



# Personal Safety Nets® e-Newsletter



Our 50th Edition!

May 2012, Issue 50

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## What a Wonderful Trip It's Been

**Fifty - "L"- 50:** Does this number have a particular meaning for you? Hearing "half of 100" is decidedly encouraging if you're on a Century (100 mile) bike ride and it's only noon. 50% feels terrible if it's your grade on a final exam in Math class. What if you discover that you must meet 50 new people to find one good friend? And, if 50's your next birthday, well, then, you may have mixed emotions. **This issue is our 50th edition of the Personal Safety Nets® (PSN) newsletter and it feels pretty darn good.**



## Did you see this one?



**Parents, getting a safety net organized with your high school student - BEFORE they shuffle off to college - is always a good idea and a wonderful exercise for them and you.** A strong net will include looking at what supports (people, inner & outer resources, plans) are in place for academic success, health, capacity to make & retain good relationships, and finances, among other things.

Being honest with yourself and your student about the true costs of the college experience is also a good idea - because it will effect both of you for years to come - and will surely have a long-lasting effect on many parts of their personal safety net as they move on in life.



The [New York Times](#) recent article: ["A Generation Hobbled by the Soaring Costs of](#)

When something feels good, sharing is enticing, so we're focusing with you, our PSN friends, on friendships: there are [Cool Free Downloads \(CFDs\)](#): one with [tips on making friends](#), another with [cautions & concerns](#), and a third on [trust](#). **A PSN Team can be based on, or lead to, friendships.** It's our hope that, if you've had an experience with teamwork that has helped you or your community, [you'll send](#) the story of it to us so we can include it and lend encouragement to others. One such letter was received from Ana, a few months ago (12/2011)

Christian "Gospel According to Thomas" reads: "if you bring forth what is within you, what you bring forth will save you." In fact, something similar is said in many religions. **It means that inside each of us there are gifts and strengths.** Some of us have had these noticed and nurtured. Others of us have had them denied, twisted, or mocked. So for some it is easier than for others. Still, **it is when we are able to share these, when we find safe ways and places for being true to ourselves, that we truly shine.**



In our PSN seminars we talk about the four pillars that support each corner of our personal safety net. One of these we label, "Internal Resources." Typically people list attributes such as *courage, hopefulness, kindness, humor, love, vision, self-confidence, curiosity, and integrity.* Some in the seminar have not thought of these as gifts before. But we know these internal resources and more are present, and if

claimed and developed, can form a base of strength. Frequently our internal resources need nurturing, so **finding and building networks that support our strengths help us share our gifts with the world. . .** offering from a personal well of abundance!

You, all 2005 of you, fill our well with your friendships, stories, various gifts. As we transition into being the non-profit we always were meant to be (more on this in our next edition), **we are grateful to each and every one of you who helps to replace fear and isolation with security through interdependence and community.**

**50 LOOKS GREAT FROM HERE!**



**College** focused upon the financial costs of college. It's a great read, and here's a few of the facts:

- 94% of students who earn a BA borrow to pay for college, up from 45% in 1993.
- The average debt in 2011 was \$23,300; 10% owed more than \$54,000, and 3% owed more than \$100,000.
- Students at "for-profit" colleges are twice as likely to default on their loans.
- Of those seeking a BA - after 6 years of trying - 65% of non-profit private schools will succeed; 55% at public institutions; and 22% at for-profit colleges.
- The current balance of federal student loans nationwide is \$902 billion, with an additional \$140 billion in private student loans. YIKES!

Don't panic, though. Finances for college are only one aspect of what you're considering. And planning early can help you and your student see how to best address choices.

## You 'ought to be in pictures!

We're seeking **Personal Safety Net stories** - how YOU have dealt with a situation by building a network, or sharing with others to solve problem; putting plans, people and resources together to make a task or journey easier.



Record your story using your **smart-phone**, or any other means that you have handy, and upload them to [info@personalsafetynets.com](mailto:info@personalsafetynets.com).

**Don't Leave**

## With A Little Help From Our Friends

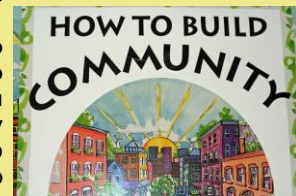


The birth of the **Personal Safety Nets®** newsletter took place in **November of 2007**. The first 499 people "subscribers" who received the first edition were added to the list by the "site owner." In lay- terms, this means you knew Judy and/or John, were a relative, or made the mistake of giving them your business card. That's also when the website first appeared and offered the opportunity for anyone to sign up and

"**subscribe**" to the newsletter. **And the first to actually subscribe was also the 500th person to receive the newsletter - Aleta Elliott.** (*We know, we keep good records!*)

**In short order, others signed on for themselves. The first dozen (plus 1) in late '07 and early '08 included: Dave Sharp, Eric Westberg, Kevin Kawamoto, Charisse Larson, Mary Chaney, Dan Satterberg, Jill Lee, Karen Yoneda, Sara Page, Karen Avery, Morgana Morgaine, Chery Liverson, and Judy Kimmerer. Thank you all so much for signing up and for sticking with us all these years.**

**To the more than 2000 people who signed up along the way and choose to regularly get our newsletter, thank you for caring about yourself, your family and your community.** We hope to keep giving you interesting and useful ideas to help make your Personal Safety Net stronger and more connected - that also goes for *Donna Amira*, who [signed up](#) just last week!



