK OF SAN JOAQUIN COUNTY (<http://www.pjnsjc.org>). Info: James Walsh, jwprod1956@clearwire.net

NOVEMBER

Ongoing: MJC Modesto Area Partners in Science 2013-2014 at MJC West Campus, Sierra Hall 132. 11/22: Antony Westerling, UCM, Wildfires in the West. 12/06: B. Lynn Ingram, Atmospheric Rivers and Megafloods. 1/24/14: Mark Aldenderfer, UVM, Sky Caves of Nepal. 2/28: Kevin Mitchell, UCM, Chaos and Fractals. 3/28: Judy Van de Water, UCD, Autism and Immunology. 4/25: Joel Hagen, TBD. More at <http://maps.events.mjc.edu>

Ongoing: MJC Science Colloquium, Wednesdays, Science Community Center Rm 115, MJC West Campus, 3-4 pm. Dec. 4: Dr. Ken Meidl, MJC Astronomer, MJC's World Class Planetarium and Observatory.

IMPORTANT FILM: *Inequality for All* at the State Theatre through 11/7. See article, this issue. Dates, times visit: <http://www.thestate.org/calendar/date/2013-11-07#>.

1 FRI: El Concilio 45th Gala Anniversary. The River Mill, 1672 W. Bowman Rd., French Camp, CA. 6:00 pm. Info: 644-2600, or visit <http://www.elconcilio.org> or cvar@elconcilio.org

2 SAT: Local authors read their poems at the **Presentation of Song of the San Joaquin**, Fall Issue, Vol. X, #4, 1 pm - 3 pm, Downstairs Auditorium, Stanislaus County Library, 1500 "I" St., Modesto. Open mic follows formal presentation. Info: Cleo Griffith, 543-1776, cleor36@yahoo.com

2 SAT: 1st Annual Dia De Los Muertos Music and Art Festival Cumbia, Calacas, Y Comunidad! Music, Art, Food, Community Alters, Vendors. Doors open

at 6 pm. show starts at 7 pm. See <http://www.thestate.org/calendar/event/201>. Sponsored by The Lograr Community Institute, <http://lograr.nationbuilder.com>

5 TUES: Election Day. VOTE!

5 TUES: Modesto Film Society hosts *The Cider House Rules*. 7 pm, State Theatre. Visit <http://www.thestate.org/calendar/event/106>

6 WED: The State Theatre presents, *The Grapes of Wrath*. 6 pm. <http://www.thestate.org/calendar/event/204>

7 THURS: MERCY KILLERS. A one-man play by Michael Milligan. 7:00 pm, San Joaquin Delta College, Atherton Auditorium. Tickets: \$10. Tickets free to all students with student ID. Delta Center for the Arts Box Office, 954-5110. Order online: <http://www.deltacollege.edu/div/finearts/dept/dca/calendar.html> or, contact Suzy Arnett, 209-639-4191. See article this issue.

9 SAT: The Sankofa Theatre Company and the Gallo Center present *THE FREEDOM RIDERS*. History comes to life onstage. Info. & Tickets: Call (209) 338-2100 or visit <http://www.Galloarts.org>

15 FRI: DEADLINE for entries to the Peace Essay Contest.

17 SUN Modesto Film Society hosts *The Maltese Falcon* 2 pm, State Theatre. Visit <http://www.thestate.org/calendar/event/93>

17 SUN: Sundays at CBS: CAFE MUSIQUE. Gypsy, Wild Classical, Tango, and Folk. This quintet presents a rich mixture of styles: gypsy, tango, classical, and folk. Combining powerful vocals, soaring violin and driving accordion, they emphasize music of Eastern Europe with elements of klezmer. 1705 Sherwood Ave., Modesto. Individual tickets and group rates available. Learn more at www.cbsmodesto.org/concerts.php or call 571-6060 between 9 am and 1 p.m. weekdays. Sample their music at <http://www.cafemusique.org>

MODESTO PEACE LIFE CENTER ACTIVITIES

Modesto Peace Life Center VIGILS: held THE FIRST WEDNESDAY of the month at McHenry Ave. and J. St. (Five points), (NOTE TIME), 4:30-5:30 pm. Call the Center for info: 529-5750.

