



WE'LL
BEING FOR
ALL IS
NOT A
DREAM

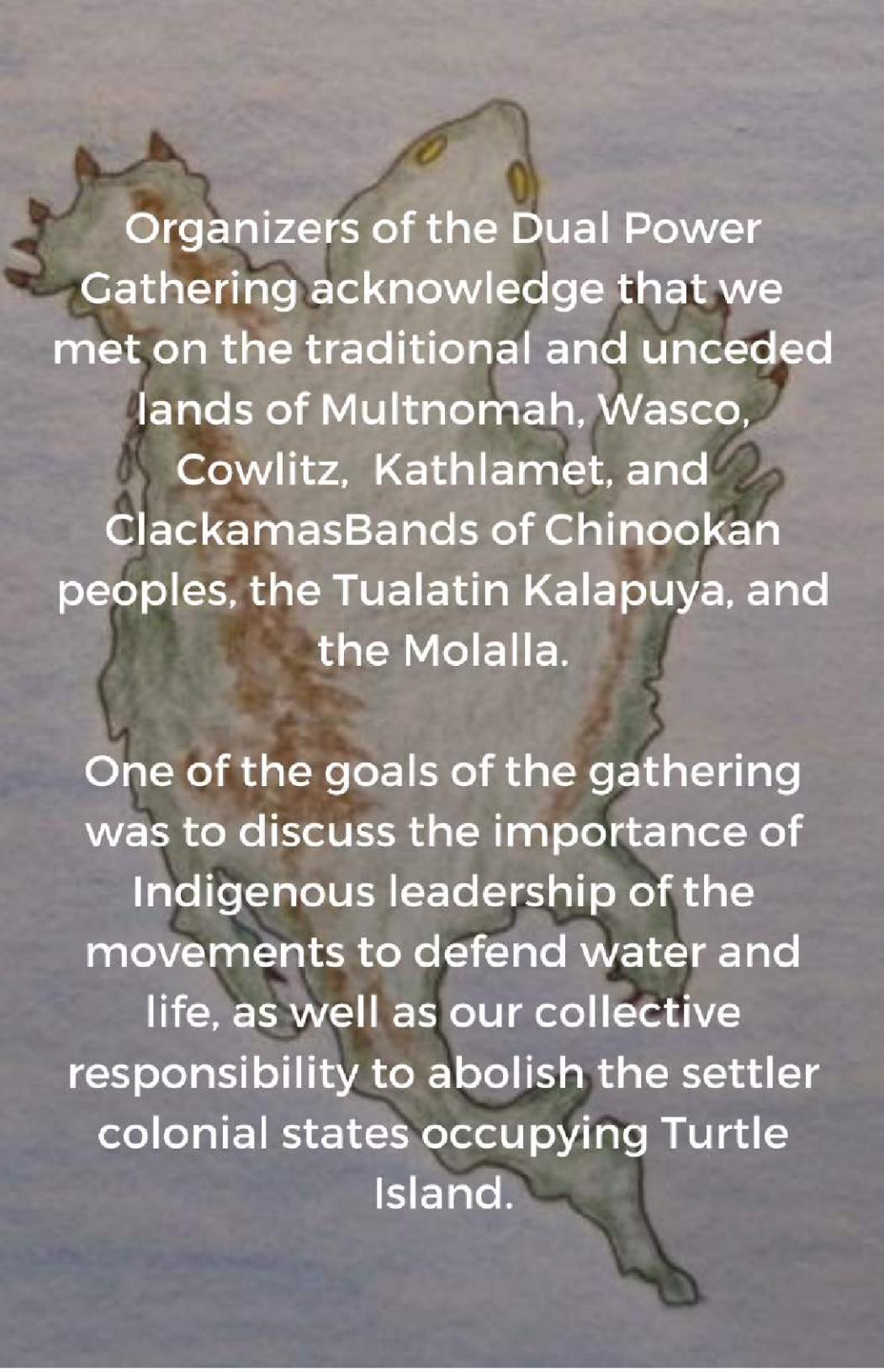
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DUAL POWER WEST 2023
GATHERING

A REPORT BACK

"BEFORE WE CAN FORGIVE ONE ANOTHER, WE HAVE TO UNDERSTAND
ONE ANOTHER."

— EMMA GOLDMAN



Organizers of the Dual Power Gathering acknowledge that we met on the traditional and unceded lands of Multnomah, Wasco, Cowlitz, Kathlamet, and Clackamas Bands of Chinookan peoples, the Tualatin Kalapuya, and the Molalla.

One of the goals of the gathering was to discuss the importance of Indigenous leadership of the movements to defend water and life, as well as our collective responsibility to abolish the settler colonial states occupying Turtle Island.



THIS PROJECT WAS BROUGHT TO YOU BY DPG WEST, A TEMPORARY COLLECTIVE OF ASPIRING REVOLUTIONARIES.

THIS TEXT WAS PRODUCED WITH COOPERATION FROM COMRADES ACROSS THE REGION, WHO ATTENDED THE DUAL POWER WEST GATHERING. WE WANTED TO SHARE OUR EXPERIENCES IN THE HOPES THAT IT SERVES AS THE SEED THAT SPAWNS MANY OTHERS.

WE CALL ON YOU TO ASSEMBLE YOUR OWN GATHERING NEAR YOU, ON WHATEVER SCALE YOU CAN ORGANIZE. BY GATHERING TOGETHER IN MOMENTS OF RADICAL JOY WE CAN CATALYZE RELATIONSHIPS AND FORGE TRUST BETWEEN US.

TO LEARN MORE ABOUT DUAL POWER AND FIND A DIGITAL VERSION OF THIS ZINE VISIT [DUALPOWERWEST.ORG](https://dualpowerwest.org)



Wealth Re-Distro

We came into an intimate circle to openly discuss our varied experiences, interests, and backgrounds in money and the practice of wealth redistribution. Collectively, we agreed that secrecy around wealth only obfuscates privilege, and is an important behavior to overcome; especially for white middle and upperclass settlers. Some strategies we discussed were: levying privilege/ funds to support economic policy reform (tax the rich shit), direct financial support to people/ groups/ organizations, and returning indigenous land. An initial discussion of set budgets and monetary goals bloomed into critiques of this method's inherent regressiveness. This gave way to identifying three challenges to wealth redistribution:

- Our "needs": Structural exploitation and profit-driven cultural values encourage a survival of the financially-fittest mentality. When we get fucked over on repeat, when we see and experience the disposability of those who fall through the cracks, we stop trusting that our needs will be met. We agreed that defining universal needs of survival can calm the disease of our nervous systems, acclimated to the insatiability of scarcity. Our limited set of basic human needs were: stable housing, clean water, nutritious food, healthcare/ bodily autonomy, education, and intimacy. To form a secure relationship to the measured satiety of these needs is an integral step in emotionally and physically releasing hoarded resources.

- Not "wasting it": This group of white settlers named the respectability politics that have wormed their way into our brains about how "our" money is spent. We recognize the fuckedupness of this in 2 ways:
 1. Any wealth accumulated on stolen land is due only to the ongoing genocide, enslavement, and exploitation of Black and Indigenous people. These (continued) actions by European settlers created the foundational pathways from which every "citizen" of the so-called US derive their nationally-inherited assets. Thus,
 2. The beneficiaries of white supremacy and (ongoing) settler-colonialism have accrued an unpayable debt. It is our responsibility to repay this debt without terms or conditions, however appealing those excuses may be.

- Consistency: Virtue signaling the success of hitting easy metrics (ex: 1% of income) is much easier than an integrated practice of (re)evaluation and honest engagement with an evershifting financial landscape. Within capitalism, our lives are marred by the clockwork anxiety of monetary survival. Our shit changes. And if we expect consistent and unchanging ability to redistribute wealth exactly the same, year after year, we're not really engaging with reality. To this end, we acknowledged the importance of being on your money shit and seeing reparations and wealth redistribution as ebbing shores in the abysmal sea of our monthly accounting- just like food and housing costs.

As many conversations about resources go, this one continued to spiral in, wrapping us in the fog of our futures within late-stage capitalism. None of us know what our future holds or how much we can really prepare for. But one certainty helped us realign toward solutions: Our deaths. Beyond worldly concerns for survival needs, a fixation on control, or our own ambiguity, we release our resources with our bodies. To prepare to be a good ancestor while we are still living, we can easily write Land Back and reparations into our wills and life insurance policies (which apparently can be hella cheap!)

Our conversation didn't produce any grand solutions to the generational violence that has created megayachts in the same line of sight as unhoused masses. We instead aim to overcome our named shared challenges with the unwaivering goal of a more just world.



WHAT IS DUAL POWER?

"Dual Power" has had multiple different definitions throughout the years. We aren't to tied to any historical definitions, as we believe language is fluid and evolves! Our contemporary understanding of Dual Power is this: the State holds all the power currently, and we need to grow a second power, a community power, in opposition to the oppressive and crushing current power.

When many people hear "POWER" they think of hierarchies, coercion, and a boot stamping on a human face forever. But this is not the case...Power is the ability to change things. Those in the ruling elite use their power to take all passion and energy and turn them upon other places of passion and energy, to have them abtble each other and cancel each other out; leaving the world unchanged or further battered and alienated. In a word, those in power take people's will for change and turn it upon other's will for change, to change the change back to the status quo. A status quo that has and will continue to benefit those already in power.

"The master's tools will never dismantle the master's house" - Audre Lorde

We need to come up with new tools, new ways of relating, and new powers to create a better, happier, more liberated world. Or we need to remember, reawaken, and relearn more natural and traditional ways of relating to each other and the world, which must be led by indigenous peoples.

The ways we start growing must be prefigurative: they must be seedlings that resemble the larger thing we hope to grow into. If they are not decentralized forms of power, one's that share it amongst the many, amongst the people, we will only recreate hierarchies, create more coercion, and make a new boot.

Our hope and dream with the Dual Power Gatherings is to create spaces where we can not only talk about a more liberated future and how to get there, but to experience it in some way here and now, no matter how small. To practice and grow our ability to be in community, share power horizontally, and to create decentralized and autonomous powers across this country, together.

