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Perspectives on
Positive Culture
October 2004



Introduction

In a year darkened by the negative dynamics of our polarized culture and politics, Rex searched for a positive theme for the Newsletter. While attending the Oregon Country Fair's 35th Anniversary, the editors kept hearing that it was the quintessential gathering of the counterculture. This stimulated us to think that it would be more engaging to articulate what the Fair "is" rather than that to which it might be "counter." Thus emerged our theme, positive culture, for it is the essential attribute of the Fair, plain as day for all to see.

The support of such cultures has also been a guiding principle of the Rex Foundation's 20 years of grant giving. So this year, anniversary years for both Rex and the Fair, we interviewed their former directors, Danny Rifkin and Robert DeSpain. It is interesting to note that the stories they tell are modalities of the chords that were struck in our last newsletter, on Community Engagement: radical optimism and intentional community. We hope that other modalities of positive culture will continue to evolve in Rex's wider philanthropic community.

Editorial Note

This summer's vacation was an object lesson for me about grassroots human potential, as much as it was a beautiful driving trip through the Pacific Northwest.

Our first stop was the Oregon Country Fair. Having heard many accolades about the Fair from Alan Trist and others in the Rex/Grateful Dead world, I was determined to see for myself. The Fair was a sensory delight as described in our interview with Laura Stuart and Robert DeSpain. I had the feeling I was in the middle of the song *Scarlet Begonias*, with "strangers stopping strangers, just to shake their hands."

Leaving Eugene with feelings of renewed spirit and exhilaration, we headed for the Olympic Peninsula in Washington. We explored the Olympic Rainforest from several directions, taking in the awesome beauty and complexity of this area's ecosystems.

In British Columbia, staying at a working organic farm run by Michael Abelman, we heard stories about his longtime work to connect people with the soil, the food they eat and the importance of sustainable agriculture. We observed Michael farming long hours, taking his gorgeous and delicious vegetables to the Saturday market, and then working on his book about farmers all over the country who are demonstrating the human resourcefulness and resiliency to successfully maintain their smaller, local farms.

In Tofino at the southwest end of Vancouver Island we kayaked to Meere's Island, a sanctuary for some of the oldest trees in Canada. Our guides described a major civil disobedience effort of over 850 people to stop a lumber company from clear cutting the island. We saw the 1,300 yearold cedar tree that might have been felled. I have a pair of silver earrings carved by Tofino resident Ralph Burgess, born to a First Nations tribe of northern Canada. Ralph had to learn about his ancestry as an adult, having been taken from his family at an early age to attend a Canadiansanctioned church school.

All of these experiences seemed connected at many levels. I witnessed the power of individuals to create successful communityoriented enterprises together, to protect the environment, and to cherish the importance of their cultural identity. I felt I was also seeing firsthand the spectrum of activities the Rex Foundation has been supporting these last 20 years, and that these activities demonstrate the power of positive culture.

With our upcoming election we have the opportunity to consider the leadership we seek to guide our country and influence the international community. We might want to pick up on what Peter Coyote described

in our last newsletter when he referred to radical optimism – that outcomes are unknown (e.g. of this election). Therefore, our power to vote, to encourage others to do so and to trust in the overriding desire for truth, justice and fairness of We the People, has great significance.

So, here's what I learned from my summer vacation: that many of us are engaged in positive culture, that we have tremendous potential, particularly when we connect with each other, and that, together, we can create a healthy, sustainable, and equitable world. – *Sandy Sohcot*

(Culture) has to be where it arises, or everything related to the life there ceases. It isn't a thing, it's an act. If it stands still, it is dead. It is the realization of the qualities of a place in relation to the life which occupies it; embracing everything involved, climate, geographic position, relative size, history, other cultures – as well as the character of its sands, flowers, minerals and the condition of knowledge within its borders. It is the act of lifting those things into an ordered and utilized whole which is culture. It isn't something left over afterward. That is the record only. The act is the thing. It can't be escaped or avoided if life is to go on. It is in the fullest sense that which is fit.

– *William Carlos Williams "The American Background" 1934*

The Oregon Country Fair

The late Bill Wooten, a founder of the Oregon Country Fair, reflected on its roots some years ago, and on the occasion of the Fair's 35th anniversary his thoughts were reprinted in *The Peach Pit*, the 2004 Oregon Country Fair guide: *The decade of the 60's was a time of great moral awakening for the people of the United States; the civil rights movement, opposition to the Viet Nam war, the antinuclear and environmental movements, and the struggle for women's rights, all coalesced during that time... Oregon functioned in the late 60's as a de facto sanctuary for refugees from the repression and reprisal against antiwar protestors occurring elsewhere. It was a 20th century version of the Oregon Trail. And we had our resident cultural icon and folk hero, Ken Kesey, who drew many, many more. Many of these political and cultural refugees converged in Eugene, and found their way to the Odyssey Coffee House, owned by my wife Cynthia and me. It was our belief that the movements for change had to institutionalize themselves economically if a new grassroots politics was to survive and thrive. This meant learning to feed, clothe, house, educate and employ ourselves. A Free University offered courses in carpentry, gardening, sewing and metal working. Food coops, tree planting coops began,*

as did a Craftsman's Guild. Then came a fundraiser for an alternative school, and in the fall of 1969, the Oregon Country Fair was born.