## O, What a Night!

If you read our [blog](#) or viewed our [Cool Free Downloads](#), you're probably aware that we're big supporters of YES! Magazine. [YES! Magazine](#) (a nonprofit) reframes the biggest problems of our time in terms of their solutions and outlines a path forward with in-depth analysis, tools for citizen engagement, and stories about real people working for a better world.



That's why we're excited to sponsor and tell you about **YES! Magazine's 2nd Annual Celebration of People Power, Wednesday, June 6, at 7:00pm**, at Town Hall Seattle, 1119 8th Ave (at 8th & Seneca), with **Alice Walker, Frances Moore Lappé, and Makana.**



Don't live in or near Seattle, or can't make it to Town Hall Seattle that night? No problem.

**They'll have a live video stream of the full program** [at yesmagazine.org/townhall2012](http://yesmagazine.org/townhall2012).

It's a wonderful and rare opportunity to hear

Pulitzer Prize-winner Alice Walker (*The Color Purple*, *The Chicken Chronicles*) and bestselling author Frances Moore Lappé (*Diet for a Small Planet*, *EcoMind*), speak to our power as change makers, interwoven with inspiring music from Makana, the acclaimed Hawaiian songwriter and slack-key guitarist who made national news last fall when he performed his Occupy anthem, "We Are the Many,"



## Home Without It!



Our wallet card is still the very best way to start to gather needed information and prepare yourself for both an emergency, and for any challenges that may come your way. You can complete it on your own and it's available FREE to you, your relatives, friends and work places.

Simply send an addressed, stamped envelope and tell us how many of the new cards to send to you. (One first-class stamp will get you up to 5 cards.)

**Send your self addressed, stamped envelope to:**

**PSN, 4740 44th Ave SW, Suite 102, Seattle, WA 98116**

Additionally, our friend Dr. Mel Ganus sent us a wonderful explanation she uses to make sure her "wallet card" works with the members of her personal safety net. She's allowing us to use it as a [Cool Free Download](#) - something you may want to read and adjust it in order to make wallet card information gathering and using easier for you.

## Voter Registration

New voter registration cards are currently being sent to all registered voters in King County. (Check your county and state to see about updated registration cards).



Friends help friends vote . . . check to see you and those you know have your new cards. And if you didn't get your card, or need to change info, call - in King County it's 206-296-VOTE or write [elections@kingcounty.gov](mailto:elections@kingcounty.gov).

for President Obama.



Tickets are [on sale](#) now and going fast and we hope to see you there! \$25 tickets include a one-year subscription to YES! Magazine for non-subscribers. If you already subscribe to YES! Magazine, be sure to use your subscriber number as your "member code" to get the special \$15 ticket price.

A dessert reception will follow in the lobby, with live music from Makana, book signings, and locally-sourced refreshments. You can also follow the buzz and meet other friends of YES! via their [Facebook](#) and [Twitter](#). Even if

you can't attend in person, watch the [live video stream](#) and don't miss this incredible night.

## Without Leaving Home

As we told you last month, authors Dr. John W. Gibson and Judy Pigott went to Lincoln, Nebraska to conduct a Personal Safety Net workshop and to work with the staff and administration of the [BryanLGH College of Health Sciences](#).

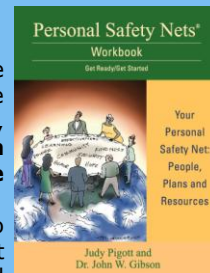
The nice folks at BryanLGH [recorded the workshop](#) and now you can see and hear John and Judy on line. It's a wonderful opportunity to experience a Personal Safety Net workshop, or get a strong refresher without leaving home - you can also download all the handouts from the event.



## Our Workbook: Get Ready/Get Started - FREE!

Simply download the entire book by clicking on the Personal Safety Nets Workbook PDF on our home page or [click here](#) - and you'll have all the pages, table of contents and the entire appendix. **You can choose to save or print off the pages and have them all for yourself - FREE.**

Tell your friends and family. Direct them to [www.personalsafetynets.com](http://www.personalsafetynets.com). Now's the perfect time to get started on working on the forms and ideas you always wanted and needed to get



down in writing.

**Filling out this workbook will get you started on the road to a complete and very useful personal safety net.**