



**Commissioners Present:** Jessica Bradshaw, Jeraldine Brown, Erin Dickson, Daphne Grigsby, Pat Keenan, Sarah Miranti, Hugh Muldoon, Sherry Ratcliffe, Candle Wester-Mittan

**Commissioners Excused:** Sherry Ratcliffe

**Commissioners Absent:** Sidney Logwood

**Study Circle Staff Present:** Sarah Heyer (Excused)

**Guests Present:** Mohammed Al-Emad, Sabrina Hardenbergh, Gillian Harrison, Dada Jyotiriishananda, Todd Kington, Lynn Koener, Bob Marks, Alice Travers, Len Williams

**Staff Present:** Deborah McCoy (late arrival)

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## **Call to Order**

The meeting was called to order by the Chair, Hugh Muldoon, at 6:35 p.m.

## **Minutes**

Motion was made by Commissioner Brown and seconded by Commissioner Wester-Mittan to approve the minutes from the August 1, 2011 meeting. The motion carried.

## **Announcements**

- 11 Days of Peace – 200 people attended the event held on September 11, 2011.
- September 12, 2011 event: Dr. Bahloul will speaking on the violence against Muslims.
- Carbondale Public Library has a full schedule posted.
- September 13, 2011 NVC training. Light refreshments will be served.

## **Public Comments**

None

## **Study Circles Report**

No report as Coordinator Heyer was unable to make the meeting due to a family emergency.

## **Non-Violent Communication Progress Report**

Chair Muldoon commented that regular meetings will resume following the 11 Days for Peace events.

September 12, 2011

## **Other Reports**

None

## **Presentation**

Todd Kington: Non-Violent Communication – about conflict transformation. Present in 65 countries, used in many area, business education. Important for collaboration. NVC Vides: Making Life Wonderful – Marshall Rosenberg. Have been taught a language that does not get what is needed. Words that imply wrongness do not get what is needed and neither do demands. Requires deepening the ability to communicate what is alive in each of us and what can make life more wonderful. The core of NVC is feelings and needs. NVC is about learning a new language. Jackells are myopic whereas giraffes have a long view. 1) Separate feelings & observations, 2) Feelings, 3) Connect with needs, 4) Figure out how to get needs met. NVC is difficult to learn for adults and easy for kids. Natural language hurts life. This is unnatural and due to culture domination. CNVC.org is a resource. Horizontal emerging of consensus. Challenge: to approach and reconsider deeply held values. Anger is not having needs met. Must listen for needs. NVC is about learning to be heard. NVC has reduced violence in prison.

## **Comments**

None

**Next Meeting** - Monday, October 3, 2011, Civic Center, 6:30 p.m.

**Adjournment** - There being no further business, the meeting adjourned at 7:30 p.m.

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Recorded by Commissioner Miranti