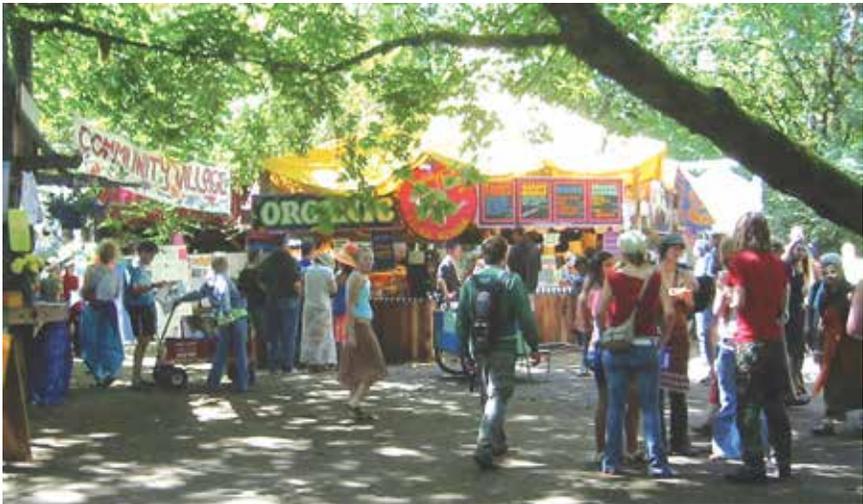
The Oregon Country Fair (OCF) takes place over a long weekend each July, in a wooded setting along the Long Tom River, about 15 miles outside of Eugene. As a fairgoer one is treated to miles of pathways lined with artfully decorated vendor stalls, stages, recesses, gathering places, open meadows, and sanctuaries, offering handmade crafts, food, information, performances, parades of clowns, jugglers, stilt walkers and marching bands, costumed artisans, art pieces in unexpected places, and thousands of fellow fairgoers, colorfully dressed, or sometimes, just colorfully painted. There is a sense of safety and wellbeing: all details – parking, sanitation, signage, security – are accounted for and carried out with warmth, competence and a spirited, joyful attitude. Everyone is earnestly doing all they can to be a positive addition to the scene.

Laura Stuart was 19 when she first went to the Fair 32 years ago. Robert DeSpain's first Fair experience was in 1979, and between 1980 and 1982, he served on the Fair's Fundraising Committee, Land Search Committee, ran for Secretary of the Board and was overall coordinator of the Community Village, the Fair's heart center and exchange of educational information.

During these years, the Fair organization raised \$100,000 (\$25,000 from the Grateful Dead's 1982 "Field Trip" benefit concert) and purchased the land that is now its permanent home. In 1983, Robert became the Fair's President and General Manager, serving as such through 1985. Robert has continued to be actively involved. In 2001, he and Laura conceived and initiated the Fair's Spoken Word program, which went from one stage and 15 guests in 2002, to four stages and 40 guests in 2004.

Such enthusiastic action and response is typical of the OCF at large. In 1983, there were six stages, 1,000 volunteers and 18,000 fairgoers, mostly from the West Coast. In 2004, there were 15 stages, 3,000 volunteers and 50,000 fairgoers, coming from all parts of the U.S. and other countries including Japan, Norway, the Netherlands and Australia. Clearly the Oregon Country Fair is a resounding success. What is drawing these tens of thousands of people to the Fair each year, in increasing numbers and distance traveled? What does it take to create this type of experience?

With their experience at OCF, and current projects that extend from it, Laura and Robert provided us with a perspective to answer these questions, and also provoked ideas about the implications of the Fair's avowedly positive culture for our global community.



Robert says *Fair time* means reunion, happiness, inclusiveness, celebration of diversity, experience of the *fair world*, not the *unfair world* – a ripe and most fertile opportunity for new connections and networking. He believes that people are now coming to and returning to the Fair from all over the world because they’re experiencing the social and psychospiritual rejuvenation that generates more than happiness. They’re satisfying their need for recognition and connectedness with other powerful yet completely normal humans. This experience compels return each year, bringing significant others, children, parents, friends and extended family.

Robert describes the opening of the 1983 Fair to help explain the positive dynamics that underly this phenomenon. Rain had poured down for two weeks. Though the day of the Fair was dry, mud covered all the trails. At 5:00 a.m., he explained to his crew of 30 that all the mud would need to be scraped off in any way possible and replaced with hay. The crew spread out, engaging help from others coming in, and by 11:00 a.m. when the Fair officially opened, the trails were clean, dry and ready for the throng.

