

**Join us for January POWER Outage:  
Planning, sign making for our annual MLK Day  
March!**

**Come help organize this fantastic, collaborative action.**

**Monday, Jan 5<sup>th</sup>**

**Every year POWER organizes a march to the Capitol on Martin Luther King, Jr. Day. The significance of this day combined with the call for national actions illuminating Black Lives Matter has us reaching out to others who we hope will be interested in joining us to create a day of education and action for economic justice and against racism.**

**Darby's Cafe, 211 5th Avenue. (The cafe is closed, but they let us take over the space.)**

**We start with a potluck at 5:30 and go til 8.**

**We'll have childcare down the street at the POWER office, 309 5th Avenue.**

**Please join us!**

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**Happy New Year dear POWER members! Some thanks are in order:**

**Thank you to all our members who responded to our annual letter with donations!**

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**Thanks to all the fabulous artists, musicians and Karin Murphy of Hello Sweetie for making ArtPOWER so fabulous. And thanks to all of you who came shopping. You helped us raise over \$500 for POWER and local artists.**

**If you weren't able to make it, stop by anytime.**

**We are typically at the office Tuesday through Friday afternoons.**

**Keep your eyes peeled for monthly gallery events at the community. gallery@POWER in the front room of the POWER office, conveniently located at 309 5th Ave SE in downtown Olympia next door to Rainy Day Records.**

**To learn more contact us at info@mamapower.org or 360-352-9716.**

**[www.mamapower.org](http://www.mamapower.org)**

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**Thanks to the Heartsparkle Players for:**

Stories of Knowing Our Worth in collaboration with in collaboration with *POWER*, an organization of low-income parents and allies advocating for a strong social safety net while working toward a world where children and care giving are truly valued, and the devastation of poverty has been eradicated.

**Playback Theatre is a spontaneous collaboration between performers and audience. People tell moments from their lives, then watch them re-created with movement, music and dialogue.**

The POWER members who attended said it was an amazing performance.

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Below:

1. News from Northwest Health Law Advocates regarding medical info.
  2. Facing Race – WA CAN event in Seattle.
  3. Great letter to the editor from Olympia student.
  4. Opportunities for some children's theater with Olympia Family Theater.
  5. Some great local television.
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1. Our state friends have started the new year with a bang, manual-wise! The Medicaid manual material been split off from the DSHS Eligibility A-Z (EAZ) Manual into an Apple Health Manual at <http://www.hca.wa.gov/medicaid/manual/>

**<<http://www.hca.wa.gov/medicaid/manual/Pages/index.aspx>> . It has also been rewritten and now includes MAGI eligibility. In addition, there is a new Eligibility Overview guide to WAH at [http://www.hca.wa.gov/medicaid/publications/documents/22\\_315.pdf](http://www.hca.wa.gov/medicaid/publications/documents/22_315.pdf)> .**

**The revised EAZ Manual with medical sections removed is still at <http://www.dshs.wa.gov/esa/manuals/eaz> > but has an entirely new look and no longer has information about medical programs.**

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**2. 2015 Facing Race Release and Legislative Summit, January 7, 2015**

**We will gather for a town hall style meeting with legislators to coincide with the release of our 2015 Facing Race Report. This report details Washington Community Action Network's Racial Equity Agenda for 2015. This event takes place at New Holly Gather Hall, 7054 32nd Ave S, Seattle, WA 98118 on January 7 from 6 – 8 p.m.**

**RSVP at:**

**[https://www.facebook.com/events/1386429258319298/?context=create&previousaction=create&source=49&sid\\_create=225571608](https://www.facebook.com/events/1386429258319298/?context=create&previousaction=create&source=49&sid_create=225571608)**

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### **3. From the mouth of babes:**

**The Olympia Downtown: Re-Introduced for the Youth**

**December 31, 2014**

**“I’ve never been downtown” is a phrase that I have heard far too often growing up here, in Olympia Washington. To think that a parent would deny their children the beauties of Arts Walk and the Procession of the Species is disturbing indeed. I do understand that there are parts of our downtown that some parents may want to purposely avoid, but it isn’t an excuse to completely neglect an entire downtown. If you teach your children to avoid downtowns and instead frequent the mall, you are reinforcing the stereotype of a dirty disgusting downtown, which is not the case. I know that as a teen myself, I have pride for the place that I live in (even though many of my peers still retain these downtown stereotypes) because my parents exposed me to our fabulous downtown. So if show your children the fun of the Procession from a young age (as was done with me), and the joy of exploring boutiques like Hot Toddy (even if you don’t buy anything) or trying the food at delicious eateries like Old School Pizzeria, you will assist in creating a new generation that supports their local economy, and therefore helps everyone out.**