Alone we know a little, together we know a lot. We writing this don't have all the answers nor any authority on Dual Power, and hope this Gathering helps create better questions, better thoughts, and better connections towards creating a more liberated world.



Preparing for an Unconference

www.unconference.net

The unconference format creates space for peer-to-peer learning, collaboration and creativity. At the start, the whole group will gather together and be guided through creating an agenda using open space technology. The exact process is not important to understand in advance – the process will become clear as it happens. The important part is that all those gathered will have the opportunity to put conference sessions on the agenda. No session will be voted off or 'won't happen' for some other reason. All sessions are welcome.

The sessions convened will range from the formal to the informal:

- From the well thought out pre-prepared talk reflecting years of research and practice

to the spur of the moment 'new idea' that would be fun to talk about.

- From the presentation of a working tool to the white boarding of something completely new.

Before the event...

You may think about subjects ahead of time— but the agenda gets created at the event itself.

Convening a session...

There are several key points about an unconference:

- You do not need to do preparation in order to convene a session. If you get an idea the day of the event, call a session.
- There is no 'right way' to lead a session. However there is a bias towards interaction and discussion.
- Choose a format for your session will help you achieve your vision.
- Collaboration among participants who convene sessions and even merging of sessions on similar topics are both encouraged. If you convene a session, the decision to merge with another session will always be yours to make.

RURAL/SMALL TOWN INTENTIONAL RESIDENTIAL COMMUNITIES



THIS GROUP WAS TREATED TO A PRESENTATION BY AN EXPERIENCED CO-FOUNDER OF TWO INTENTIONAL COMMUNITIES. ONE RURALLY LOCATED IN MINNESOTA, THE OTHER AN URBAN FARM SETTING IN SO-CALLED PORTLAND. THE LATTER, CALLED BLUEBERRY, IS AN URBAN FARMING COLLECTIVE HOUSE WITHIN AN ORGANIC CO-HOUSING COMMUNITY. IT BEGAN BY BUYING HOUSES ON THE SAME BLOCK AND TAKING DOWN THE FENCES IN BETWEEN THE HOUSES OF A WHOLE BLOCK. THERE ARE NEIGHBORHOOD WORK PARTIES, POTLUCKS, PARTIES, CLASSES, AND TOURS HELD THERE. THE HOPE IS TO TRANSITION TO COOPERATIVE OWNERSHIP.

LAND TRUSTS WERE DISCUSSED AS A METHOD OF HOLDING LAND IN PERPETUITY FOR A SPECIFIC PURPOSE. THE COMMUNITY LAND TRUST (CLT) IS A MODEL OF AFFORDABLE HOUSING AND COMMUNITY DEVELOPMENT THAT HAS SLOWLY SPREAD THROUGHOUT THE UNITED STATES, CANADA, EUROPE, AND THE UNITED KINGDOM OVER THE PAST 50 YEARS. A CLT IS A NONPROFIT CORPORATION THAT HOLDS LAND ON BEHALF OF A PLACE-BASED COMMUNITY, WHILE SERVING AS THE LONG-TERM STEWARD FOR AFFORDABLE HOUSING, COMMUNITY GARDENS, CIVIC BUILDINGS, COMMERCIAL SPACES AND OTHER COMMUNITY ASSETS ON BEHALF OF A COMMUNITY. IT IS A GOOD METHOD TO PROMOTE COLLECTIVE OWNERSHIP AND HAVE THE RESIDENTS SERVE ON THE BOARD AND THUS HAVE A DIRECT SAY IN THE FUTURE DECISIONS OF THE LAND TRUST. THIS IS BEING PURSUED BY A FEW LOCAL PROJECTS INCLUDING THE BLACKFLOWER COLLECTIVE, A LAND PROJECT IN SO CALLED ABERDEEN, WA THAT AIMS TO BUY LAND AND HOLD IT IN A LAND TRUST FOR RESIDENTS OF A LOW-INCOME ECO VILLAGE MEANT TO HELP PEOPLE CURRENTLY EXPERIENCING A LACK OF SUITABLE HOUSING.

RADICAL MEDIA - REFLECTIONS

AND SCHEMING

A SMALL GROUP OF RADICAL MEDIA MAKERS MET AT A PICNIC TABLE TO DISCUSS OUR PROJECTS AND CROSS-POLLINATED IDEAS. PEOPLE FROM ROSE CITY RADICAL, A MEDIA COLLECTIVE THAT PRODUCES BEAUTIFUL FREE ZINES VIA SUBMISSIONS TAKEN FROM AROUND THE SO-CALLED PORTLAND AREA.

THEY HAD A BRAND NEW ZINE HOT OFF THE PRESSES WITH INTERVIEWS FROM COMMUNITY ORGANIZERS, GARDENERS, FARMERS, AND EDUCATORS WHO ARE DREAMING UP WAYS OF RECONNECTING WITH THE LAND IN AND AROUND PDX. FOR MORE INFORMATION ON THEM VISIT ROSECITYRADICAL.COM.



WE SHARE A DREAM OF LIBERATION

SABOT MEDIA, AN ANARCHIST MEDIA COLLECTIVE FROM SO-CALLED ABERDEEN, WA, WAS ALSO PRESENT AND TALKED ABOUT HOW THEY WRITE AND EDIT STORIES COLLECTIVELY AND A BIT ABOUT THEIR NEW PODCAST MOLOTOV NOW!, WHICH TRIES TO CONNECT RURAL AND URBAN ORGANIZERS

IN DISCUSSIONS ABOUT ORGANIZING SUCCESSES AND FAILURES IN AN EFFORT TO LEARN FROM EACH OTHER. STRATEGIES FOR BREAKING INTO PUBLIC RADIO WERE DISCUSSED, FUNDING SOURCES FOR PRINTING, NOBLOGS.ORG WAS BROUGHT UP AS A GREAT RESOURCE FOR RADICALS LOOKING FOR FREE WEBSITE HOSTING SERVICES FOR THEIR OWN MEDIA PROJECT.

Following are a few ideas about different session types to get you thinking about possibilities.

Types of sessions

● The longer formal presentation

This is tricky, because it's difficult to make a formal presentation interactive. But if you have a big, well-developed idea you can pull it off.

● A short presentation

To get things started 5-15 minutes of prepared material/comments by the session leader followed by an interactive discussion

● Group discussion

Someone identifies a topic they are interested in, others come to join the conversation and an interesting discussion happens

● My Big (or Little) Question

You have a question you want to know the answer to, and you think others in the group could help you answer it. This format could also just be the seed of a conversation.

● Show and tell

You have a cool project, a demo, or just slides to show, this can be a springboard for the conversation in the session.

● Learn how to do X

If you're inclined to teach, this can be simple and effective. Bring the equipment that you need, and have a plan that will let you teach five, ten, or 15 people how to do something all at the same time.

Do take photos of different elements of your program so you can share them with others either at sessions you lead or in other sessions.



ADVICE

for leading a session...

If you convene a session, it is your responsibility to "hold the space" for your session. You hold the space by leading a discussion, by posting a "first question," or by sharing information about your program. Be the shepherd - stay visible, be as involved as necessary, be a beacon of sanity that guides the group.

- Ask for help holding the space if you need it. You might, for example, put a session on the board and know that you are so passionate about the topic that it would be better if someone else, someone more objective, facilitates the discussion. Choose someone from your team, or another participant who is interested in the topic.

- Don't assume people in the room know more, or less, than you do. You never know who is going to be interested in your session. You might want to start by asking people to hold up their hands if they've been involved with the topic for more than five years, for one to five years, or for one year or less.

- Don't be upset if only two people show up to your session. Those two people are the ones who share your interest.

- Don't feel that you have to "fill" up an hour of time. If what you have to say only takes 15 min and the group has finished interacting-then the session can end. At the start of the conference, we will discuss guidelines for how this can happen.

- Don't feel pressure to have everything take place in "only" 45 minutes. If you start with a short presentation, and then a group conversation gets going, and your discussion needs to continue past the time allotted - find a way to make this happen. You might be able to keep talking for awhile in the room you are in, or move to another part of the conference area. At the start of the conference, we will discuss guidelines for how this can happen.

- Be Brave! Others are interested in making your session work!

- Do think about the ideas that you want to cover in your session, and how you want to cover them. But don't feel as though you need to prepare a great deal. (If you're overprepared, your session might lose energy.)

- Experiment with the kind of sessions you lead. There is no such thing as "failure" in an unconference.

for everyone at unconference...

- Go with the flow - This event is intended to help you and all the other grantees find the time and space to talk with and learn from each other.

- Follow your passion - Go to the sessions that interest you.

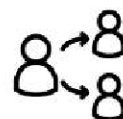
- Take responsibility for your own learning - If there are topics you are really interested in that don't appear on the agenda at first, you need to put them on there.

MUTUAL AID SUCCESSES



SOLIDARITY NOT CHARITY

mutual aid needs to incorporate community and people being helped to be successful.



SHARE RESOURCES

get a climate controlled storage unit that you can get multiple keys for in a central place that's easy for many members to access.



BE WATER

go to every event in your area to meet people, get to know them honestly before talking about mutual aid stuff



CONSISTENCY

show up to the same place at the same time and offer the same services



LABOR TOGETHER

work parties are a great way to get boring important work done while building camaraderie



STAY TRUE

sometimes you have to incorporate or get legal status, but you don't have to act like a top down bureaucratic non profit



MAKE A BUDGET

small recurring donations are better than large intermittent donations as you can better predict what you can buy regularly. donorbox is best payment collection option



MUNICIPAL
ECO-
RESILIENCY
PROJECT

MERP for FOOD JUSTICE

food sovereignty

anti-capitalist

anti-colonial

abolitionist

revolutionary



community autonomy

permaculture

accessibility

collective work

mutual aid

INTRODUCING MUNICIPAL Eco-RESILIENCY PROJECT AKA MERP WITH THREE PARTICIPANTS, EXPLAINING HOW THE ORGANIZATION WORKS, DISCUSSIONS TO CONVERGE AND SCALE GARDENS IN CITY AND ANSWERED QUESTIONS. THE GARDEN MANAGER AND TWO OFFICE ADMINS EXPLAINED HOW THEY OPERATE WITH MULTIPLE SMALL GARDENS AND FARMS CONNECTED INTO A LARGER NETWORK FOR FOOD SHARING. THE GOAL OF THE ORGANIZATION IS TO PROVIDE PEOPLE ORGANIZING FOR SOCIAL CHANGE THE FOOD AND SECURITY THEY REQUIRE.