“Everyone involved in putting on the Fair feels a sense of stewardship.” Robert and Laura believe this comes from the positive attitude and spirit of fairness that the “fair family” demonstrates in all their interactions. From cleaning toilets, to spreading hay on trails, leaders carry out the same work that might be asked of other staff and volunteers. At crew orientations, kindness in all interactions is stressed. It becomes clear that divisions of hierarchy exist only to organize people, not to exert inappropriate power. As Coordinators catch on to how to operate these values, they, in turn,

exhibit the same behavior with their crew. Thus, the attitude of kindness, stewardship and generosity of spirit takes hold throughout.

In 1984, Zack Schwartz was engaged to do nonviolent intervention training with the security team. The course is now given twice before each Fair so that all crew can participate. In 2004, 800 people took the course. Though the Fair has a security force of 600 people, their presence is hardly noticeable. Robert describes them as a “Please Force” rather than Police Force. “When you take on an attitude of kindness and generosity, great things can happen.”

Much has been spawned by OCF to enrich community and social action in Oregon and elsewhere. For their part, Robert and Laura have focused their Fairinspired energies on the Dancing Dragons Project. Dancing Dragons was first conceptualized in 1983/84 and by 2000 they had taken the project from concept to commitment. They envision Dancing Dragons as an intentional community in southern Washington, connected with other similar communities in the Pacific Northwest, that carries out a selfsustaining economy with lots of tiedye dollars, and honors the quality and vision of young people.

The types of activities carried out in this community include a kids camp, work parties to help elders in such ways as painting their homes and chopping wood, granting funds to single parents to complete their education and pursue careers, providing startup loans for green businesses, and developing lines of organic foods and products. Robert describes a “chamber of commerce” to connect all the economic entities – bookkeepers, lawyers, doctors, merchants – interested in supporting this type of community. Optimally, communities across the Northwest will connect with each other, to develop and strengthen a sense of identity, address needs, and exchange ideas in support of community development. Dancing Dragons’ foundational activities have been largely focused on community outreach in support of these goals. Key themes are New Economies, Environmental Sustainability, Green Technologies, and Global Roots.

Building on the model of the Oregon Country Fair, Laura and Robert are presenting Festivals in the Forest in the Northwest. The first Festival was held in Portland this past August. These Festivals will provide opportunities for people to come together, spark special connections and further the collaborations among the northwestern communities, while also generating the economic backbone to carry out Dancing Dragon activities.

Laura and Robert believe the dynamics and values that attract so many people to the Oregon Country Fair and support the realization of the Dancing Dragons vision form the basis for *positive culture*, generating



a groundswell of hope for the future. Robert recalls his involvement 20 years ago in forest action groups around Eugene. The continual fighting and butting of heads in public with powerful interests was giving him an ongoing feeling of paranoia. He prefers, instead, to operate with “*pronoia* – that sneaking suspicion that everything is going your way.”

Positive culture reflects the knitting together of many qualities of relationship connected by their alignment with values of the heart – kindness, inclusiveness, compassion, appreciation of differences, desire to create positive interactions, honesty, and integrity – and provides a supportive atmosphere for the effort required to manifest these values in our general culture. Individuals can foster positive culture for themselves and others by:

- Intentionally working on the quality of their relationships with others.
- Connecting with youth, encouraging their idealism and creativity.
- Volunteering for organizations that work toward positive solutions

Laura notes, “Things are changing faster than we realize. We need to keep our eyes open and focus on where we want to go.” Robert believes we have the momentum to turn our heads and think in an entirely different way. He invites everyone to engage in eyetoeye, soulto soul connection – to see each person as if they’re the only person in the world for those few moments – and from that connection, to help create the positive culture of the Oregon Country Fair in all their endeavors.

The Rex Foundation After 20 Years

Danny Rifkin has been involved with the Grateful Dead since 1966 in numerous management roles. He spearheaded the founding of the Rex Foundation in 1983 and was its Executive Director through June, 2001. We sought Danny's perspective because the grant giving history of Rex has everything to do with the encouragement of positive culture in grass roots action groups. Robert DeSpain acknowledged in our interview that the Rex Foundation was inspirational in his work.

