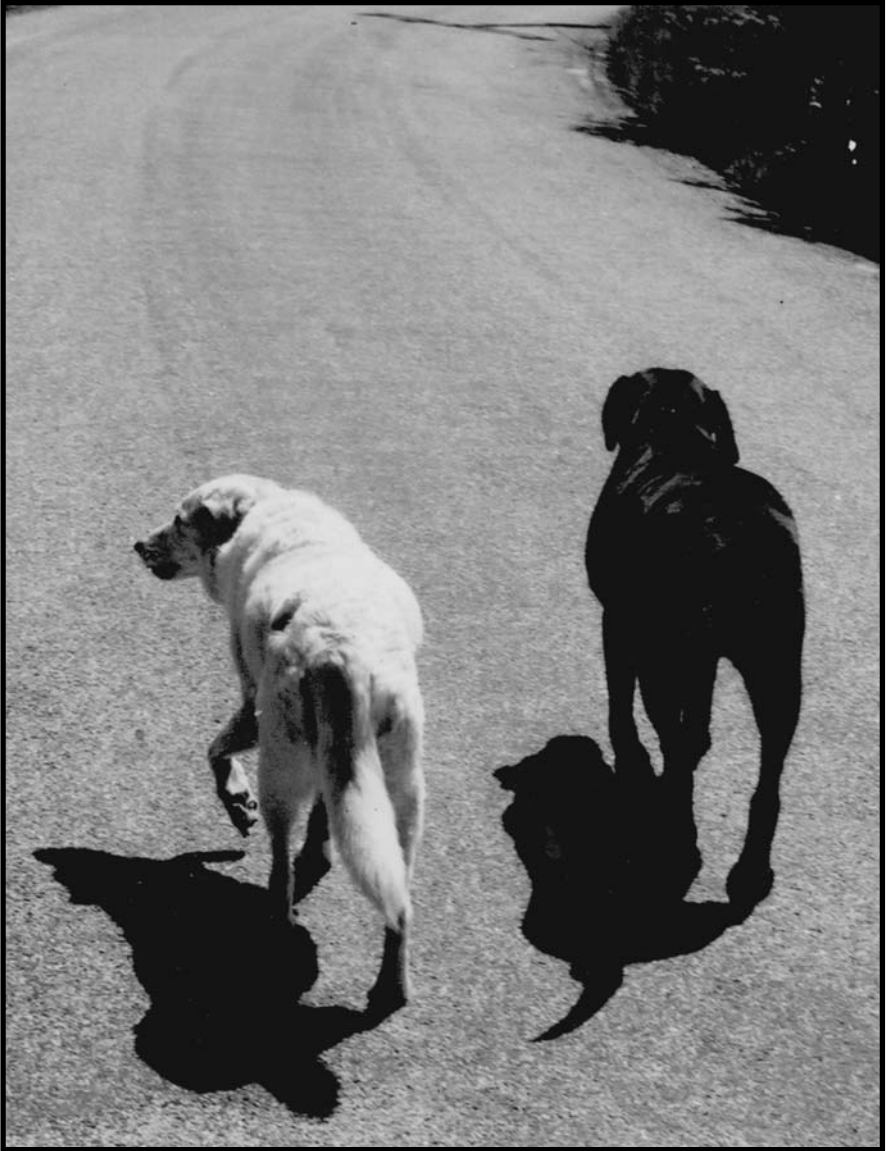


# *Integrities*



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## **FREEING THE SLAVES**

**SEE PAGE 7 INSIDE**

There are an estimated 27 million slaves in the world today—the largest number in history . . . where they labor out of sight in homes, restaurants, fields, factories and brothels . . .

## **DINNERS / EVENTS- 2008/2009\***

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Dec. 14 (Sunday)- 2008	4:30 p.m.	Light & Darkness (followed by potluck)
March 21 (Saturday)	7:00 p.m.	St. Patrick's Day Dinner
May 16 (Saturday)	7:00 p.m.	Latin America Dinner
Sept. 19 (Saturday)	7:00 p.m.	Peru Programs Dinner
Dec. 12 (Sunday)	4:30 p.m.	Light & Darkness (followed by potluck)

*\*held at 160 Sunflower Lane, Watsonville*

*Suggested donation for dinners \$50, low-income \$35. Reservations can be made by mailing check and number in party to IF, or email [ifoffice@cruzio.com](mailto:ifoffice@cruzio.com) or phone 831.724-5526 or 831.724-4108.*