"THE MUNICIPAL Eco-RESILIENCY PROJECT, aka MERP, is a COMMUNITY PROJECT IN PORTLAND, OREGON. MERP IS ABOUT ORGANIZING AN ANTI-CAPITALIST URBAN FARM MOVEMENT FOR SYSTEMIC CHANGE WITH MASS PARTICIPATION AND CHAPTERS.

THE MISSION OF MERP IS TO BUILD A LOCAL NETWORK FOR COMMUNAL FOOD PRODUCTION AND DISTRIBUTION USING SUSTAINABLE METHODS, IN ORDER TO ADDRESS INEQUALITIES IN ACCESS, FACILITATE PEOPLE BECOMING AGENTS OF THEIR OWN SUSTENANCE, AND BUILD A MATERIAL BASE UPON WHICH WE CAN EXERCISE AUTONOMY. WE AIM TO BUILD COMMUNITY POWER FOR FOOD SOVEREIGNTY TO SUSTAIN OURSELVES IN THE FACE OF CAPITALISM AND CLIMATE CHANGE. AS A COLLECTIVE, WE ENGAGE IN WORKSHOPS AND STUDY GROUPS TO LEARN ABOUT DIFFERENT ASPECTS OF AGRO-ECOLOGY, AS WELL AS POLITICAL MOVEMENTS. IT IS PARTICULARLY IMPORTANT FOR US TO STUDY INDIGENOUS PERSPECTIVES ON OUR RELATIONSHIP TO LAND, POLITICS AND THE ENVIRONMENT."

Unconference Schedule

	LUNCH		DINNER					LUNCH			DINNER			
			SATURDAY								SUNDAY			
	9 to 11 am	11:30 to 12:30	2 to 4 pm	4:30 to 5:30 pm	6 to 7 pm	Night	10 to 11 am	11:30 to 12:15	12:30 to 1:30 pm	2:30 to 3:30 pm	3:45 to 4:45 pm	5 to 6 pm	Night	
Poofy Zone			Rock Mountain Breakout	Indigenous Values vs Capitalist Values	Cascadia and Bioregionalism		Mex for Anarchists	Squat centered Locksmith Skillshare	Mutual Aid Successes - what has worked and what hasn't	Community and neighborhood networking discussion				
Hid Zone			Nor Cal Breakout	Community Based Therapy - taking of ideas and practical practices for mutually integrated therapeutic techniques, training shared on BBT	Narcam / CIO Training and TRANO discussion		Food Sovereignty and basic foraging and farming skills	Municipal Eco Resiliency Project (MERP) - scaling up urban farming and community food systems to support a mass movement climate strike	Libertarian Socialism and Local Politics		De-escalation and protest safety			
Welcome Tent		International Solidarity Roundtable / Nuclear Disarmament	Everywhere else Breakout		Building Bridges into the politics - open discussion	Flashlight Tag		Answering MLK's call for a radical revolution in values	Anarchist Ecology - open discussion on theory and practice, landback, etc	Radical Media - reflections and scheming				
IWW Tent	Schedule Assembly	Community Defense and Dual power Discussion	Coastal Cascadia Breakout	Radical for Community Defense and Disobedience - tech and usage	Rural/ small town interfaith residential communities - 5 min presentation then discussion	Movement Kitchen and Distro	Conflict to Social Movement Speech - Open discussion and practice sharing	Learnings of No Border struggle in Europe (2006, 2022) - 15 min report and open discussion	Atlanta forest hearings, strategy, and discussion	Land defense and aftermath	Wuthi Re Distro - Open discussion, what to do with your stuff / large safety pick up place to live		Body work and co-regulation as mutual aid skillshare	
Dragonfly / River									Shoplifting Theory and Practice	5 Years of Anarchism - Care and Attack, open discussion	Punching and Kicking for fun	Trans/Queer River Hang		

MENU:

Friday

Dinner
Pasta with fresh vegetable marinara

Saturday

Breakfast*
Potato Hash
Miso Chickpea Scramble
Watermelon
Oatmeal

Lunch
Vegetable Minestrone
French Bread

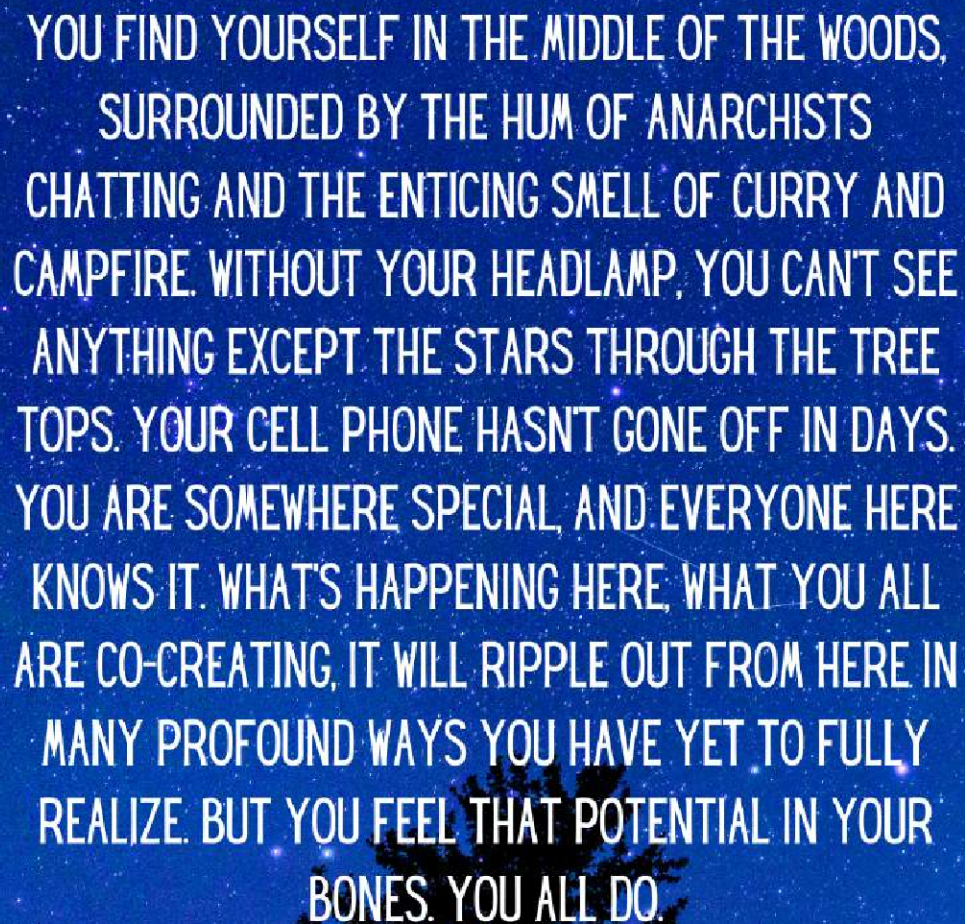
Dinner
Pineapple Coconut Curry
Sri Lankan Dahl
Rice

Sunday

Breakfast
Campfire Biscuits & Gravy
Apples?
Oatmeal?

Lunch
Home Fried Rice
Vegetable Aloo Dahl

Dinner
Oatmeal
Coconut Rice Pudding
Watermelon
Green Salad



YOU FIND YOURSELF IN THE MIDDLE OF THE WOODS,
SURROUNDED BY THE HUM OF ANARCHISTS
CHATting AND THE ENTICING SMELL OF CURRY AND
CAMPFIRE. WITHOUT YOUR HEADLAMP, YOU CAN'T SEE
ANYTHING EXCEPT THE STARS THROUGH THE TREE
TOPS. YOUR CELL PHONE HASN'T GONE OFF IN DAYS.
YOU ARE SOMEWHERE SPECIAL, AND EVERYONE HERE
KNOWS IT. WHAT'S HAPPENING HERE, WHAT YOU ALL
ARE CO-CREATING, IT WILL RIPPLE OUT FROM HERE IN
MANY PROFOUND WAYS YOU HAVE YET TO FULLY
REALIZE. BUT YOU FEEL THAT POTENTIAL IN YOUR
BONES. YOU ALL DO.

Legality and Officials

Don't fake credentials if you have none! "I have training in Narcan administration."

If you have medical credentials, do not abandon your patient. Wait to hand off to EMS or the person revokes consent.

Good Samaritan Law generally will cover you if you are trying to help but don't do it perfect.

If you're on the phone with 911, it is your choice whether you tell 911 the person is overdosing or not. Paramedics always carry Naloxone. The patient may receive help more quickly if you do not mention drugs. A safe, neutral phrase is "someone is unresponsive and not breathing."

The cops will show up. Be prepared to deal with them or delegate cop interfacing to a bystander.

Give the empty Naloxone/Narcan cartridges/vials to the paramedics.

Aftercare

Patient: If they recover and refuse service from EMS (likely) they will be cold, upset/angry, and sober. If this is a person who is in structural as well as medical crisis, they may not have their basic needs met. Command those tech bros walking past to give you money to buy your patient some socks, a blanket, a snack. You have just saved their life, but they have to live it. Do what you can to soften the blow.

You: Regardless of patient outcome, your nervous system will be activated and in need of care. Plan on taking the next couple days to replenish the energy you just spent. Get some comfort food, watch TV, cuddle with your sweetie. This is especially true if things did not go great. Your patient may not have recovered. EMS/cop/bystander response could have been enraging. The reality of what it looks like to barely survive capitalism can be heartbreaking. Big Big feelings can come up. So again, take care of yourself, talk with people who have emergency medical experience if you can. Take care of yourself so that you can continue to take care of your community.

NARCAN

Narcan nasal spray is administered up the nose. Put the nozzle in the nostril and spray. The patient does not need to breathe in. Continue trying to rouse the person by talking to them and shaking them. Watch for breaths. If there's no response after 2-4 minutes, spray again! Use all the Narcan you have, it will not hurt them!