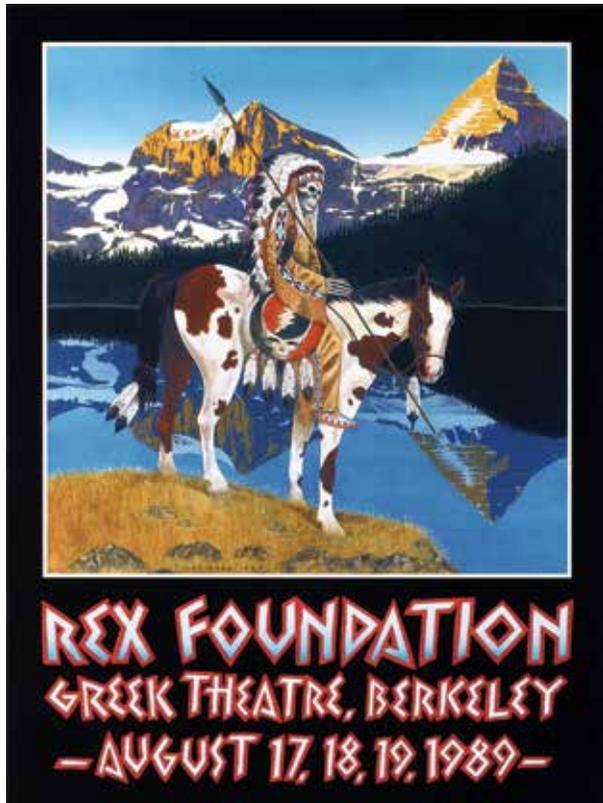
In the fall of 1983, the Grateful Dead played twelve nights at the Warfield Theater in San Francisco over a period of several weeks. That set of shows introduced a number of organizational processes that would take hold over the long term, including Grateful Dead Ticket Sales, the Kids' Room, and the Rex Foundation. The final concert was a benefit. There was a band meeting subsequently in which, Danny recalls, someone said, "The time has finally come."

The decision was made to form the Rex Foundation, thereby providing an institutionalized vehicle that would enable the Grateful Dead to not only be more proactive as to where and when to do benefits, but also to give away a lot more of their largesse. Though they had always performed benefit concerts, they had mostly reacted to requests. The Warfield benefit was the first time the Dead and its extended organization made decisions proactively about which beneficiaries would receive concert proceeds. There were 10 recipients each receiving \$2,000. One was the Mattole Salmon Group, which also received a grant in 2003 – a 20 year relationship.

The foundation was named in memory of Rex Jackson, a longtime roadie whose untimely death had much affected the Grateful Dead's extended family. Everyone liked the idea of the Rex Foundation reflecting the folklore concept of *the grateful dead*, where those who have died, when properly remembered, still convey their ongoing spirit and gratitude, as an aid to the living.

The first Rex Foundation benefit concert took place in the spring of 1984 at Marin Veterans Memorial Auditorium in San Rafael. Danny recalls talking with Bill Graham while backstage and spontaneously asking him to be on the Rex Foundation board. Bill then went out on stage to make the first public announcement about Rex, thereby accepting his role as board member and helping to "set the stage" for successful benefit concerts to come.

When asked why grants from the Rex Foundation tended to be small and given to grassroots groups, Danny explained, "We were grassroots, outside the 'system,' where we found much work to be done, and



many willing, but lacking in resources.” It was also a way to address everybody’s wishes as to where funding should go. Danny referred to the 50 or so people that contributed beneficiary ideas as the “Circle of Deciders.” In developing the Rex mission statement, he sought to be broadly inclusive, to represent the various viewpoints and areas of interest of the band members, board and extended circle.

Danny describes the general process of how beneficiaries were selected. He says, “Decision making in the greater society is often based on *you win/I lose*. We operated more from, ‘If you really want this, I can support it, too.’ Unless someone strenuously opposed a nomination, the recommendations were agreed to. Every effort was made to come up with the best result for everyone.” In identifying potential beneficiaries, there was more of a sense of recognizing a good recipient and program rather than basing selection on predetermined criteria.

Danny reflects back on some of the early beneficiaries and still feels very good about the choices. For example, the San Francisco AIDS Foun-

duction needle exchange program was considered quite radical at the time (1990/91). “We at Rex didn’t think of this program, but we definitely appreciated its importance, particularly at that time in the AIDS epidemic. The needle exchange program was highly controversial, but was a critical part of stemming the epidemic.” He cites the initiation of the Camp Winnarainbow Scholarship Fund and helping boost the Rain Forest Action Network to another level as other examples. “We encouraged a healthy diversity of viewpoints and a broadspectrum giving approach.” Danny also noted that support from Rex could often mean more than just the money. Being able to show support from Rex, enabled beneficiaries to attract greater attention and more funding. There was a ripple effect occurring at many levels.

We discussed the value of the Rex Foundation’s policy of supporting many diverse beneficiaries rather than providing larger funding to fewer programs. Danny points out that the Grateful Dead community was not itself widely diverse, yet knew ethically that a broad approach was right. Diversity is a biological law/natural condition that produces strong ecosystems. Yet people resist it, particularly socially – the automatic tendency to “stay with your own kind.” In the world of music, the arts, cultural expression, and language, diversity is unstoppable.