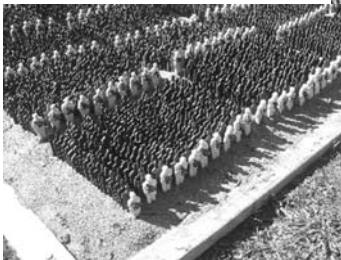
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# Integrities

by Betty Michelozzi

Four-and-a-half years ago local artist and middle school teacher Kathleen Crocetti began a project to create an Iraq War Memorial. She made 4190 small white clay figures each holding a US flag for each of the US soldiers who have died in this war. The 92,000 dark figures represent Iraqis killed. She continues to add to the figures in the exhibit. A book she calls *Counting* lies nearby and lists the names of all the US soldiers who have died. It was very moving to see people walking through slowly. This exhibit is located at the Resurrection Church Cemetery on Soquel and State Park Drive in Aptos, California and will be there until the end of November.



*photos by Betty Michelozzi*

*4,190 US soldiers and 92,000 Iraqis  
killed with more being added daily.*

## The Shadow Side

Carl Jung gave us extraordinary insight into the “shadow” which is a part of each one of us—the part that we do not acknowledge and which can remain hidden throughout life. A great part of our life work is acknowledging our dark side, thus preventing it from being destructive. If we continually deny our shadow side and make believe that we are all good, Jung warned us, the results will be catastrophic.

Historian Page Smith considered history a dark story. And he felt that a pollyanna righteousness (“I am always proud of my country”) is simply an inability to acknowledge the shadow side of US history.

Militarism and greed lurk in the shadows of our national psyche. When we start wars or invade little countries, we usually pretend that our motive is to spread democracy. Former Congressman Pete McCloskey (R, CA) often said that, as a Marine in Central America, he had presumed he was fighting for the US and for democracy, but he found out later that he had been fighting for the United Fruit Company.

Eisenhower warned us decades ago about our military-industrial complex. It has since grown into a devouring monster.

We are now experiencing some of the consequences of our shadow side in the collapse of our financial system, and in a failed war that has made millions the world over despise us.

Though both failures are catastrophic, they may have a maturing influence upon us as a nation. Our “shadow” is at least out in the open. Pollyanna righteousness about the behavior of our country now seems like a caricature. It will be a while before we hear again about the “Magic of the Marketplace” and the “Trickle Down” theory. And hopefully a long while before we hear “Mission Accomplished.”

## Two Systems Have Failed

Not long ago the West was rejoicing at the failure of Communism and was attributing Capitalism's triumph to Ronald Reagan's neo-liberal economic policies and a renewed US nuclear weapons buildup.

But now deregulated Capitalism has crashed. Just as there was rejoicing 20 years ago at the fall of totalitarian Communism, there is now jubilation in some quarters at the fall of unregulated Capitalism. Hugo Chavez of Venezuela, seldom at a loss for words, declared that President Bush's socialist giveaway to financial institutions makes him an extreme leftist, and he began addressing the president as "Comrade Bush!"

When Communism fell in the Soviet Union and a gross form of Capitalism began to take hold, a dour joke started making the rounds: Russians began saying: "Everything we were told about Communism was a lie." They would then pause before the punch line: "But everything we were told about Capitalism was *true*."

## Greed and Weapons—the Connection

Saint Francis, the little poor man of Assisi, was once reprimanded by a bishop for renouncing material possessions. Francis responded with simple wisdom: "If we had possessions, my lord, we would need weapons to defend them, and we are people of peace."



When I was growing up, Greed was one of the Seven Deadly Sins, so called because it led to spiritual death. We were taught

that the rich would have a hard time entering the Kingdom.

"Thou shalt not kill" was a very serious commandment. There was

also an admonition to love our enemies and a warning that “those who take the sword shall perish by the sword.”

“If we had possessions, we would need weapons to defend them, and we are people of peace.”

*Francis of Assisi*

But in our contemporary society weapons are “patriotic,” and making absurd amounts of money is admirable!

Tolstoy's *All the Land a Man Needs* told the story of a man who was offered all the land that he could run around from sunrise to sunset. He ran and ran—and towards sunset fell down dead. His only need then was enough land for a burial plot.

Anthropologist Gregory Bateson felt that both money and weaponry are “addictive substances.” No matter how much the US spends on the military (more than all other nations combined), it is never “enough.” And no matter how much money Big Oil and mega-corporations take in, they always want more.