PREPARE NALOXONE

Remove cap from vial. Remove cap from needle.

Stick the needle straight into the rubber on top of the vial. Draw up ALL the liquid.

Squeeze the air out of the syringe. Injecting air into someone's muscle/fat will not hurt them, but it will be more uncomfortable.

Press the needle with moderate force into the thigh, butt, upper arm, or belly. Poking through clothes is okay. Inject Naloxone at a moderate pace. Spend 4-5 seconds injecting.

Continue trying to wake the person up, shaking and talking to them.

If there is no response after 2-4 minutes, repeat! You can use the same needle again if you need to, it will just be dull and slightly more difficult to break skin with. Use all the Naloxone you have! It is still safe in large doses!



After months of planning, the Dual Power West Gathering met successfully this June 2 to June 4 in the woods outside Portland, Ore.

This article is meant to give people a view of what it took to organize an event like this, actually pull it off, and what the event felt like to those who participated in forming this gathering. We hope this can provide resources and inspiration to those wanting to plan their own such gathering as well as provide those who couldn't attend a view of what took place this summer in the wild woods of Oregon.

After the first Dual Power Gathering in Chicago in 2022, some participants and organizers felt a need to plan another, more regional event, specifically for the west coast of Turtle Island. Planning for the event took about six months. This involved dozens of organizers meeting regularly and chatting freely about a rough schedule, possible campsite locations, resources and equipment that could be gathered, and setting up digital infrastructure to take RSVPs and donations. After selecting a campground, the focus turned to assembling local resources, facilitating ride shares, planning a menu for the weekend, and thinking heavily about increasing measures of accessibility for everyone in attendance. For security reasons, the decision was made early on to keep the exact location a secret until closer to the event and to only share it with people who had RSVP'd or by word of mouth to known comrades. Despite this, there was plenty of in person and online promotion for the event, as organizers traveled extensively up and down the west coast, visiting radical communities and inviting people to attend. It is likely because of this incredibly generous time and energy that the event was so well attended, with about 150 people floating in and out throughout the weekend.

Organizers showed up early on the afternoon of Wednesday the 30th in order to get a jump on setting out signage for incoming campers to easily find the campground as well as a welcome/medic tent to guide participants to the correct sites. A site was selected centrally for the kitchen area, which became known as "The Cauldron" for the duration of the event and served as a perfect nexus for activity throughout the weekend. A nearby campsite was designated for the dining area, and a massive canopy tent was erected along with multiple black and red IWW flags and a projector setup, this rightly became known as the "IWW Movie Haus." Friday June 2nd began the first day of the gathering, as people began to flow into the campground and find one another near the Cauldron.

The model used to organize this gathering is referred to as an unconference. This is an open style of formatting an event which allows for the input of all participants in setting an agenda and facilitating sessions on whatever topics they desire. In order to help participants better facilitate their discussion the following day, Friday night included a facilitator training. We agreed to meet in the morning for a general assembly in order to determine the schedule of sessions for the weekend, ate dinner together, and spent the evening around the campfire in what would be a nightly ritual of decompression and reflections.

That morning, over breakfast, we made introductions to those newly arrived and discussed what sessions we might put on the board for the weekend. The assembly took place immediately afterwards with us all introducing ourselves and our affiliations and projects. We made time to discuss the needs of people with disabilities, and elders as well as acknowledging that the land we were gathering on is stolen land. People who needed blankets were connected with those who had extras, those who needed a cot got one, etc. etc. We took some time to look over the white board full of offerings people had made to facilitate all sorts of interesting open discussions and more-directed facilitated events, discussing a little bit about what each session would entail. After addressing any last concerns we broke out for the day's events and everyone went to whichever session drew their passions the most.

UNRESPONSIVE PERSON - QUICK REFERENCE SHEET

FIRST: "Hey, you okay?" from a distance. Assess for safety. Are there weapons/needles/broken glass/open wounds? Protect yourself so you can do first aid.

If no response, get closer - "Hey, wake up!" start speaking loudly, tapping and shaking the person.

Still no response, do a sternal rub (rub knuckles HARD on sternum) or a trap squeeze (squeeze muscles that connect the neck and shoulder HARD)

If there's no response from any of this, the person is UNRESPONSIVE and you need to decide you are going to administer first aid.

-Analyze (scene size up)

- 1. I'm #1: Is the scene safe?
- 2. What's wrong with you?: General impression of (potential) patient
- 3. None on me: Use PPE (gloves, zip up your hoodie, mask/face shield if you have one)

-Decide

-Determine Nature of Emergency

OD - Pale blue skin (fingers/toes/ears), tiny pin pupils, depressed breathing, no pulse
Heatstroke - Red skin, no sweat, rapid breathing, rapid pulse

-What is the need?

-What can I do?

-What help do I need?

-Crowd Control

-Find helpers:

-Find the most advanced care provider around: "Is there a doctor? A nurse?"

-Delegate: Do not ask. Command bystanders to help you save this person's life.

-One person helps you move your patient to a better position to receive care (flat on their back [or on their side if their is vomit] with room behind their head to administer oxygen) and help you with CPR if you are both trained.

-One person calls 911

-One person gets an AED (defibrillator. Available at grocery stores, libraries, large public buildings)

-One person to give you space from a crowd

-Identify non-helpers:

-Looky-loos, people who are crowding, filming, being an asshole

-Enlist a helper in keeping this person occupied

-Engage and Dismiss "I am giving life-saving aid. YOU are making this worse. Back off"

-Ignore :(if you have no other options.

-Tips for crowd control

-Project your voice

-Act like you're on camera

-Prepare to talk to cops. They might have Narcan, AED, or oxygen.

International Solidarity and Denuclearization

THIS BREAKOUT SESSION WAS ORIGINALLY TWO DIFFERENT SESSIONS, NUCLEAR WEAPONS DISARMAMENT AND INTERNATIONAL SOLIDARITY, THAT GOT MERGED INTO ONE.

THE FIRST SPEAKER HAS BEEN ENGAGED IN ANTI-NUCLEAR WEAPONS ACTIVISM FOR DECADES. THE DISCUSSION INCLUDED AN EXAMINATION OF THE HARMFUL EFFECTS THAT NUCLEAR WEAPONS HAVE DURING THEIR LIFECYCLE, WHERE URANIUM MINING EXPOSES WORKERS AND COMMUNITIES TO TOXIC BYPRODUCTS AND FAILURES IN WASTE STORAGE CAN CAUSE LONG-LASTING ENVIRONMENTAL DAMAGE. NUCLEAR TESTING INVOLVING DETONATIONS IN REMOTE AREAS HAS ALSO PRODUCED FALLOUT THAT IS CARRIED BY THE WINDS AFFECTING LARGE REGIONS OF LAND. A FIGURE SHARED BY THE SPEAKER ESTIMATES THAT 2.4 MILLION PEOPLE WILL DIE OF CANCERS FROM EXPOSURE TO NUCLEAR TESTS CONDUCTED BETWEEN 1945 AND 1980. IF THESE WEAPONS WERE TO EVER BE USED IN WAR, USING ONLY A SMALL PERCENTAGE OF THE CURRENT STOCKPILE COULD SCATTER ENOUGH ASH AND DUST INTO THE ATMOSPHERE BLOCKING SUNLIGHT AND CAUSE CATASTROPHIC FAMINES WHERE 2 BILLION COULD DIE AS A RESULT. THE SPEAKER THEN SHARED EFFORTS BY ICAN, THE INTERNATIONAL CAMPAIGN TO ABOLISH NUCLEAR WEAPONS, TO AFFECT U.S. POLICY ON NUCLEAR ARMS AND ESTABLISH A PATHWAY TO NUCLEAR DISARMAMENT. THERE WAS A PETITION CIRCULATED FOR THIS PURPOSE. IT IS WORTH NOTING THAT THERE WAS ALSO MENTION OF A LARGE DEGREE OF INTERNATIONAL DIPLOMATIC SUPPORT FOR NUCLEAR DISARMAMENT FROM COUNTRIES OF THE SO CALLED "THIRD-WORLD", THOSE AT THE PERIPHERY OF GLOBAL CAPITAL, AS A NUCLEAR EXCHANGE BETWEEN TWO "SUPERPOWER" COUNTRIES WOULD CAUSE IRREPARABLE HARM TO THE WHOLE WORLD.

IN THE END THE SPEAKER EMPHASIZED THE NEED TO RESIST THE DEMONIZATION OF RUSSIA AND CHINA WHICH IS PERSASIVE IN US CORPORATE MEDIA. SABRE RATTLING AND THE THREAT OF WAR BRING IN MEGA-PROFITS FOR THE MILITARY-INDUSTRIAL COMPLEX AND AMPLIFY THE VOICES OF HARDLINERS AND MARGINALIZED VOICES FOR PEACE IN ALL COUNTRIES INVOLVED. AT THIS MOMENT OF HISTORICALLY HIGH TENSIONS BETWEEN NUCLEAR POWERS, IT'S IMPORTANT TO BUILD BRIDGES AND OFF-RAMPS TO ALL OUT WAR BETWEEN NUCLEAR ARMED STATES. THE GROUP DISCUSSED NUANCED INSIGHT INTO PROS CONS AND MYTHS ABOUT NUCLEAR ENERGY, ENVIRONMENTAL AND INDIGENOUS SOVEREIGNTY ISSUES INVOLVED IN SOURCING FUEL, AND THE WAYS IN WHICH THE URANIUM REFINEMENT INFRASTRUCTURE OVERLAPS WITH WEAPONS PRODUCTION.