These thoughts led to reflections on what we mean by positive culture. To Danny, the essence is expressed by the simple words of the Golden Rule – “Do unto others as you would have them do unto you.” He thinks it is vital for organizations like the Rex Foundation and the Oregon Country Fair to demonstrate the values talked about, to show that being a thriving organization or commercial entity can occur without being mercenary. Danny believes the most important act is to be truthful – that this is essential in all interactions, otherwise “you won’t be believed.” He sees in his current work at Project Avary, that children respond positively even to difficult situations when presented with information truthfully (see page 8).

“Why should the Rex Foundation continue for another 20 years?” we asked. Danny pondered this question, noting that Rex had been the Grateful Dead’s charitable vehicle, an activity which they are no longer able to underwrite with direct funding. But he suggests that continuing to support enlightened activity is important.

He hopes that Rex supporters are encouraged to participate in philanthropy across the Foundation’s realms of giving. He would like to see the Rex Foundation’s 20th Anniversary inspire and, in different ways, *switch on* the inflow of funds. Ideally, those people who supported Rex by being at the Grateful Dead concerts over the last 40 years would now expend their own largesse in conscious, enlightened ways – ripples that we can all make.

Rex Community Caravan

If miles were dollars and stops beneficiaries, then the Rex Foundation bus has traveled almost \$8 million miles, making 1,000 stops along the way. Now, more than ever, we've got to cover just a little more ground and we want to travel with as many people on board as possible.

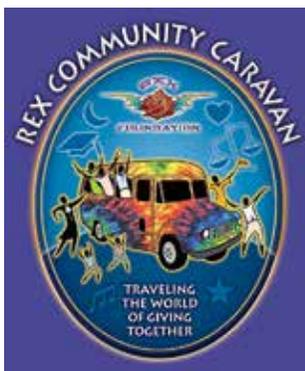
So, in a new initiative, we are inviting all our fans and supporters to get on board our virtual bus along with other kindred spirits and be part of the *Rex Community Caravan*. The fare is a contribution of \$5 or more. Why \$5 (or more)? Five dollars for many of us is an everyday expenditure on items of choice:

- A muffin and cup of coffee or tea
- Not quite one movie ticket
- A magazine at the newsstand
- A glass of wine

Yet many fives, many busloads on the Rex Community Caravan, add up quickly to tens of thousands of dollars, which in turn support many grassroots programs. All those fives turn those wheels, five or more miles at a time.

Our many generous supporters have already helped us travel all these miles. As we celebrate our 20th anniversary we are hopeful. Imagine the possibilities if thousands of people each contribute \$5, \$10, \$20 or more. *Together, as a large philanthropic community, we can create the next 20 years*, where the Rex Foundation continues to support many worthwhile programs that contribute to all dimensions of positive culture.

Visit our web site at www.rexfoundation.org, and click on the tiedyed bus of the Rex Community Caravan. You can easily get on board with an online contribution and receive your Certificate of Ridership.



The Rex Foundation's World of Grant Giving

The first Rex benefit was held in the spring of 1984. For the next 11 years, the Grateful Dead performed Rex benefit concerts across the country that resulted in over \$7 million in grants to some 900 programs. In December 2001, the Rex Foundation initiated its renewal efforts and has since granted \$411,000 to 60 programs in the United States and internationally.

These grants have supported a broad spectrum of grassroots programs consistent with our core mission areas – our World of Giving. This world is quite extensive, where we've endeavored to spread seedtype support.

As a rider on the Rex Community Caravan's virtual bus, you are moving all of us forward through the realms of this world of giving:

- Healthy Environment
- Individuality in the Arts
- Social & Economic Justice
- Preservation of Indigenous Cultures
- Strong Community
- Education of Children and Adults

The following are examples of programs Rex Foundation grants have supported in each of these realms, more recently and in years past. A number of beneficiaries could be included in more than one area, and there are many more listed throughout our website that challenge the use of categories and words. We hope this glimpse of the Rex World of Giving conveys the rich diversity of our beneficiaries.

Healthy Environment

LandPaths (Rex beneficiary 2003). LandPaths works with local, public and private organizations to: 1) Secure, develop and manage access to preserved lands, 2) Conduct ongoing land management through development and implementation of stewardship plans, 3) Encourage responsible land stewardship by working with both users and owners of preserved lands to identify and maintain practices that conserve lands for the longterm enjoyment, and 4) Provide education programs teaching youth to be responsible stewards of the land.

Land Paths, PO Box 4648, Santa Rosa, CA 95402 · 7075447284 · info@landpaths.org · www.landpaths.org

Friends of the Earth (Rex beneficiary 1988). The mission of Friends of the Earth is to defend the environment and champion a healthy and just world. Friends of the Earth is the U.S. voice of an influential, international network of grassroots groups in 70 countries that make up the world's largest federation of democratically elected environmental groups, Friends of the Earth International.