## *The Darkness of the Iraq War*

In the early protest marches before the Iraq war began, many people held up large signs which read NO BLOOD FOR OIL! We didn't know at the time how prescient those signs were.

The US government lied about the Oil, then tried to hide the Blood. In what Gore Vidal has called “the United States of Amnesia,” we don't hear much about the hundreds of thousands of people killed in Iraq and the millions of refugees forced to leave their homes. And although we keep count of our own dead, we never see their bodies, and we hush up the stories of those who commit suicide or end up maimed or basket cases after their military service. Unacknowledged darkness wreaks spiritual destruction.

In one of the articles that follow, Colman McCarthy talks about peace education, and in one anecdote, he puts his finger on how readily we accept militarism. Colman was talking to a school board, asking them to put Peace Studies into their curriculum, when one school board member voiced a concern: “Peace Studies. . .” he said. “That word might raise concern in the community. Isn't there another term?”

## *Losing Our Soul as a Nation*

In our pursuit of war against the “idea” of terrorism, our government can now “disappear” people at will, leaving no trace of their whereabouts. Habeas Corpus is a thing of the past. Torture has become commonplace.

## *Hope for Change?*

At least, there is some more awareness now. The shadow side is coming out into the light. More and more people reject shedding more blood for oil. They detest the government spending billions on war and giving Big Oil billions of dollars in tax breaks, while ordinary people are losing their homes and cannot pay their bills.



When Page Smith started his monumental *People's History of the United States*, he felt that he might very well, like Gibbon, have been tracing the rise and fall of an empire.

But he confessed that by Volume IV, he had “cheered himself up” considerably. What cheered him were the heroic people who kept rising up again and again to rebel against injustice, change the course of our history and give us hope again.

The election of Barack Obama as president is a surprisingly hopeful event that has no parallel in US history. It symbolizes a dramatic rejection of racism, and a great step toward healing the

wounds left by slavery and the Civil War. But this new surge of hope has to be seen against the background of the dire problems left by the Cheney-Bush era: economic disarray, military fiascos, the loss of civil liberties and the connection of Big Money with government which is more consonant with Fascism than with democracy.

President-Elect Obama has proposed a number of hopeful ideas: A fairer tax system and universal health care will help ordinary Americans. Money put into the greening of America will mean jobs, new businesses, and less reliance on oil. Diplomacy, talking to our “enemies,” can help restore peace. The restoration of civil liberties and human rights will improve our moral standing in the world. But achieving such changes will take constant prodding by aware citizens.

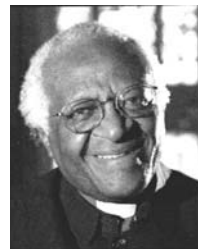
The future, Page Smith said before he died, is full of danger and full of hope. The danger we can see all around us. For the hope, we have to look not only outside but also within ourselves. Colman McCarthy cites an old Irish proverb: The trouble with good ideas is that they soon degenerate into hard work.

We have a lot of hard work ahead of us.

## **FREEING THE SLAVES 2008**

*by Judy Barry*

We recently attended a Freedom Awards ceremony at the University of Southern California, where a number of contemporary anti-slavery heroes were honored by *Free the Slaves*.



It was a joyous celebration with exotic music and food, a gathering of colorfully-dressed people from remote corners of the world and the presence of Archbishop Tutu, international adviser to *Free the Slaves*.

There are an estimated 27 million slaves in the world today—the largest number in history. An estimated 15,000 are trafficked into the United States every year where they labor out of sight in homes, restaurants, fields, factories and brothels, subject to every kind of abuse.

*Free the Slaves* was founded in 2000 by Dr. Kevin Bales who has seen the victims of modern-day slavery from the charcoal pits of Brazil to the brothels of Thailand. He has written a number of books: *Understanding Global Slavery*, *Disposable People*, *Ending Slavery*, and *To Plead Our Own Cause: Personal Stories by Today's Slaves*.

*Free the Slaves* collaborates with nine other organizations that rescue slaves and help them to rebuild their lives. These organizations communicate with governments to create global responses to a global problem; they enable businesses and consumers to be part of the solution; and they use the media to give voice to the 27 million people still enslaved. One example: they have helped form a coalition of national governments, labor unions, and human rights and community organizations to try to eliminate child labor and forced labor from the cocoa supply chain. The International Cocoa Initiative has already supplied \$10 million to programs of slave eradication in West Africa.