THE GROUP APPLIED THIS CONVERSATION TO EFFORTS IN INTERNATIONAL SOLIDARITY. A COMRADE FILLED US ALL IN ABOUT THE REVOLUTION HAPPENING IN THE PHILIPPINES. COMMUNITIES THERE HAVE BEEN REVOLUTIONIZING SINCE THE 1970s AS A REACTION TO MARTIAL LAW ENACTED BY THE DICTATORSHIP OF FERDINAND MARCOS. THE CONDITIONS OF THE PHILIPPINES ARE ANALYZED BY THE LEFT AS BEING BOTH SEMI-FEUDAL AND SEMI-COLONIAL. LAND DEFENSE IS A MAJOR COMPONENT OF THE STRUGGLES FOR JUSTICE IN THE PHILIPPINES, WHERE MULTINATIONAL CORPORATIONS ARE BUYING UP HUGE SWATHS OF LAND FOR A NUMBER OF EXTRACTIVE INDUSTRIES LIKE MINING, BIG AGRICULTURE, AND FOREST PRODUCTS. THIS SITUATION WHERE LAND DEFENDERS ARE IN CONFLICT WITH CORPORATE AND GOVERNMENT INTERESTS HAS LED TO THE PHILIPPINES HAVING ONE OF THE HIGHEST MURDER RATES OF ENVIRONMENTAL ACTIVISTS BEHIND COLOMBIA. THERE ARE ALSO STRUGGLES IN URBAN AREAS WHERE POOR RESIDENTIAL NEIGHBORHOODS ARE BEING FORCED OUT THROUGH ARSON ATTACKS IN AREAS WHERE COMPANIES WANT TO BUILD BEACH RESORTS. THE RESISTANCE THERE HAS TAKEN MANY FORMS FROM COALITIONS OF SOCIAL AND ECONOMIC JUSTICE ORGANIZATIONS LIKE NATIONAL DEMOCRATIC FRONT, TO UNDERGROUND GUERRILLA GROUPS WAGING ARMED STRUGGLE IN RURAL AREAS. THE FACILITATOR SHARED WAYS THAT WE AS ORGANIZERS COULD HELP EVEN THOUGH SEPARATED BY AN OCEAN. INTERNATIONAL SOLIDARITY EFFORTS FOR THE PHILIPPINES ARE BEING CONDUCTED IN THE U.S. BY ICHRP, THE INTERNATIONAL COALITION FOR HUMAN RIGHTS IN THE PHILIPPINES.

<https://ichrp.net/>

THIS MEETING REMINDED US ALL THAT WHILE MANY ARE FACING THE THREAT OF VIOLENCE AND WAR GLOBALLY, THERE ARE ACTIONS WE CAN TAKE BEYOND DESPAIR THAT CAN FACILITATE GLOBAL SUPPORT NETWORKS.

SESSIONS ON THE FIRST DAY INCLUDED THE FOLLOWING:

INTERNATIONAL SOLIDARITY/NUCLEAR NON-PROLIFERATION - OPEN DISCUSSION

COMMUNITY DEFENSE - OPEN DISCUSSION

ROCKY MOUNTAIN BREAKOUT

NORCAL BREAKOUT

CASCADIA BREAKOUT

EVERYWHERE ELSE BREAKOUT

INDIGENOUS VALUES VS CAPITALIST VALUES - PRESENTATION AND Q&A

COMMUNITY BASED THERAPY - TABLING OF IDEAS

RADIOS FOR COMMUNITY DEFENSE AND DISASTER RELIEF - TECH AND USAGE

CASCADIA AND BIOREGIONALISM - PRESENTATION AND DISCUSSION

NARCAN/OD TRAINING AND TRANQ DISCUSSION - TRAININGS AND DISCUSSION

BUILDING BRIDGES INTO THE POLITICS - OPEN DISCUSSION

RURAL/SMALL TOWN INTENTIONAL RESIDENTIAL COMMUNITIES - PRESENTATION THEN OPEN DISCUSSION

MOVEMENT KITCHEN AND DISTRO - SKILL SHARE AND OPEN DISCUSSION

Food was a major concern in organizing the event, and most of the food came from gleaning programs nearby or was brought in from various mutual aid depots around the west coast. Each day there was a breakfast, lunch, and dinner sign up sheet for prep, cooking, and cleanup, which helped the kitchen bottom liners plan their meals better and not have to do as much by themselves. A major focus and intention was set for accommodating people with dietary restrictions. Of note was the "snack stump", a tree stump centrally located in the cauldron area that was commandeered for snacks and light fare, which was set out throughout the day. This helped provide people with food to eat during daylight hours. There was far more food than we needed, but this is a key organizing principle we learned over the weekend: to be over-prepared for everything. When you do it right, being prepared feels like being over-prepared. This involved bringing extra equipment to share with those without their own stuff, being able to coordinate ride shares to and from the campground, and the initial reservation of a large amount of campsites.

Consensus was centralized, but in some cases was pushed aside due to time constraints and lack of planning. Though it was prioritized where possible during all stages of planning and execution, and while this may have taken a bit longer to accomplish decision making in certain scenarios, it led to a feeling of ownership for all involved. An intention to share a sense of co-creating this event with their fellow organizers was put out to all attending the event. This vibe was palpable throughout the weekend with many commenting on how smooth everything had gone and how little conflict there was between participants from a wide variety of backgrounds and experiences. People made their own sessions as they saw fit, based on what their interests and passions were. People made their way to the river for some swimming if they wanted to do so, or just mingled with others near the Cauldron, openly discussing any number of intriguing and engrossing topics. We found that the intentionality of the space as a non-hierarchical and co-created space was the largest factor in contributing to well-managed conflict between people attending the event.

Indigenous values

Generosity

Cooperation

Community.

Reciprocity:

Gender Equality

Commons belong to everybody

Earth centered spirituality.

Horizontal direct democracy

Restorative Justice.

Food Sovereignty.

Autonomous neighborhoods, towns, and cities.

No hierarchical state.

Capitalist Values

Greed

Competition

Individualism

Exploitation

Patriarchy

Private property

Materialism.

Hierarchy

Retributive Justice.

Mass incarceration

Industrialized sized factory farming

Centralized hierarchical states and empires

Indigenous Values vs Capitalist Values

MLK issued this call in his 1968 speech, Beyond Vietnam: "We as a nation, must undergo a radical revolution of values. We must rapidly begin the shift from a thing-oriented society to a person-oriented society. When machines and computers, profit motives and property rights, are considered more important than people, the giant triplets of racism, extreme materialism and militarism are incapable of being conquered" He was not able to develop this in more depth, as he was assassinated a year later. Yet his call is still relevant today.

Most people are unaware that Capitalism has values and that we were raised with these values, which now reside in our thinking, and lead to many of our actions in the world. Because they are unconscious, we continue to act on them, in our personal, familial, professional, and movement lives. We cannot decolonize ourselves if we are not aware of what these values are.

"Until you make the unconscious conscious, it will direct your life and you will call it fate." C.G. Jung

Plus, we need to find new values that are more just, equitable, and sustainable. Indigenous values are almost diametrically opposed to Capitalist values and have been tested for over 90% of human history. Not just Native Indigenous values, but all people of every race around the world have, at some point, developed these Earth-centered Indigenous values, including Europe before Christianity and the Roman Empire. Starhawk, with her group, Reclaiming, is aware of this, and understands why the witch burnings happened, which destroyed the connection, through the women healers, to the Earth-centered values of Pagans and Wiccans. Her book, The Spiral Dance, covers this. starhawk.org

These values answer MLK's call and are the foundation of the new society that we must build to replace the rotting, cancerous death wish of a system that Capitalism has become. These new/old values, if made clear to activists in the U.S. and around the world, clarify the path we must follow, in this period in our history.

This seminar will be a dialogue to begin this process of unpacking these values, in order to clarify our path towards a new society, based on Indigenous values. Here is a chart that compares the two sets of values:

Sunday saw a bit of a shift change, as some people had to leave early, and others came late. Luckily the new crop of people seemed to fit right in and need little to no reassurance that they could jump right into actively creating the space with us. There were many words of encouragement to those wanting to make offerings on the whiteboard, as it can be intimidating to offer your knowledge up to share with others. With the new people thoroughly integrated we moved forward into the second day of sessions, the schedule for the day became:

- Marx for Anarchists - Open Discussion
- Food Sovereignty and Basic Foraging/ Farming Skills - Discussion and Skill share
- Conflict in Social Movement Spaces/ White Supremacy Culture in Our Everyday Lives - Open Discussion, Practice, and Sharing
- Squat Centered Locksmith Skillshare
- MERP (Municipal Eco-Resiliency Project) - Presentation and Open Discussion
- Answering MLK's Call for a Radical Revolution in Values - Presentation and Q&A
- Learnings of No Border Struggle in Europa 2005-2022 - 45 min Input and Open Discussion
- Mutual Aid Successes - Open Discussion
- LibSoc and Local Politics - Open Discussion
- Anarchist Ecology - Open Discussion, Theory and Practice, Landback
- Atlanta Forest Learnings, Strategy, and Discussion - Land Defense and Alternatives
- Community and Neighborhood Networking Discussion
- Radical Media - Reflections and Scheming
- 5 Veins of Anarchism: Care and Attack - Open Discussion
- De-Escalation and Protest Safety
- Transforming Conflict in Movement Spaces - Open Discussion
- Wealth Re-Distro - Open Discussion, what to do with your 401k/large salary and still have a place to live
- Bodywork and Co-Regulation as Mutual Aid - Skill share

This day, like all the others, ended around a campfire gleaming what we could from each others' experiences at sessions we didn't attend ourselves. Time was spent sharing experiences and projects we were working on in our hometowns. As many people had cleared out in the early evening, the few who dwindled around the campfire as the flames turned to embers took time to reflect on the weekend's events. Conversation was free flowing and shifted organically between small and intimate conversations with your neighbor, and all encompassing wide ranging group discussions. After one last adventure to collect whatever firewood hadn't been burnt yet, the group finally dispersed to say goodbye once again in the morning. Those who stayed for the morning of Monday the 5th were treated to another amazing breakfast, courtesy of the Cauldron.

Everyone got some coffee and food and chatted about what lay ahead for them once they returned home: revitalizing old projects, and starting some new ones. People came together to help break down the remaining campsites and the Cauldron and meeting areas. A last minute scramble to hand out all the remaining food and to gather all the items left by various campers was successful as a mutual aid crew took the food home to distribute in their work. With everything being packed the last few people headed out promising to remain in contact and to see each other again soon.