Friends of the Earth, 1717 Massachusetts Avenue NW #600, Washington, DC 200362002 · 8778438687 foe@foe.org · www.foe.org

Strong Community

Grand Avenue Club (Rex beneficiary 2004). The Grand Avenue Club was founded in 1991 by a communitywide coalition consisting of adults who themselves had experienced mental illness, their families and friends, as well as organizations that were concerned about the isolation of mentally ill adults. The Club provides hundreds of Milwaukee area adults with opportunities that support their full integration into community life. In 2003 the clubhouse secured funding to focus on newly diagnosed younger people (ages 18-25) who might otherwise drop out of school because of mental illness.

Grand Avenue Club, Inc., 210 E. Michigan Street, Milwaukee, WI 532024901 · 4142766474 · gavenue@grandavenueclub.com · www.grandavenueclub.com

Harlem Children's Zone (Rex beneficiary 1994). Founded in 1970, Harlem Children's Zone, Inc. (formerly know as Rheedlan Centers for Children and Families) is a pioneering, nonprofit, communitybased organization that works to enhance the quality of life for children and families in some of New York City's most devastated neighborhoods. HCZ's 15 centers serve more than 12,600 children and adults. HCZ Inc. intentionally develops programs where other agencies are not located and poor children and families have no one, or even a place, to run for help.

Harlem Children's Zone, Inc., 1916 Park Avenue, Suite 212, New York, NY 10037 · 212 2346200 · www.hcz.org

Project Avary (Rex beneficiary 1999, 2002). Project Avary is a yearround support and enrichment program for Bay Area children, ages 8 to 15, who share the difficulties presented by a parent's incarceration or ongoing involvement with the criminal justice system. Project Avary consists of three, integrated main components: Camp Avary, Avary Adventure Days – field

trips that take place monthly during the school year – and the Avary Mentoring Program. Supplementing those are a monthly newsletter, leadership retreats for the older children and three gatherings a year that bring together Avary campers and families. The mission is to discourage cycles of violence and criminal activity by providing a consistent, nurturing community.

Project Avary, 1018 Grand Avenue, San Rafael, CA 94901, www.project-avary.com



Education of Children & Adults

Afghan Institute of Learning (AIL) (Rex beneficiary 2001). AIL was founded in 1995 to help address the problem of a lack of educational access for women and girls, their subsequent inability to support their lives, and the impact of this lack of education on society and culture. The goal is to create an organization, run by women, that could play a major part in reconstructing an educational system capable of reaching the women and children of Afghanistan, whether in refugee camps or still in their homes.

Afghan Institute of Learning, c/o Creating Hope International, PO Box 1058, Dearborn, MI 48121 3132785806 · CHI@creatinghope.org · www.creatinghope.org/ail.htm

Children's Book Project (Rex beneficiary 2003). The purpose of the Children's Book Project is to help economically disadvantaged children

learn to read by providing the children and their shelters, schools and day-care facilities with books and other resources. Since the beginning in 1992, over 650,000 books have been distributed. The project collects new and gently used books from book drives and collection bins at retail sites and remainders and damaged books from publishers. The goal for 2004 is to distribute over 125,000, carefully selected, children's books. An ongoing goal of the project is to work with other organizations to encourage parents to read to their children. Through the Read Aloud Program, thousands of books have been given to programs that are actively promoting reading aloud and need children's books to give to families who cannot afford to buy them.

Children's Book Project, 290A Napoleon Street, San Francisco, CA 94124 · 4154016315 www.childrensbookproject.org

Individuality in the Arts

New Music Works (Rex beneficiary 2004). New Music Works (NMW) is dedicated to presenting contemporary composers and introducing audiences to new compositions. The goal is to develop a positive relationship between present day audiences and music of our time through imaginative and diverse concert series programming. Each year NMW conducts a competition/public reading for students, providing an opportunity for students to submit their own compositions and have them played by accomplished musicians and to get feedback.

New Music Works, P.O. Box 2266, Santa Cruz, CA 950632266 · 8317247014 · pmcomp@cruzio.com www.newmusicworks.org

Center for World Music (Rex beneficiary 1990). The Center for World Music and Related Arts is a nonprofit organization whose purpose is to foster awareness and understanding of the world's performing arts traditions through programs of performance, teaching, and cultural travel. The Center sponsors leading performers in concert and provides instruction by accomplished teachers in music, dance and theater from Asia, Africa, Latin America, Europe and North America.

Center for World Music, 4417 Shade Road, La Mesa, CA 91941 · 6194407200
rebrown@centerforworldmusic.org · www.centerforworldmusic.org

Social & Economic Justice

Mwangaza Tanzania (Rex beneficiary 2003). Mwangaza Tanzania is dedicated to improving the quality of life for individuals, especially children, in underserved, rural northern Tanzania by providing medical, rehabilitative and educational services for the physically disabled. The focus is on grassroots, communitybased projects that foster longterm selfsufficiency. Mwangaza Tanzania has created a model of working with local communities to overcome barriers to obtaining needed health care and to carrying out educational programs for preventative action.