We met and talked to two extraordinary young award recipients who were former slaves and who have an unquenchable dedication to rescuing children and helping them rebuild their lives.

James' impoverished parents had apparently been duped by a slave-trafficker who promised a job and schooling for their 6-year-old son, only to imprison him in Ghana's fishing industry where he labored in appalling conditions until he escaped, seven years later, half-starved and illiterate. James, now a college graduate, is a gentle, soft-spoken man who has devoted his life to his organization

*Challenging Heights*, which keeps hundreds of children from slavery through education and helps former slaves who escape.

Ricky was one of some 20,000 children who were forced into committing unimaginable atrocities after having been abducted into Uganda's notorious Lord's Resistance Army.

Following his escape, he graduated from university and then risked everything by returning to the war zone where he rehabilitates child soldiers. He also educates the communities that have rejected these children so that they can accept them as children in need of help.

Other honorees included:

- A woman from the Philippines whose organization now works in 70 countries fighting the trafficking of children into sex slavery
- Two young American women who work to free slaves in a number of countries
- The Brazilian Catholic Bishops' Conference which has triggered governmental rescue of 31,000 slaves from farms and industries
- *Reporter Brazil* which follows slave-manufactured products through the supply chain, and alerts businesses and consumers to take action

It is not easy to face the reality that so many human beings—especially innocent children—are being forced into slavery. But the awards ceremony brought what usually lies in the shadows out into the light where there is hope of dealing with it. Seeing so many heroic people devoting their lives to eliminating slavery was an exhilarating experience.

You can learn more about current anti-slavery activities at [www.Freetheslaves.net](http://www.Freetheslaves.net).

IF will be co-sponsoring a video presentation of conversations with recently rescued slaves in the US as well as with award-winners in the near future. If you wish to be informed of this event, leave a message at the IF Office, 831-724-4108.

## TEACHING PEACE

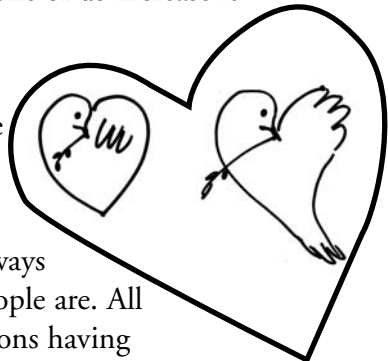
*by Colman McCarthy*

As a journalist in Washington since the mid-1960's, I've had lucky breaks landing interviews with some of the world's enduring peacemakers. Among them were Desmond Tutu from South Africa, Mairead Corrigan from Belfast, Adolfo Perez Esquivel from Buenos Aires, Mother Teresa from Calcutta and Muhammad Yunus from Bangladesh: all Nobel Peace Prize winners. There were also those who deserved Nobels: Sargent and Eunice Shriver, Dorothy Day, Daniel and Philip Berrigan, Joan Baez, Jeannette Rankin, Philip Hart, Mubarak Awad and a long list of others. And let's include one of my heroes, Frank Kelly, a genuine peacemaker.

Toward the end of the interviews, which is often where you get the most candid answers, I would ask a pair of basic questions. What is peace? And how can each one of us increase it while decreasing violence?

On the definitional question, agreement was reached: Peace is the result of love, and if love were easy we'd all be good at it.

The second question almost always had the same answer: Go where people are. All that's happening is people and nations having conflicts—and solving them knowingly and morally with nonviolent force or unknowingly and immorally with violent force. No third way exists.



I heeded the peacemakers' advice. The sure place to find large numbers of people is in America's 78,000 elementary schools; 32,000 high schools and more than 4,000 universities, colleges and community colleges. In the early 1980's I went to a public high school near my office at the Washington Post to ask the principal if I could teach a course on alternatives to violence. "Give it a try," she said. "But there's a problem: the school is poor and cannot afford to pay you."

"I didn't come for money," I said. "I'll volunteer." That semester, 25 juniors and seniors at the School Without Walls enrolled in my course "*Alternatives to Violence*." It wasn't difficult to teach. We started with the literature of peace, reading Gandhi, Tolstoy, Einstein, Thomas Merton, Jane Addams, Gene Sharp, A.J. Muste, Jesus, Francis, Amos, Isaiah, Buddha, Sojourner Truth, Addin Ballou, George Fox, Barbara Deming, Dorothy Day, John Woolman and a long list of others. And that was the first day! Then we really got into it! . . .

