

Dear Friends and Supporters of Eth-Noh-Tec ~

As 2013 nears its end, like you, so many thoughts fill our heads. It is always a time to think of what was accomplished and who else might need some extra heart connection in this world of ours.

For example, seniors rarely live in their family units anymore. Who hears their stories? Who cares about the lives they've led? Are they seen just as 'old people' without a thought as to who is inside that body?

This summer, Nancy taught a storytelling workshop with 15 seniors. Betty was one of them.

You probably know someone like Betty.



How a Calf Uplifted a Senior!: Betty has to use a

walker. She hunches over, her hands, covered with blackened splotches, and holds on to the handles. She slowly makes her way around structures and impediments. But if you care to look beyond her head of white hair and wrinkled skin, her blue sparkly eyes betray another picture: ***They are alive and mischievous!***

Betty found a story to tell. Instead of an 85 year old woman on a walker, she is suddenly **8 years old again**. It is a time she remembers when, as she describes it, she jumped up and down as she tried on her pink silk dress made especially for her. This pink dress had a wide collar embroidered with little colorful flowers made by her aunty. Raised on a farm, this was ***special!***

Uncle Burt asks Betty "How'd you like to see my new calf?" "Oh yes!!!" and down the road she *floats, she skips, she sashays in her pink silk dress* to meet this new calf.

She looks up into the back of the truck and sees its soft brown eyes, long eyelashes. She can't wait to scratch behind its ears!

Uncle Burt puts a rope around its neck to lead it down the ramp, when "**SPLAT! WHOOSH!**", the calf slips and cow pies come flying out of the truck bed and cover little Betty head to toe - and her pink silk dress - in green stinky poop!

Like you, everyone in the audience laughs and feels sorry at the same time, bringing us, but most importantly, Betty, to a time when life was maybe simpler, maybe kinder, and more fun, but definitely life on her two independent, working legs.

While remembering and sharing through rehearsing and performing, she is transported. She is not just an old lady hunched over her walker.

You make this possible! You help make it possible for us to do this work!



Who in Your Family is/was an Immigrant?

Here's another story, another way you've made a difference through Eth-Noh-Tec.

As you know, immigration is a hot issue in our country. Robert worked this past year with immigrants from Burma, Iraq, and the Congo. He tells them the stories of his own mother's immigration, then a Burmese folk tale of how a poor ferryman outwits the cheating adversary, greedy boat owner. The story's message is how the ferryman's success came from his perseverance and ultimately won him many boats to help his people cross the river. These immigrants have certainly persevered and are crossing the cultural river.



One very shy woman, sitting in the back of the room, begins to light up as she hears others talk about the culture shock they are experiencing. She edges forward, not physically through the space, but emotionally. She hesitantly smiles. Too shy, she doesn't raise her hand to speak, but comes up to Robert afterwards.

In her broken English, she tells her story of escaping the repressive and militaristic regime of her country: the fear of rapes, the fear of slaughter, the fear of losing her parents, her children. She cannot go out freely, even now, for she wonders if America is like this, too. But everyday, she takes a step out her door, to the community center, to learn English, and slowly she is finding out that America is different, it is there to help her if she is willing to help herself.

Thanks to you, her journey over a cultural bridge is affirmed. Your help has helped us to help their community of refugees.

How you and only you can help some more:

We are asking you to help us continue our mission, to help us to build these bridges, to celebrate diversity and create compassionate communities. Won't you please make a year-end donation to Eth-Noh-Tec?

We hope that 2013 has been good to you and that 2014 will be even greater for you. Thank you so much for your support!

Peace and Blessings,
Nancy and Robert, co-Directors, Eth-Noh-Tec