CENTER TV: News and interviews you won't find elsewhere on Comcast Public Access TV Ch 26, Wed. & Sat. 9:00 pm - 10 pm. Also: Listen to local Valley Community Radio KQRP 104.9 FM, <http://www.kqrp.com>

PEACE LIFE CENTER BOARD MEETING, FIRST Thursdays, 720 13th St., Modesto, 6:30 pm, 529-5750.

MEDIA COMMITTEE of Peace Life Center. Meetings TBA. Call John Lucas, 527-7634.

CONNECTIONS EDITORIAL MEETINGS: Meets twice a month. New workers welcome. Call to confirm time and place. 537-7818, jcostello@igc.org

PEACE LIFE CENTER MODESTO, 720 13th St. Call 529-5750. We'll get back to you with current info on activities.

LOOKING AHEAD

Saturday, December 14: Annual Holiday Potluck Song Fest. A celebration of our Peace community at the Onorato's, 1532 Vernon Ave., Modesto. Bring your favorite dish and beverage to share your merry holiday spirit and your eagerness to sing.

January 14, 2014: John McCutcheon in Concert for the Peace/Life Center.

January 19, 2014: The Motherlode Martin Luther King, Jr. Committee presents the **19th Annual MLK Birthday Celebration.** Keynote speaker: Dolores Huerta, co-founder of the United Farmworkers Union with Cesar Chavez. At Sonora High School Auditorium, Shaws Flat Rd. and Washington St., Sonora, 2:00 pm. FREE. Info: Pat Cervelli, 209-928-3494.

February 1, 2014: MLK Commemoration with Civil Rights pioneer Diane Nash.

ONGOING

GREAT VALLEY MUSEUM of Natural History: Classes for children. Museum exhibits and store open Tues. to Fri., 9 am to 4:30 pm. and 2nd and 4th Saturday. Info: 575-6196. Call for info about traveling teachers' science programs for schools.

CENTRAL CALIFORNIA ART ASSOCIATION AND MISTLIN GALLERY. Exhibits by local artists, classes for children and adults, teaching artists for school programs; 1015 J St., in Tenth St. Place. Open 10 to 5, Mon. through Sat. 529-3369.

A.R.T.S. EDUCATIONAL RESOURCE CENTER: All things recycled free arts materials for teachers, scout leaders, childcare, artists for their projects. Open M - F 8 to 4:30, 917 Oakdale Rd. Modesto, Media

Center behind Ross Store. Volunteers needed. Info: 567-4516.

CENTRAL VALLEY DEMOCRATIC CLUB. Monthly meetings: Modesto, Patterson, and Oakdale. For more information, call Neil Hudson at 847-0540.

CHILDRENS STORY HOURS Stanislaus County Library: Modesto, **Wiggle Worms!** Program for children age 2 and younger and their caregivers; combines age appropriate stories and movement activities that promote essential pre-reading skills. Mondays: 10:15 am & 11:15 am, Tuesdays, 11:15 am. **Preschool Story Time** (children ages 3 - 6 years) Tuesdays: 6:15 pm; Wednesdays: 10:15 am. Cuentos en espanol-jueves, 6:15. **Bilingual Story Time/Cuentos bilingües** - Saturdays 10:15 am. All Library branches have story hours. All branches closed Fridays. Info: http://www.stanislauslibrary.org/tk_kids_storytime.shtml#mod

Habitat for Humanity's RE-STORE: used and new quality materials, 630 Kearney Ave (across from Post Office), and at 3124 McHenry Ave., Modesto. Funds benefit homes built by Habitat in Stanislaus County. Visit <http://www.stanislaushabitat.org/home/restore>

Visit our website for updated calendar information and regular meeting listings:
<http://stanislausconnections.org/calendar.htm>

DEADLINE to submit articles to CONNECTIONS: Tenth of each month. Submit peace, justice, environmental event notices to Jim Costello, jcostello@igc.org Free Calendar listings subject to space and editing.