## PEACE EDUCATION

Peace education is in its infancy. In 1970, only one American college was offering a degree in Peace Studies: Manchester College, a Church of the Brethren school in Indiana. More than 70 colleges and universities currently offer undergraduate and graduate degrees in conflict resolution, with more than 300 offering minors and concentrations. Although the message is getting through that unless we teach our children peace someone else will teach them violence, no one should be deluded. The day is far away when the teaching of peace is given the academic attention that goes to conventional subjects. . .

Whether in the high school, college or law school classes, students would usually divide into two groups. One would bond

intellectually, and often quickly, with Gandhi's belief that "nonviolence is the weapon of the strong" and agree with Hannah Arendt that "violence, like all action, changes the world but the most probable change is to a more violent world." Another group came in loaded with doubts, which I encouraged them to express. Nonviolence and pacifism are beautiful theories, they said, but in the real world here are muggers on the street and international despots on the prowl. So let's keep our fists cocked and our bomb bays opened. . .

"Violence, like all action, changes the world, but the most probable change is to a more violent world."

*Hannah Arendt*

## NONVIOLENT FORCE

Peace Teachers have no illusions that exposing students to the literature and the methods of nonviolence will cause governments to start stockpiling plowshares, not swords, or that the young will instantly convert to Franciscan pacifism. But what isn't illusory is that an effectively organized nonviolent force is more powerful than the gun or bomb.

Where has it worked? In only the past quarter-century, at least six brutal regimes have been overthrown by people who had no weapons of steel, but only what Einstein called "weapons of the spirit."



On February 26, 1986, a frightened Ferdinand Marcos, once a ruthless and US-supported ruler of the Philippines but now just another powerless rogue, fled to exile in

Hawaii. As staged by nuns, students and human rights workers—many of them trained in Boston by Gene Sharp—a three-year nonviolent revolt brought him down.

On October 5, 1988, Chile's despot and another US favorite, General Augusto Pinochet, was driven from office after five years of strikes, boycotts and other forms of nonviolent resistance. A Chilean organizer who led the demand for free elections said, "We didn't protest with arms. That gave us more power."

On August 24, 1989 in Poland, the Soviet puppet regime of General Wojciech Jaruzelski fell. On that day, it peacefully ceded power to a coalition government created by the Solidarity Labor Union that for a decade used nonviolent strategies to overthrow the communist dictator. Few resisters were killed in the nine year struggle. The example of Poland's successful nonviolence spread, with the Soviet Union's collapse coming soon after. It wasn't oratory by Ronald Reagan or the Pope that first stoked the end of the Cold War. It was the heroic deeds of Lech Walesa and the nonviolent Poles he and others organized. They didn't bring the Soviets to their knees: they brought them to their senses.

On May 10, 1994, former prisoner Nelson Mandela became the president of South Africa. It was not armed combat that ended white supremacy. It was the moral force of organized nonviolent resistance that made it impossible for the racist government to control the justice-demanding population.

On April 1, 2001 in Yugoslavia, Serbian police arrested Slobodan Milosevic for his crimes while in office. In the two years that a student-led protest rallied citizens to defy the dictator, not one resister was killed by the government. The tyrant was put on trial in the Hague, but died before a verdict was reached.

On November 23, 2003, the bloodless “revolution of roses” toppled Georgian president Eduard Shevardnadze . . . No deaths or injuries occurred when tens of thousands of Georgians took to the streets of Tblisi in the final surge to oust the government.

In the mid 1980's, who would have thought this possible? Yet it happened. Ruthless regimes, backed by torture chambers, were driven from power by citizens who had no guns, tanks, bombs or armies. They had a superior arsenal: the moral power of justice, the strength of will and the toughness of patience.

## THE FAILURES OF VIOLENCE

During these years of nonviolent successes, the failures of violence were rampant. The US government, which Martin Luther King, Jr., called the “world's greatest purveyor of violence,” prowled the world with bullets and bullying. The pattern of dominance and intervention was set after World War II. As compiled by historian William Blum, these are the countries—and the men, women and children living in them—that America has bombed since 1945: China (1945-46), Korea (1950-53), China (1950-53), Guatemala (1954), Indonesia (1958), Cuba (1959-60), Guatemala (1960), Congo (1964), Peru (1965), Laos (1964-73), Vietnam (1961-74), Cambodia (1969-70), Guatemala (1967-69), Libya (1986), Grenada (1983), El Salvador (1980's), Nicaragua (1980's), Panama (1989), Iraq (1991-2008), Sudan (1998), Afghanistan (1998-2008), Yugoslavia (1999).