Mwangaza, Inc. P.O. Box 10074, Chicago, IL 606100074 · 3129232774 · contactmwangaza@yahoo.com www.mwangaza.org

New York Harm Reduction Educators (Rex beneficiary 1994). (NYHRE) was formed to prevent the spread of AIDS by offering harmreduction services to injecting drug users. Recognizing that these individuals are part of a larger community, significant others are included. NYHRE takes a harm reduction approach by promoting safer injecting and safer sex practices and by helping participants gain access to medical and social services.

New York Harm Reduction Educators, Inc., 903 Dawson Street, Bronx NY 10459 · 7188426050 www.nyhre.org

Preservation of Indigenous Cultures

U'wa Defense Project (UDP) (Rex beneficiary 2003). UDP provides legal, community development, advocacy and research support to the Indigenous U'wa people in Colombia as they work to defend their life, land and cultural autonomy, particularly in defense of the lethal effects of petroleum extraction. UDP is currently focused on building the leadership and technical capacity of U'wa youth and a Legal Defense program enabling the U'wa to further a number of precedent setting legal cases to stop drilling on U'wa land. All of UDP's projects are created under the guidance of the U'wa Traditional Authorities.

U'wa Defense Project, Presidio PO Box 29457, San Francisco, CA 941290457 · 4155614518 udp@mindspring.com

The Tibet Fund (Rex beneficiary 1988). The Tibet Fund's primary mission is the preservation of the distinct cultural, religious and national identity of the Tibetan people. This mission is advanced in part by supporting and strengthening the Tibetan refugee commu-



nity in India and Nepal, offering scholarships and cultural exchange programs to Tibetan students, and supporting health, education and small development projects inside Tibet.

The Tibet Fund, 241 East 32nd Street, New York, NY 10016 · 2122135011 · tibetfund@tibetfund.org www.tibetfund.org

Resources – Publications, Organizations and Websites

Authentic Happiness, Martin Seligman, PhD., Free Press, 2002. Over a decade ago, Martin Seligman charted a new approach to living with “flexible optimism.” In *Authentic Happiness*, he introduces a scientifically based idea of “Positive Psychology” which focuses on strengths rather than weaknesses. He teaches readers that happiness can be cultivated by identifying and using strengths and traits that they already possess, and by calling upon these strengths, readers will develop natural buffers against misfortune and the experience of negative emotion.

www.authentichappiness.com

Be Here Now, Ram Dass, Crown Publishers, 1971. Ram Dass’s classic yogic treatise begins with his life story, the transformation of the driven and successful psychologist Richard Alpert into the compassionate karma yogi Ram Dass. The rest of the book covers the philosophy of yoga as taught by

Ram Dass's guru, Neem Karoli Baba. In a downtoearth and conversational style, Dass discusses the value of living in the moment and serving others.

Bioneers. Founded in 1990, Bioneers is a nonprofit organization that promotes practical environmental solutions and innovative social strategies for restoring the Earth and communities.

www.bioneers.org

Buckminster Fuller Institute. Founded in 1983 and inspired by the Design Science principles pioneered by the late Buckminster Fuller, BFI serves as an information resource for concerned citizens around the world. Its mission is to catalyze awareness and action towards realizing humanity's option for success. In the words of Fuller, Design Science is "the effective application of the principles of science to the conscious design of our total environment in order to help make the Earth's finite resources meet the needs of all humanity without disrupting the ecological processes of the planet." www.BFI.org

Center for Partnership Studies (CPS). Based on the groundbreaking work of authors, Riane Eisler and David Loye, CPS offers everyone a new hope for the future. The mission of CPS is to restore our Earth and renew our communities through social and economic inventions based on partnership. Partnership is a commitment to a way of living; it is a way of life based on harmony with nature, nonviolence, and gender, racial, and economic equity.

www.partnershipway.org

Common Ground Magazine. Common Ground serves as a resource to help readers live healthier lives and create a sustainable society. The editorial content builds conscious community by expanding social, political, and environmental awareness. It supports wellness and healthy living by informing readers about natural foods, nutrition, and integrative health care.

www.commongroundmag.com

The Cultural Creatives: How 50 Million People Are Changing the World, Paul H. Ray, Ph.D. and Sherry Ruth Anderson, Ph.D. New York: Harmony Books, 2000. Ray and Anderson describe who the Cultural Creatives are, and the fascinating story of their emergence over the last generation. The Cultural Creatives care deeply about ecology and saving

the planet, about relationships, peace, social justice, and about selfactualization, spirituality and selfexpression. Because they've been so invisible in American life, Cultural Creatives themselves are astonished to find out how many share both their values and their way of life. Once they realize their numbers, their impact on American life promises to be enormous, shaping a new agenda for the twentyfirst century.