FOOD SOVEREIGNTY AND BASIC FORAGING/FARMING SKILLS

COMRADES FROM ACROSS THE PACIFIC NORTHWEST SHARED THEIR CURRENT PROJECTS OF CONNECTING COMMUNITY GARDENS, INDIVIDUAL GROWERS, FARMERS MARKETS, AND MUTUAL AID COLLECTIVES, GATHERED TO DISCUSS GROWING TECHNIQUES, STRATEGIES, AND ORGANIZATION MODELS. AFTER THE DISCUSSION, ONE OF THE COMRADES LED THE GROUP AROUND THE LOCAL FOREST AND SHARED SOME OF THEIR FORAGING SKILLS.

AS GLOBAL TEMPERATURES CONTINUE TO RISE, SEAS WILL RISE, EXTREME WEATHER EVENTS SUCH AS DROUGHTS, FLOODS, HEAT WAVES, CYCLONES, AND WILDFIRES WILL BECOME MORE AND MORE COMMON. AS IT ALREADY HAS WITH THE COVID 19 PANDEMIC, FOOD INSECURITY WILL BECOME MORE AND MORE PREVALENT IN THE LIVES OF MORE PEOPLE. EVEN BEFORE THESE EXTREME EVENTS, 34 MILLION PEOPLE IN THE SO-CALLED "UNITED STATES" LACK SECURE AND CONSISTENT ACCESS TO NUTRITIOUS FOOD.

AS POINTED OUT IN THE DISCUSSION, FOOD INSECURITY HAS BEEN A PRIMARY INDICATOR OF THE LIKELIHOOD OF BOTH SOCIAL COLLAPSE AND FASCIST COUPS IN HISTORY. FUTURE AND CURRENT FOOD CRISES CAN PROVIDE AN IMPORTANT OPPORTUNITY IN THE FIGHT FOR GLOBAL LIBERATION. HOW CAN WE, AS LEFTISTS, ORGANIZE TO MEET THE NEED AND USE IT TO FURTHER LIBERATION?

IN LIGHT OF THESE PREDICTED DISRUPTIONS AND SHORTAGES, COMRADES THOUGHT IT IMPORTANT TO DISCUSS STRATEGIES TO BUILD REGIONAL FOOD AUTONOMY.

The Do's and Don'ts of Helpful Interactions

The Do's — Actions

- Follow your instinct and intuition. Use common sense.
- Detect danger signals. Are you safe? Is the person safe? Are others in the area safe?
- Prioritize safety and know your surroundings:
 - Identify an escape route convenient to you and the person.
 - Position yourself close to an exit without making them feel trapped in.
 - Assess the environment for potential weapons.
- Identify a code word that will alert the need for additional help.
- Ask if the person will find a place to sit down with you. Or try walking with them away from the area of tension. If they smoke, can you find a cigarette for them?
- Establish and maintain eye contact.
- Decrease environmental stimuli by minimizing the presence of distractions and other people.
- Make sure someone knows where you are at all times.
- Attempt to meet as many of their reasonable requests as possible.
- Remind the person that they are responsible for their own actions.
- Remember who you are. Practice sensitive behavior.



The Don'ts — Actions

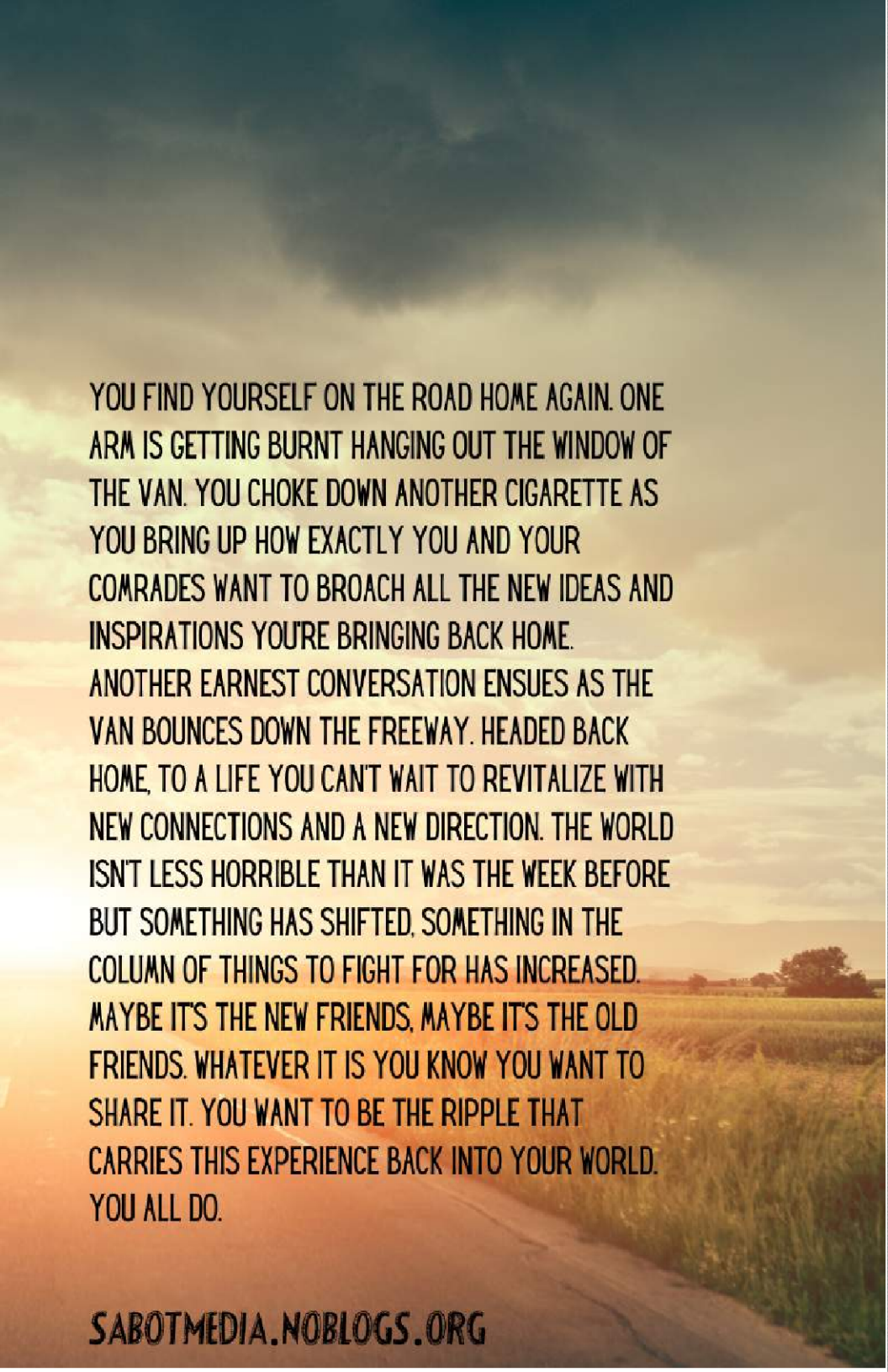
- Don't ignore the person.
- Don't come too close to the person or stand/hover over them.
- Don't touch the person.
- Don't analyze, interpret, or judge the person's motivations. Try to observe and assess without assuming or projecting.
- Don't take the person's anger or frustration personally.
- Don't try to control the person.
- Don't make promises you can't keep.



In the aftermath of the event, and once we got back to cell phone service, people's Signal chats swelled with new found friends and comrades. Connections were reaffirmed and plans were hatched for various ways to debrief and report back on what we had all experienced. Already, plans are underway for an autonomously organized Dual Power Gathering Midwest, planned for the end of summer, details to come soon. The lessons learned from each event will serve to inform and grow the capacity and accessibility of the next. The bonds formed will sustain and nourish our communities as we struggle together, building dual power and capacity to act outside the State. These events and the framing of the event as promoting "Dual Power" are critical to expanding the movement and to retaining and growing the skills and connections of those already involved in organizing.



This event wasn't a retreat, it took a tremendous amount of labor and love to pull off; yet it felt invigorating, not draining. Even the term, "gathering," served the event well in setting a tone and intention to come together and spend time with one another. It felt casual and yet a lot was accomplished and many profound conversations were facilitated.



YOU FIND YOURSELF ON THE ROAD HOME AGAIN. ONE ARM IS GETTING BURNT HANGING OUT THE WINDOW OF THE VAN. YOU CHOKE DOWN ANOTHER CIGARETTE AS YOU BRING UP HOW EXACTLY YOU AND YOUR COMRADES WANT TO BROACH ALL THE NEW IDEAS AND INSPIRATIONS YOU'RE BRINGING BACK HOME. ANOTHER EARNEST CONVERSATION ENSUES AS THE VAN BOUNCES DOWN THE FREEWAY. HEADED BACK HOME, TO A LIFE YOU CAN'T WAIT TO REVITALIZE WITH NEW CONNECTIONS AND A NEW DIRECTION. THE WORLD ISN'T LESS HORRIBLE THAN IT WAS THE WEEK BEFORE BUT SOMETHING HAS SHIFTED, SOMETHING IN THE COLUMN OF THINGS TO FIGHT FOR HAS INCREASED. MAYBE IT'S THE NEW FRIENDS, MAYBE IT'S THE OLD FRIENDS. WHATEVER IT IS YOU KNOW YOU WANT TO SHARE IT. YOU WANT TO BE THE RIPPLE THAT CARRIES THIS EXPERIENCE BACK INTO YOUR WORLD. YOU ALL DO.

SABOTMEDIA.NOBLOGS.ORG

The Do's and Don'ts of Therapeutic, Effective Communication

The Do's — Verbal

- Do suggest getting out of a crowded or intense area. Create space around the person so they are as removed as possible from the source of tension.
- Do ask open-ended questions and give brief, direct statements.
- Do ask opinions
- Do offer choices and alternatives
- See if there is any common ground you can agree on together.
- Do encourage verbalization of anger rather than acting out.
- Do assume that the person has a real concern and that they are understandably upset.
- Do recognize and acknowledge the person's right to their feelings.
- Sometimes changing the topic or providing a distraction can help.

"If being here is not working out for you, can I help you get somewhere else?"

"What can I do to help?"

"How would you like to see the situation resolved?"

"How can we work together to make this better and make sure everyone stays safe?"