After discussing the list in my peace classes, I give the students a multiple-choice quiz. In how many of these countries did a democratic government, respectful of human rights, occur as a direct result of the US killing spree? Choose one: (a) none (b) zero

(c) not a one (d) naught. No one has ever flunked the quiz . . .

## POLITICS AND MONEY

At a basic level, and well away from party platforms, politics is about one reality: Who decides where the money goes? Which policy decisions keep more money flowing to military contractors to build weapons and less to build affordable housing for the working poor? Which politicians sanction packing our prisons with people who are drug-addicted or mentally ill and who need to be treated, not punished? Which lobbies allow tax laws to be written so loopholes get widened for corporations, while rules for home foreclosures get tightened? Which policies allow the Peace Corps and Americorps budgets to languish and let the military budget flourish? Which politicians allowed military spending to rise more than 60% since 2001, while every day in the Third World more than 35,000 people die from hunger or preventable diseases? . . .

The current military budget, according to the Center for Defense Information, a Washington non-profit staffed mainly by former military officers and Pentagon workers, is \$878 Billion. Unless you are an astronomer, the number is too large to grasp. Breaking it down, the spending comes to about \$2.5 billion a day—ten times more than the Peace Corps budget for a full year.

It's the government's money, we think, forgetting from whom the government collects the loot. Depending on your tax bracket, an American family can pay \$5,000, \$10,000 and even more, in annual federal taxes that is directed by Congress to the military. Martin Luther King, Jr., in his Riverside Church sermon, saw it clearly: "A nation that continues year after year to spend more money on military defense than on programs of social uplift is approaching spiritual death."

## AFTER 9/11

After 9/11 peace teachers found ourselves challenged by students who asked how we should have responded.

Congress had three options—military, political and moral—to resolve the conflict. Predictably, the military prevailed. An enemy? Go bomb somebody. The House and Senate both approved the bombing of Afghanistan, presumably to wipe out the Taliban and Al Qaeda. Out of 353 members of Congress, only one voted no: Barbara Lee of Oakland. Her stand brought to mind Jeannette Rankin. On December 8, 1941, the Montanan was the only member of Congress to oppose US entry into World War II, saying as she did in 1917 when voting against entering World War I: “You can no more win a war than win an earthquake.”

The political solution was to follow our own nonviolent conflict resolution advice, as when we tell Israelis and Palestinians, or Shiites and Sunnis . . . to talk, compromise, negotiate, and stop killing each other. Sound advice, so why didn't we follow it ourselves and talk to Osama Bin Laden or Saddam Hussein? Such a notion is dismissed as surreal or hideously naïve; you can't talk to evildoers, especially satanic ones like Osama.

US foreign policy during the Cold War demonized the evil-doing Chinese Communist government for its plans of world conquest. But then Richard Nixon went to China. He talked, compromised, negotiated and reconciled. Today's China is not only a major trading partner but is loaning money to us. Ronald Reagan, who in 1986 called the Soviet Union “the evil empire,” went to Moscow soon after. He talked, compromised, negotiated and reconciled. Russia is no longer an enemy. Putting aside for the moment their regressive record on other issues, these two Republican presidents did indeed provide a model for nonviolent conflict resolution.

## PROGRESS IS HAPPENING

In 1985, my wife and I founded the Center for Teaching Peace. Supported by foundation grants and a growing membership, our work is to persuade and assist schools at all levels either to begin or expand peace education . . .

Over the years, I've visited hundreds of schools to lecture on peace education, pacifism and nonviolence. I can report that the hunger to find alternatives is strong and waiting to be satisfied. If members of the peace community don't make it happen, who will?



There's an old Irish saying that the trouble with a good idea is that it soon degenerates into hard work. So let's all roll up our sleeves and get going.

*These excerpts are taken from a speech by Colman McCarthy at the Frank Kelly Lecture Series on Humanity's Future at Santa Barbara City College last February. The series is sponsored by the Nuclear Age Peace Foundation in Santa Barbara, which kindly gave us permission to reprint.*

For more information, contact the Nuclear Age Peace Foundation at [www.wagingpeace.org](http://www.wagingpeace.org))

## NEW LIFE ON THE IF BOARD

John Law and Peter Michelozzi, great long-time Board members, have resigned from the Board but will continue to be active with IF. (Bob Johnston resigned earlier.) Six new members have joined the Board: Barry Covington, Caitlin Brune, Karen

Lambert, Clay Madden, Pamela Law and Kathleen Lynch. We will introduce Pamela and Kathleen in our next issue.