**Alina Chandra  
Olympia**

**Read more here:**

**[http://www.theolympian.com/2014/12/31/3500600\\_the-olympia-downtown-re-introduced.html?rh=1#storylink=cpy](http://www.theolympian.com/2014/12/31/3500600_the-olympia-downtown-re-introduced.html?rh=1#storylink=cpy)**

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**4. PUT SOME  
THEATER ON  
YOUR JANUARY  
CALENDAR!**





## **From Page To Stage After**

### **School Workshop**

**Using favorite children's books,  
poems and literature, we'll write,  
direct, cast, act, costume, build  
props and design a play!**

**AGES: 10-16**

**WORKSHOP TEACHER: Kate Ayers**

**SCHEDULE: January 5 – 25, 4-6pm  
(M-F)**

**PUBLIC PERFORMANCES: January  
23, 24 and 25**

**COST: \$190 (sliding scale  
available)**

## **A Monster Tale After School**

**Workshop** Come find out in “A

**Monster Tale”, an Original**

**Production written by Kate Ayers.**

**This 4 week workshop is designed**

**for kids to have fun and gain**

**performing arts skills and**

**experience while rehearsing a play.**

**AGES: 7 – 13**

**WORKSHOP TEACHER: Kate Ayers**

**SCHEDULE: February 2 – March 1,**

**4-6pm (M-F)**

**PUBLIC PERFORMANCES:**

**February 27, 28 and March 1**

**COST: \$250 (sliding scale**

**available)**

Read more about these winter workshops and our Spring education programs [HERE](#)

**DAYTIME STORIES—1st week of each month**

## **January: Mother Goose Stories**

Which nursery rhyme is your favorite? Old Mother Hubbard, Hickory Dickory, Humpty Dumpty,

**Little Miss Muffet? How many can you think of and how many can we do in 30 minutes? Come to OFT and find out!**

- **Monday January 5th at 10:30 am**
- **Friday January 9th at 1 pm**
- **Saturday January 10th at 10:30 am**

**DAYTIME SCIENCE SERIES-3rd week of each month**

## **January: The Solar System**

**Performance is approximately 45 minutes and includes audience participation. Come join us- appropriate for all ages!**

- **Monday, January 19th at**

**10:30am**

- **Saturday, January 24th at**

**10:30am**

**Let's Play Show admission: \$5 per  
person – CASH or CHECK at the  
door when you arrive. If you're  
bringing a big group, call to let us  
know! 360-570-1638**

**All our Shows & Programs happen in our NEW**

**HOME.....**

**612 4th Ave in downtown Olympia**

**Buy tickets and season subscriptions directly from  
our website [www.olyft.org](http://www.olyft.org)**

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**5. The Olympia Fellowship of Reconciliation's January 2015 TV program, "Climate Change: From Despair + Denial to Courage + Action," will air three times a week during January – every Monday afternoon at 1:30 pm, every Wednesday afternoon at 5:00 pm, and every Thursday evening at 9:00 pm on Thurston Community Television (TCTV) cable channel 31 for cable TV subscribers in Thurston County.**

**Even if you live elsewhere or don't have cable TV, you can watch this program anytime from anywhere through the Olympia FOR's website. Simply visit [http://www.olympiafor.org/tv\\_programs.htm](http://www.olympiafor.org/tv_programs.htm), scroll down to January 2015, and click it. I'm copying below a description of the program, which we also posted to our website:**

**Every month since February 1987 the Olympia Fellowship of Reconciliation has produced one-hour TV programs on issues**

related to peace, social justice, economics, the environment, and nonviolence.

The Olympia FOR's program airs several times every week for the entire month on Thurston Community Television (TCTV), channel 22 for Thurston County's cable TV subscribers. You can see TCTV's schedule at [www.tctv.net](http://www.tctv.net).