"I hear your side of things and I know you're passionate about this. My role is to make sure people are safe and I'm wondering if we can find a way to work together to make sure everyone on our side stays safe."

The Don'ts — Verbal

- Don't threaten the person or demand obedience.
- Don't argue with the person about the facts of a situation.
- Do not offer lengthy explanations or excuses.
- Don't tell the person that they have no reason to be angry.
- Don't try to control the person or tell them to "calm down."
- Don't become defensive and insist that you are right. Don't go against or over them.
- Don't belittle them or dismiss their anger or frustrations.
- Don't use your title or authority.
- Don't make promises you can't keep.
- Never challenge the person or call their bluff.
- Never criticize or laugh at the person.
- Never argue with the person!

De-Escalation and Protest Safety

A group of people came together to learn from those with de-escalation experience some methods to help with potential escalated situations in protest environments.

Emphasis was made to avoid peace policing people who are merely expressing their righteous rage at our unjust system. The goal of this type of trauma-informed de-escalation is to bring down the temperature in scenarios in which unfriendlies are trying to disrupt protest activity, or to resolve minor protest disputes between people with big feelings about tactics or strategy. The goal is not to enter into a power struggle and “control” people and their responses. The goal is to keep people safe and help people feel heard as much as possible. People who become agitated may be triggered in ways we do not understand and they deserve to be treated with dignity, respect, and compassion.

Our goal of preventing violence can be achieved by effectively employing these basic steps: self awareness, observation, assessment, and skilled listening, communication, and action.

LEVEL 1: PREVENTION

The first and best method for responding well to people who are agitated is to anticipate and prevent. We can do this through self awareness, observation, and assessment of needs.

LEVEL 2: DE-ESCALATION

Skilled listening. The listening and attending skills of therapeutic communication are the most effective tools of averting violent behavior. Even though the situation may be tense, pay attention to what the other person is trying to tell you. Practice reflective listening. This involves finding out information about what a person is thinking and feeling, and what may be done about a problem. Don't assume you know. Listen carefully to what is said. Simply spending a few minutes interacting with the person may prevent an altercation. The more information you have, the better you will be able to work toward a solution. If you are genuine when you listen, this can build rapport and help someone feel like they can trust you.

LEVEL 3: ACTION FOCUSED ON SAFETY

Taking Action. Everything discussed so far culminates when we take action. A key concept in de-escalation is to try to decrease the person's sense of powerlessness and helplessness in order to minimize their frustrations. The following steps promote helpful interactions.

FROM THE CAULDRON



SRI LANKAN DAHL



Quantity	Item	Format
1 cup	dahl	soaked for 6-8 hours prior and rinsed
2 cups	water	
1 tbs	oil	
¼	onion, finely diced	
¼ tsp	mustard seed	
¼ tsp	turmeric	
¼ tsp	fenugreek seed	
¼ tsp	cumin seed	
¼ tsp	garam masala	
¼ tsp	salt	
3	curry leaves or bay leaves	
1 tsp	chili paste (optional)	
¼ cup	milk	

MISO CHICKPEA SCRAMBLE



Quantity	Item	Format
3 cps	al dente chickpeas	
1 tsp	olive oil	
2	green onions or 1/2 yellow onion	diced
1/2 tsp	ground turmeric	
1	clove garlic	minced
3 tbsp	vegetable stock or water	
2 tsp	mellow or light miso	
	salt and pepper to taste	



Directions

FROM THE CAULDRON

1. Sautee the onions in saucepan or pot over medium heat
2. While that's cooking, mash 2/3 to 3/4 of the chickpeas, but keep in same container
3. When the onions are ready, add the garlic and turmeric, stirring for 30 seconds
4. Separately dissolve the miso into the (warmed) vegetable stock
5. Add this mixture to the cook pan and stir; allow to get to temperature
6. Add in chickpeas and stir well; if it's too dry, add more miso-vegetable stock mixture
7. Salt and pepper to taste

COMMUNITY DEFENSE

AN OPEN DISCUSSION FACILITATED BY SOMEONE WITH ARMED AND UNARMED ANTI-FASCIST DEFENSE EXPERIENCE. THERE WAS A LOT OF TALK ABOUT WHAT DEFENSE CONSISTED OF; WHETHER OR NOT COMMUNITY DEFENSE INCLUDED THINGS FEEDING PEOPLE, AND DIGITAL RESEARCH. PEOPLE SEEMED TO AGREE THAT COMMUNITY IS DEFENSE, IN THE SENSE THAT PROJECTS THAT BUILD COMMUNITY HELP TO KEEP THAT COMMUNITY DEFENDED AGAINST FASCISM. SOME DISCUSSION ABOUT ARMED ANTI-FASCIST ACTION TOOK PLACE. BEST PRACTICES - LIKE KEEPING YOUR WEAPON CONCEALED IF POSSIBLE, KEEPING IT LOADED AND READY TO GO, AND MAKING SURE TO PRACTICE WITH YOUR WEAPON IN VARIOUS SETTINGS. QUESTIONS AND CONCERNS - LIKE HOW DO WE STOP PEOPLE WITH GUNS FROM DEFAULT POLICING SPACES, OR HOW DO WE EXPLAIN THE NEED FOR ARMED SELF DEFENSE TO PEOPLE WHO ARE PUT OFF BY GUNS.



PEOPLE ALSO RAISED THE ISSUE OF ISOLATION IN THE FIELD OF ANTI FASCIST RESEARCH. NETWORKING OPTIONS AND SELF CARE ROUTINES WERE SUGGESTED, BUT ONE CRUCIAL POINT WAS MADE THAT CONSTANTLY RE-EVALUATING THE VALUE OF THE WORK YOU'RE DOING TO THE ACTUAL PEOPLE ON THE GROUND, AND NOT SLOGGING THOUGH HORRIBLE CONTENT WHEN IT DOESN'T MATERIALLY BENEFIT PEOPLE ENOUGH TO BE WORTH THE POSSIBLE MENTAL HEALTH HARM.



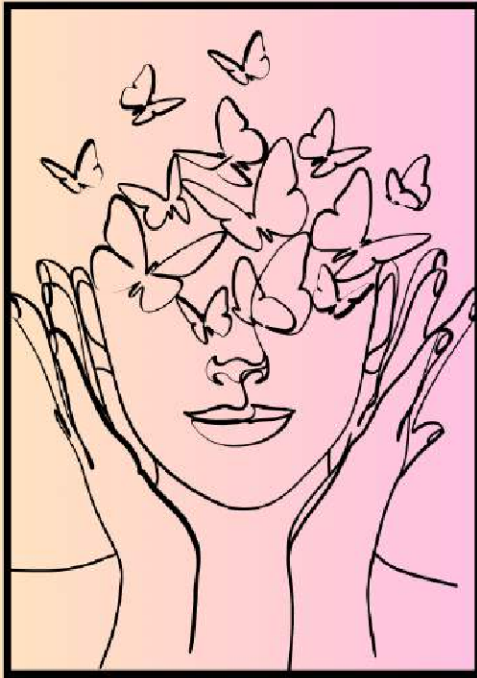
COMMUNITY BASED THERAPY

ITS COMMUNITY. IT'S THERAPY. ITS COMMUNITY THERAPY (AKA FREEEEE)

A COMRADE CAME UP WITH A STRUCTURE CALLED MITT (MUTUALLY INTEGRATED THERAPY TECHNIQUE) TO MAKE DIALECTAL BEHAVIORAL THERAPY (DBT) ACCESSIBLE FOR SMALL GROUPS OF NON-EXPERTS. DBT IS HIGHLY STRUCTURED AND HAS 4 CORE MODULES: MINDFULNESS, DISTRESS TOLERANCE, EMOTIONAL REGULATION, AND INTERPERSONAL EFFECTIVENESS. WHILE MANY FOLKS PARTICIPATING IN DBT ARE SEEKING TREATMENT FOR A RANGE OF MENTAL HEALTH CONCERNS, THIS GROUP DISCUSSED THAT DBT'S EMPHASIS ON COMMUNICATION SKILLS COULD BENEFIT OTHER FOLKS AS WELL. DBT'S RELIANCE ON WORKSHEETS AND ACRONYMS LEND WELL TO AUTONOMOUS USE.

WE WENT THROUGH MOST OF A MITT SESSION, WHICH CONSISTS OF:

- 1. INTROS + QUICK WEEKLY SHARE
- GO AROUND THE CIRCLE WHERE EVERY INDIVIDUAL SHARES IF THEY WANT TO.
- 2. MINDFULNESS MEDITATION (~15 MIN)
- WE USED AN AUDIO TRACK FROM A PRERECORDED ONLINE RESOURCE.



- 3. LESSON (~30 MIN)
- ONE PERSON WHO HAS DONE SOME PREP WORK PRESENTS A LESSON ON A DBT SKILL/COMPONENT. WORKSHEETS AND READING MATERIALS ARE AVAILABLE FROM ONLINE SOURCES. THE ROLE OF LESSON FACILITATOR SHOULD ROTATE.
- 4. GROUP DISCUSSION
- TACOBOUT IT. WE DIDN'T GET THIS FAR AT DPG.

OVERALL, THE MITT SESSION SEEMED LIKE A COOL WAY TO CREATE A GROUP ACCOUNTABILITY STRUCTURE TO LEARN SKILLS THAT WILL HELP US IN ORGANIZING, COMMUNICATING, AND SOLVING CONFLICTS — ARGUABLY THE FOUNDATIONS OF DUAL POWER.