## *Barry Covington*

Growing up roaming the countryside of rural Connecticut and working on an organic farm, Barry felt a deep connection with Mother Earth and the Divine. As a graduate of Humboldt State, he worked as a volunteer on the border with Mexico as well as in Chiapas, Mexico, for over a year. After living two years in China and one year in Hawaii, he is currently back in the classroom as an English teacher who concentrates on Tolerance and Saving Our Planet.

"It's no wonder my life's journey has brought me to the friends at IF. In 2006 I was fortunate to become a team member of the Eco-Peru group, and it was through that experience I knew I had found a group of people moving in a direction I had always wanted to go. It is my sincere wish to help IF continue on the path it has laid for the last 35 years by sending out its message of Integrity to the world . . . Thank you for letting me serve as a new board member: I am honored to walk with, and in the footsteps of, some truly great people."

Barry is starting an IF youth group at Salinas High School and hopes others might follow suit.



## *Caitlin Brune*

Caitlin Reyes Brune holds a B.A. from Georgetown University and a Master's in Public Health from UC-Berkeley, where she focused on International Maternal & Child Health. Her life and work experiences have taken her to nearly every continent. For five years, she worked with the Firelight Foundation, which supports groups in sub-Saharan Africa who are addressing the effects of HIV/AIDS on children, families, and communities. Caitlin presently works for the Global Fund for Women, which helps sustain and advance women's human rights around the world.

Caitlin feels enthused by the potential IF has to engage young people in social change. She also appreciates the opportunity to be a part of an organization whose leadership spans three generations, whose work helps to accomplish practical and durable solutions, and whose vision continues to evolve.

## *Karen Lambert*

Karen recently retired from a long career with the state Employment Development Department. During her time with EDD she worked as a supervisor of various programs as well as a caseworker providing services directly to job seekers. "I always found the most satisfaction in working directly with clients, assisting people with their efforts to return to work despite profound barriers to that end... I am most interested in opportunities that allow for as much direct interaction with people as possible.

"I am very interested in the Guatemala/Habitat connection, and look forward to learning about other opportunities within IF as well. I am very honored to be a new member of the IF board."

*Clay Madden*

Clay is a retired teacher who started his teaching career in 1967, in Los Angeles City Schools, moved to northern California to the Campbell School District in 1969, then moved to the Santa Cruz City Schools in 1972, where he taught there until he retired in 2002.

“I’ve taught every grade from 2nd through 12th. I taught with two credentials: a General K-8 and a Secondary credential with specialties in Political Science and History. I also taught calligraphy in Adult Education for eight years. In addition to my education profession, art is my avocation. Besides calligraphy, I paint, draw and do some sculpture.

“My goals in IF are open until I can flesh out the terrain but probably am leaning toward some connection with the Guatemala/Habitat project.”

## **DONATING TO IF**

IF does not go after foundation or government grants. We survive on the continuing kindness and commitment of people like you.

1. Leave a legacy by mentioning IF in your will. This is a wonderful way to stay active in the world and continue to have a say even if you have passed on.
2. You get a tax write-off on the entire value of the stock that is donated. If you wish to know more, contact Judy Barry, IF board member at 831.662.0577.

# Membership

## HOW CAN I HELP?

90% of the money donated to IF goes directly into programs, because many volunteers donate their labor and personal expenses for IF's work. Here are some examples of what your donation can do:

- \$20 provides 50 lbs. of rice or beans to families in Mexico.**
- \$40 enables 80 meals served at a communal kitchen in Peru.**
- \$100 gives a child a scholarship to go to grammar school.**
- \$150 installs a passive solar panel in Peru for heating water.**
- \$500 buys the land for an IF/Habitat home in Guatemala.**

Each gift makes something happen which won't happen in any other way. Thank you, on behalf of the families who receive these gifts. Your tax-deductible donation continues your subscription to *Integrities* for a year.

Subscriber Name and Mailing Address \_\_\_\_\_ This is for myself \_\_\_\_\_ This is a gift\* \_\_\_\_\_  
(please print clearly) (please check one)

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