You can also watch the program described below (and more than 100 of our previous interview programs and special programs at the Olympia FOR's website, [www.olympiafor.org](http://www.olympiafor.org). Simply click the TV programs link to reach [www.olympiafor.org/tv\\_programs.htm](http://www.olympiafor.org/tv_programs.htm), scroll down, and click the program you want to watch.

Many of our website's TV program listings also include a .pdf document describing the program.

## **JANUARY 2015**

**“CLIMATE CHANGE: From Despair & Denial to Courage & Action!”**

**by Glen Anderson, producer and host of this TV series**

**Climate scientists long ago reached a virtual consensus that the climate crisis is a serious problem, but people's reactions are varied and complex. Everyone has emotions about it, but our psychological responses differ. While some of us are working hard to cope with the problem, some other people seem stuck for various reasons.**

**The Olympia Fellowship of Reconciliation's January 2015 TV program focuses on several aspects of the climate crisis, including:**

- “Why does there seem to be such disagreement? What can I really believe?”**

- **“If it is true, it’s so overwhelming! How can I face it?”**
- **“What can one person even do? I feel powerless to do much of anything.”**

**Two knowledgeable persons who recently presented a workshop series about this – Stew Henderson and Kathy Cox – are our guests for this TV program.**

**They will summarize the facts – the best current available science –in a way that anyone will be able to understand, so you might want to invite your friends and relatives who are novices to the climate issue to watch this program in order to understand it.**

**Another reason why new people might find this TV program useful is that our TV guests will explore why it’s so hard to face this overwhelming issue, and they will help us understand how our painful feelings are actually the doorway to the clarity and freedom we need, going forward.**

**This approach follows from the work of Joanna Macy, who conducted a substantive workshop about this in Olympia at the end of May 2014. Both of our TV guests participated in that in-depth workshop and will share some insights. During the 1980s when the nuclear arms raced seemed likely to be heading toward a world-destroying nuclear war, Joanna Macy conducted many workshops about “Despair and Personal Power in the Nuclear Age” and wrote a book with that title. Her workshops and book explain that it is natural to feel despair about the overwhelming and looming catastrophe – and also that we can use some tools to help us get through that toward a sense of personal empowerment to take positive action to solve the problems.**

**Science and psychology are two factors, but the moral and spiritual dimension is relevant too. We can make more progress on**



**the climate issue by listening for the voices of inner wisdom that have been missing in the swirl of political debate.**

**Moving toward action is a crucial fourth aspect of this TV program. When people feel overwhelmed by a problem and feel despair, they become immobilized. In order to solve the problem, people need to cultivate a sense that we can indeed take useful action, and people need to know some positive ways to proceed. Our TV guests will share information about the groundswell of action that is finally mounting at the local, state, national, and international levels, from the grassroots to the highest corridors of power. We will close with a discussion of how we can all become part of the solution, both as individuals and as a community of conscience.**

**Our guests are well qualified to help us make progress:**

**Stew Henderson is a conflict resolution consultant and political activist who has spent 25 years helping organizations and communities tackle “impossible” problems and emerge stronger, clearer, and more resilient. He is active with the Climate Reality Project (founded by Al Gore) to help communities all across the globe finally address the climate crisis, and has participated in some of the Olympia FOR’s climate activities.**

**Kathy Cox is a psychotherapist and spiritual director in Olympia with a special interest in grief and loss. This kind of orientation is significant and helpful for helping people grapple with difficult (and often depressing) issues such as the climate crisis.**

**Scientists agree that we absolutely must slash the carbon dioxide (CO<sub>2</sub>) that we pollute into the atmosphere in order to limit damage to the environment. Damage to the climate occurs fully several decades after the carbon pollution**

has occurred. Human nature tempts us to postpone hard decisions, so when scientists or governments call for a sharp reduction in carbon pollution for the year 2025 or 2050, we easily deceive ourselves into thinking we can defer reducing carbon pollution until closer to those years.

However, the CO2 we emit TODAY will become fully apparent in those future years, so **THE ONLY WAY TO MEET THOSE FUTURE TARGETS IS TO VERY SHARPLY SLASH THE CARBON WE EMIT TODAY!**

**Glen Anderson (360) 491-9093 [glen@olympiafor.org](mailto:glen@olympiafor.org)**