RECOMMEND ONLINE RESOURCES:
- MINDFULNESS DAILY
- INSIGHT TIMER

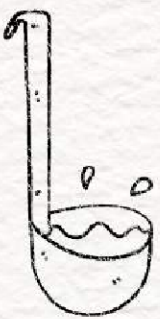


VEGETABLE MINESTRONE



FROM THE CAULDRON

Quantity	Item
1 lg	onion, thinly sliced halves
1 tbsp	oil, olive
2 cans	tomatoes, crushed or peeled
1 can	garbanzo beans (chickpeas)
1 can	kidney beans
1 lg	carrot, thin slices
2 lg	zucchini cubed
	thyme, parsley, oregano, basil; McKay's or Washington's, unless using vegetable broth
	add water or vegetable broth to desired level
	penne, uncooked
	spinach, fresh
	salt, to taste



FROM THE CAULDRON

yellow Coconut Curry



curry for all

Directions

1. Place a saucepan or pot over medium heat and melt the coconut oil
2. Saute curry paste, garlic, ginger, and onion until onion is translucent
3. Add carrots, stir, pause, then stir in coconut milk
4. Simmer covered until carrots are tender, about 45 minutes
5. Stir in cream of coconut, peanut butter, crush pineapple until well incorporated
6. Add the remainder of ingredients, and cook covered until fresh vegetables are tender
7. For less monitoring, simmer on low for one to two hours
8. For speed and more stirring, cook on medium for 20-30 minutes

Quantity	Item	Format
1 tbsp	sesame/coconut oil	
50 g	yellow curry paste	*, Mae Ploy brand
25 g	fresh ginger	minced
25 g	fresh garlic	minced
1/2	onion	1/2 slices
1/2	large carrot	pinky-length sticks
1.5 cp	Chaokoh coconut milk	full fatt
50 g	Coco Lopez cream of coconut	†; double if not adding pineapple
15 g	peanut butter	§ creamy
	pineapple	crushed, canned
	bamboo shoots	canned
1	bell bepper	quarter slices
	romano (flat) beans	
	shiitake mushrooms	reconstituted‡
	bok choy	sliced crosswise

CASCADIA BREAKOUT



Open discussion centered on the projects that people located West of the Cascades and North of California brought to the circle.

Many people were working on mutual aid project focused around food access and food sovereignty.



A few were considering or starting land projects aimed at liberating pieces of land for the movement. There seemed to be consensus that what was needed was liberated social spaces in which to come together around the issues that affect our communities. Various ways of doing this were suggested in both examples of existing projects, and discussion of potential future projects.



BIOREGIONALISM

Cascadia is a bioregion, a bioregion is a contiguous area with more similar than dissimilar qualities in regards to its geomorphology, hydrology, ecology, and human social constructs. the term was coined in the late 60s by Alan Van Newkirk, and was later fleshed out by Peter Berg, a member of The Diggers, a 60s bay area counter culture group that coined the term free store and helped start the black panther breakfast program. after traveling around seeing the start of the back to the land hippy commune movement, peter berg attended the first un environmental summit and realized the people who really knew what was going on, mostly indigenous groups from all over the planet, weren't invited in. he dubbed them "planeterians", a play on the word proletarians. he and his partner judy goldhof started the organization planet drum which is like the bioregionalist counterpart to Murray Bookchin's institute for social ecology. berg and bookchin actually met several times and interacted often, with Berg writing a eulogy for him.

the main ideological component of bioregionalism is reinhabitation, meaning we must all learn to live in harmony with nature, very similar to social ecologies third nature. peter berg had more of a basis in the arts and his writing is emotional and artistic, with heavy criticisms against liberal and conservative attempts of environmentalism.

Alexander Baretich designed the cascadian flag in the late 90s as a means of changing peoples consciousness in regards to activism and bioregionalism. it was designed to disrupt the concepts of nationalism and hierarchy that are preventing us from inhabiting any bioregion. free cascadia was started as a think tank to publish writings about bioregionalism and cascadia and is the only organization with approval from Alexander and planet drum. the primary focus for achieving bioregionalism is the bioregional cooperative commonwealth, a network of autonomous organizations focused on dual power, what alexander calls the alternative infrastructures of resistance and resilience, whose goals are to ethically produce food, fiber, fuel, and pharma ecology in a way that harmonizes with nature so we don't have to rely on capitalism and have more local power. alexander views bioregionalism as a platform for decolonization, reinhabitation, and resolution between settler and indigenous communities. the 3 M's of colonization are Mind (changing how we think), Mass (material goods and access to land that have been taken) and Metropolis (extraction flows back to a central city). the 9 I's of reinhabitation are Interconnectedness, Intersdependence, Integration, Intrinsic Value, Indegeniety, Immanence, Impermanence, Involution-Evolution, and Integrity. The 5 L's of reinhabitation are Listening, Learning, Living, Localization, and Liberation. The 3 core R's are Redemption (settler communities acknowledge and seek redemption from indigenous communities), Remission (Indigenous communities decide terms of agreements), and Resolution (how indigenous and settler communities find a way to live in harmony)

Atlanta Forest Learnings, Strategy, and Discussion - Land Defense and Alternatives

A facilitated conversation that began with participants sharing what we all knew about the most recent news from the Atlanta Forest. People discussed the arrest of 42 people on domestic terrorism charges and the seemingly novel use of Federal RICO charges to arrest 3 people running a bail fund for forest defenders. The fact that 80 acres had recently been cleared of trees was raised, and mourned. On that topic our facilitator asked what might be done with the land since the trees have been removed and yet CopCity will still never be built. Some suggestions were intentional land projects, and facilitating the return of the Mvskoke people back there from Oklahoma. One member of the circle was a member of the OK Mvskoke tribe and was intrigued about the possibility of returning to the land to symbolically claim it for his people. The fact that others had already started to form around such issues was brought up.

For more info check out thegavoice.com/community/fight-against-cop-city-continues-at-the-community-in-weelaunee-summit and defendtheatlantaforest.org/2023/03/10/eviction-notice-from-the-mvskoke-people.

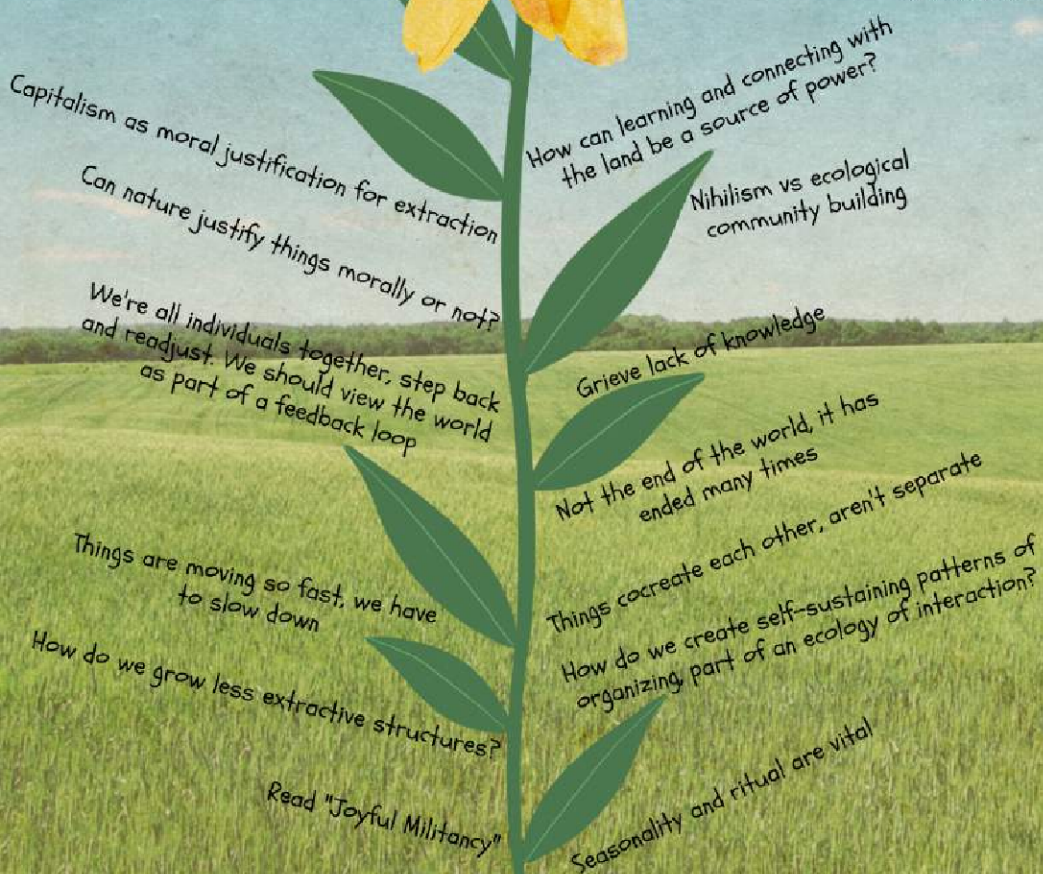
As far as what we can do to #StopCopCity we discussed going to Atlanta to participate in the upcoming week of action planned for June 24th, leading into 'The Weelaunee Summer'. We also talked about supporting locally with actions against funding partners with locations in our areas, and there was agreement that the media and digital resources put out by defendtheatlantaforest.org make it far easier to know how and where to get involved.



ANARCHIST ECOLOGY

An intimate group sat together reading quotes from books & zines as well as discussing our personal & political connections to ecology. The primary focus was on us as a part of nature, rather than separate from it. Heavily inspired by the zine *Towards an Anarchist Ecology*, available at Sprout Distro.

Excerpt: "We are settlers on this land, raised in cities, rootless, and alienated from the ecosystems we can't help but be a part of. But we want to unlearn what we have been taught by the dominate culture, and in the process, we want to re-learn joy, connection, and wonder, while embracing grief and loss in order to heal. We want to decolonize, and to do this, we need to build a new kind of relationship with the land. We want to take steps towards an anarchist ecology, towards a knowledge of the land that is anti-colonial and anti-authoritarian."



Body work and Co-regulation as Mutual Aid

Movement work can be filled with trauma and stress, and it isn't always acknowledged. Too often we put our own needs aside in favor of the greater whole, never addressing these needs and eventually burning out. When we do this, we carry the stress physically in our bodies, which causes us pain, causing more stress and heightened emotion.

Massage and body work can be a great way to give comrades relief, strengthen our bonds to each other, uphold a strong culture of consent, and a culture of mutual care. In this workshop, comrades showed one another some simple massage practices and techniques to bring with us back to our home collectives.

Given how everyone has different trauma histories and comfort levels, the facilitator offered a number of alternate ways to help our comrades out, such as by modeling self-massaging skills.

Yes, touch can be a traumatic thing for many people. Yet, at the same time, a consensual touch with a trusted comrade can be very healing and indeed liberatory.