www.culturalcreatives.org

Dancing Dragons. Dancing Dragons was created to nurture and celebrate human cultures and natural environments. The goals are to foster growth, honor achievement and promote social and ecological harmony through economic and environmental sustainability by: encouraging smallscale, diversified economic ventures, particularly in agriculture, forestry, energy and homebased industries; enriching youth through economic and social program opportunities; exploring emergent technologies and developing new models of community vitality and selfreliance; supporting community development, environmental restoration, arts and cultural preservation efforts; and by celebrating the diverse and dynamic human histories of rural Western Washington. These goals will manifest through community alliances, and through forums, workshops and other gatherings.

www.dancingdragons.org

Foundation for Global Community. The Foundation for Global Community is a nonprofit educational organization, dedicated to reconnecting people, the planet, and prosperity. Recognizing that natural, social, and economic systems are all parts of a single interconnected whole, the Foundation has been promoting cultural change, facilitating personal development, and strengthening community connections for over 50 years.

www.globalcommunity.org

Institute of Noetic Sciences (IONS). IONS is a nonprofit membership organization located in Northern California that conducts and sponsors leadingedge research into the potentials and powers of consciousness—including perceptions, beliefs, attention, intention, and intuition. The institute explores phenomena that do not necessarily fit conventional scientific models, while maintaining a commitment to scientific rigor.

www.noetic.org

Let's Talk America. Let's Talk America is a nationwide movement that will bring Americans from all points on the political spectrum together in cafes, bookstores, churches and living rooms for lively, openhearted dialogue to consider questions essential to the future of our democracy. Let's Talk America reconnects with the 'town hall' meeting spirit that's the lifeblood of our democracy – where everyone can talk about America's promise, about what freedom, democracy, unity and equality mean to us – to “we the people.” Let's Talk America is a meeting ground where people can come together to listen, speak, ask and learn without being forced to agree, change or bite our tongues.
www.letstalkamerica.org

Oregon Country Fair. The Fair is always held on the second weekend in July in Veneta, 15 miles outside Eugene, Oregon. In 2005, it will be on the 8th, 9th, and 10th.
www.oregoncountryfair.org

Positive Futures Network (PFN) and *YES!* magazine. The Positive Futures Network and its publication *YES!* magazine start with the belief that we need deep change if we are to avoid the breakdown of society and the natural world. Hope lies in the fact that millions of people around the world are creating the needed changes in their homes, communities, work places, and nations. PFN is best known for the publication *YES! A Journal of Positive Futures*. Each issue focuses on a theme, showing the possibilities and practical steps that can lead us all to a more positive future.
www.yesmagazine.org

Radical Middle Newsletter. Radical Middle (b. 1999) is one of the fastestgrowing political newsletters in Washington, D.C. It expresses an emerging new planetary political perspective and sensibility. Radical Middle thinkers and activists take the best ideas from the left *and* right, and go beyond them. They are not antibusiness, government, trade, or technology. They share a common vision of: an integrated, planetary civilization; multinational corporations as, at least potentially, Learning Organizations; holistic and sustainable approaches to public policy; and societies that of-



fer genuine opportunity to all and insist upon civility and responsibility in return. *Radical Middle Newsletter* is short on rhetoric, long on the realities of politics, business and the professions. It attempts to do three things for readers: analyze pressing national and global issues from a radical middle perspective; report firsthand on national meetings of political groups and professional associations, where radical middle ideas are often in play, and discuss the best books by radical middle authors.

www.radicalmiddle.com

Eyes of the World

Right outside this lazy summer home
you don't have time to call your soul a critic, no
Right outside the lazy gate of winter's summer home
wondering where the nuthatch winters
Wings a mile long just carried the bird away
Wake up to find out
that you are the eyes of the world
but the heart has its beaches
its homeland and thoughts of its own
Wake now, discover that you
are the song that the morning brings
but the heart has its seasons
its evenings and songs of its own
There comes a redeemer
and he slowly too fades away
There follows a wagon behind him
that's loaded with clay
and the seeds that were silent
all burst into bloom and decay
The night comes so quiet
and it's close on the heels of the day
Wake up to find out
that you are the eyes of the world
but the heart has its beaches
its homeland and thoughts of its own
Wake now, discover that you
are the song that the morning brings
but the heart has its seasons
its evenings and songs of its own

Sometimes we live no
particular way but our own
Sometimes we visit your country
and live in your home
Sometimes we ride on your horses
Sometimes we walk alone
Sometimes the songs that we hear
are just songs of our own
Wake up to find out
that you are the eyes of the world
but the heart has its beaches
its homeland and thoughts of its own
Wake now, discover that you
are the song that the morning brings
but the heart has its seasons
its evenings and songs of its own
– *Robert Hunter*