

## **C.O.R.E. Community Organising Resources Effectively**

C.O.R.E. is an acronym for Community Organising Resources Effectively.

It is a strategy for transitioning from one way of life to another in an emergency situation when the community needs to pull together in a hurry. It is designed to lead us quickly into self-sufficiency as a community.

CORE can be seen as a bridge we can build together which can support us to cross any chasms created by significant upheaval. It also helps us to transition from a lifestyle which is dependent on outside resources and authority to one which is autonomous and centred around community.

The overall vision of CORE is that it acts as a back-up plan to the Transition Initiative -

<http://www.transitionnetwork.org/support/what-transition-initiative>

Hopefully we can gradually transition to becoming a resilient community, without being forced into it through outside circumstances. Together we can create a lifestyle which is in alignment with our brightest aspirations. A way of life which doesn't depend so much on outside resources and money and which leads to a lifestyle with happiness, health and prosperity for all.

Whether we need to implement an emergency plan such as CORE or whether we gradually transition, we can be prepared for all possibilities.

### **So, how do we go about it?**

First I would like to suggest we create a Transition Initiative group working in alignment with the worldwide Transition Network -

<http://www.transitionnetwork.org>

This means to first create a small group which can work towards creating a plan for raising awareness in the community about the transition we need to make to become a more self-reliant, resilient community.

[http://www.youtube.com/watch?feature=player\\_embedded&v=KYQyCmb9WgY](http://www.youtube.com/watch?feature=player_embedded&v=KYQyCmb9WgY)

I would also like to suggest that CORE is discussed as part of this process.

I will now leave you with the explanation of CORE. Please feel free to offer any feedback or suggestions.

## **PLAN OF ACTION**

1. **MEETING PLACE** - First we need a base for meetings and a place where the community can interact with us and reach us. I am proposing the CWA hall, which I feel is a relatively neutral space with good facilities in place for meetings. Other suggestions are welcome.
2. **COMMUNICATION TECHNIQUE** - We need an effective communication technique which is non-hierarchical and includes everybody. I have been trained in an effective communication technique successfully used in Japanese communities for over 50 years. It is called Kensan. I have included information about Kensan on a separate page. The significance of this communication technique should not be underestimated. Indeed, it is integral to the success of CORE.
3. **CORE GROUP** - We need to establish a strong group who are willing to hold CORE together and implement the strategy when/if the time comes.
4. **COMMUNITY PARTICIPATION** – We need participation and interaction with the general community so that they understand and recognise what CORE is about and also have their say.
5. **NETWORK** – We need to establish a strong network which can pull together and provide the basis for operation in the case of CORE being put into action. This should especially involve people with expertise and skills which can be passed on to others. It may also be good to have those with farms and land on board.

## **HOW DOES CORE WORK?**

- **NO SCORING** – There is no tallying taking place, so there is no exchange, no bartering and no money.
- **FREE WILL** - Every person within the community has free will.
- **EQUALITY** - There are no leaders and no followers – everyone is equal.
- **FLEXIBLE** – Circumstances are adjusted as necessary to meet the real needs of the community.

- CARING - Every person within the community is included and has their needs taken care of.
- ROLES – Every person within the community has a role which is suited to their abilities and which they choose themselves. This role can be changed at regular intervals.
- COMMUNICATION – KENSAN - Communication is crucial to the success of CORE and the communication technique is Kensan.
- FORMULA – There is a formula in place. The above-mentioned points are the foundation of this formula. Within the framework of that formula anything is possible.

### **EXPLAINING THE FORMULA –**

In order for a community to operate effectively there are certain categories which need to be fulfilled.

Firstly we ascertain what these categories are, within the context of the overall plan, which is for Community Organising Resources Effectively.

We then prioritise these categories in order of necessity. In other words, what do we, as a community, most need to survive?

Within these categories there are roles. Each role plays a part in accomplishing the task of the category. For instance – within the category of FOOD PRODUCTION, we have many roles such as growing fruit, growing vegetables, growing grains, tending animals, collecting seeds, etc.

These categories and associated roles could have a brief description and be printed out for the general community.

The categories and roles can then be written onto white boards and displayed in the Meeting Place. The number of males and females required for each role and whether it is a morning or afternoon, day or evening role is written onto the white board. Some roles may only require a few hours a day and others may require a whole day, so there may be more than one role to fill each day.

The next step is for people to come into the Meeting Place and write their name next to the role/s they are interested in.

This enables us to see the groups of people who will be working together in the specific roles, like a team.

These groups arrange to meet together at a pre-determined time so they can be guided through the tasks associated with their role. This guiding would be done by someone who is knowledgeable of that particular role.

From here on, the groups meet at an appointed time at the necessary place in order to accomplish the role. The Kengan Meeting is also a part of this. Each time the group meets there is also time taken for Kengan as well as to fulfil the tasks of their roles. The best time for this is during a break, when refreshments are served. This is the time when the group can share their feelings and thoughts about their roles with each other. If there are any specific questions, they can be put to the group then. There can also be a special Kengan Meeting time and place set for the group to gather and communicate more in depth about specific issues.

It may also be necessary for a Kengan Meeting to be held with all the groups of the overall category coming together. This might be a Kengan Meeting of the FOOD PRODUCTION category, for instance, where all the groups who are fulfilling the roles of this category come together and share their experiences.

**Each person is only required to focus on the specific roles they have chosen, and no more. Everything else is taken care of by the other roles.**

For instance, if your role is growing vegetables in the FOOD PRODUCTION category in the morning and packing and distribution of vegetables in the afternoon, then that is all you need to do.

When it is time for a meal break, you only need to go to the appointed Dining Room area and a meal, prepared by those acting in the various roles within the FOOD PREPARATION category, will be there waiting for you!

Nor do you need to worry about the washing up, as that will be taken care of too ☺ unless this is one of your roles, of course.

After the meal, you might choose to relax in a community lounge area where there are snacks and hot and cold beverages available as well as items of entertainment such as music, games, magazines and books for reading and others to share and engage with.

When you wish, you can retire to the privacy of your personal home. This would most likely continue to be in the same place as before, unless the place of residence is far away from town and there is no transport

available, but most likely we will be able to sort something out - an alternative to petrol transport such as diesel vehicles which run on vegetable oil or horses, bicycles, etc.

It is the same for your washing, which would be dropped in (nametags attached) to the specified laundry area and collected when ready.

If you are in need of personal items, such as soap, shampoo or toilet paper, you can collect them from the designated distribution point. The same goes for other items, such as clothing, towels and bedding. **There is no cost for anything, but obviously one takes only what one needs (or what can be spared).**

In this way, everyone and everything is taken care of to the best of our ability as a community. It may seem regimented, but then, so is most people's daily life anyway and in this way we are all working for ourselves and for the good of the whole. We can make use of the community infrastructure already in place and we do not need to rely on or wait for outside aid in a time of need.

Indeed, if we successfully implemented a plan such as this, we would be not only caring for ourselves and our community, but the flow-on effects to other communities who could implement a similar strategy would be significant and we could share excess goods/produce with others, so that our whole region is prosperous.

**It's helpful to think of CORE as the bringing together of the parts of the body to make up one healthy body.** Each of us makes up a part of this living body and when all of the body parts are working well together, we have a thriving healthy body, capable of being the best it can be.

It is also possible to begin the lifestyle mentioned above, prior to any upheavals occurring. This is already happening in Japan where over 30 communities are demonstrating this way of life. There is also one of these communities already existing in Australia. If you would like more information about this possibility, please see the Kensan document, which has the relevant links.

In Love and Oneness and infinite possibilities for joy and happiness,

Radha