

Almanac

Assignment: choose one listing below, and celebrate it! Send us pictures and we'll send you a porch tee shirt!

Moon Phases



September 2 Full Moon

October 2 Full Moon

September 2 is the Harvest Moon, the most romantic full moon of the year. Celebrate as you wish.

In Japan and Korea, this is the Moon Viewing Festival.

According to European legend, you might be able to learn who your husband should be. Place these things under your pillow: a ring and a prayer book open at the marriage service. Before sleeping, repeat this chant:

Luna, every woman's friend

Of thy goodness condescend

Let me this night in visions see

Emblems of my destiny.

If you remember your dreams in the morning, you will know your future.

It is, of course, also harvest time.

Celebrate Organic Harvest Month (www.organicconsumers.org)—by eating!

October 2 Full Moon: If you've got kids, (or not) try reading *Goodnight Moon* or *Goodnight Mr. Night!*

September

September Flower: Aster

September 1-4

First US Bowling League established 1921.
Read the Social Capital classic, *Bowling Alone* by Robert Putnam

September 5-11

September 5: Be Late For Something Day; take your watch off and que sera, sera.

Porch Talk

Sally Smith

Civics 101

It is with the heart that one sees rightly; what is essential is invisible to the eye.

The Little Prince, Antoine de Saint-Exupery

Does it take intelligence to know not to hit someone? Or does it take common sense? What is the difference and where do they come from?

We measure intelligence using IQ tests. But author and psychologist Daniel Goleman says that this kind of intelligence doesn't necessarily lead to happiness or success...and it doesn't lead to getting along with our spouses, children, co-workers and acquaintances.

Common sense, or what Goleman has coined Emotional Intelligence in his book of the same name, comes from the heart, he says. And it is often more common among people who don't necessarily get high grades in school.

"Academic intelligence," Goleman says, "offers virtually no preparation for the turmoil—or opportunity—life's vicissitudes bring. Yet even though a high IQ is no guarantee of prosperity, prestige, or happiness in life, our schools and our culture fixate on academic abilities, ignoring emotional intelligence, a set of traits—some might call it character—that also matters immensely for our personal destiny."

Listening to our hearts isn't always easy, especially if that's not rewarded in our social sphere. But Goleman goes on to say that using our feelings to guide us, rather than letting our emotional reactions take us over, is what leads to success.

Civility is rooted in a kind of self-awareness and perception that's guided by what we all know deep down is the appropriate way to respond and interact with others in times of stress. Accessing this knowledge helps us every day not to be ruled by



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our fears and guides us to healthy, strong and successful relations with others, he says.

Acting with compassion and common sense can lead us out of explosive situations and in general, help us thrive in a world where, for example, violence and aggression in sport can tend to be rewarded by more media attention and greater status. And where TV and movies portray violence that is often not met with consequences.

An article on civility from Etiquette International (www.etiquetteinternational.com) talks about a study that reveals this is surprisingly high.

"73% of violence shown on television was not punished, and violence was shown as wrong less than 4% of the time. Is it any wonder that the mean-spirited impulse is running amok in our society?"

Famous social behaviourist Stephen Covey says that it's principles we're lacking—something different from values. They come from the inside and require integrity—a consistency of action and thought that is whole and can be counted on.

Psychologist Howard Gardner of Harvard University believes we need to develop both inter and intra-intelligence, the first being the ability to respond appropriately to others and the latter the ability to know oneself—being able to discriminate between one's feelings and draw on them to guide behaviour.

Gardner believes that if our education system were able to identify and encourage all the different types of intelligence that we as humans display, this would lead to greater happiness and social harmony.

Though he says there are hundreds of ways to succeed, he's broken these down into seven key types for the sake of study. These include verbal and math skills, spatial capacity—what artists and architects draw on, kinesthetic genius



September 5: The term "hippie" was first used on this day in 1965. Take some time today to get groovy.

September 6: US/Canadian Labour Day; www.afl.org/labournews/sept03-24
Who among us is not a labourer?

September 8: International Literacy Day; National Institute for Literacy. A great day to start a book club; go to the library en famille; patronize your local independent bookstore; write a letter ...

September 10: Swap Ideas Day; this is so integral to a healthy community. What if all the neighbours got together on this day and shared ideas for different problems?

September 12-18

September 12: Grandparents Day and Chocolate Milkshake Day; a good excuse to take out the blender!

September 13: Payushana (Hindu); a day to ask forgiveness if you have offended anyone, and to restore friendships and relationships.

September 14: International Cross-Cultural Day (Sponsored by Window on the World Inc. Minneapolis, MN wowintl@aol.com) is on the same day as Cream Filled Doughnut Day. This would be a great day for US Canadian relationships to blossom.

September 15-27 (sunset to sunset)

Rosh Hashanah; www.jewfaq.org/holiday2.htm

September 25-October 3

Banned Books Week

Celebrate Your Freedom to Read; www.ala.org/ala/oif/bannedbooksweek/bannedbooksweek. This list makes one realize that, truly, there's no accounting for taste. What one finds junk, another considers a jewel.

September 16: Independencia de Mexico >

employed by athletes, musical talent, interpersonal skills used by therapists and leaders like Fritz Perls and Nelson Mandela, and finally, intrapsychic ability that comes from attuning one's life choices to one's true feelings or intuition, like Carl Jung.

According to what these three minds are putting forward, fostering our abilities and gifts of intelligence, as defined by Gardner leads to greater contentment, better connection with our true selves and more civil harmony; as people find growing peace within themselves by decreasing their own inner battles and no longer forcing themselves to fit into a mould set by IQ tests, so the outer conflicts decrease and we become easier to get along with.

How refreshing to be encouraged simply to act on our true desires instead of into the traditional box. ⑨

Honey Cake for Rosh Hashanah

HONEY CAKE

Ingredients:

4 eggs	1/2 tsp. cinnamon
3/4 cup butter	1/2 tsp. ginger
1 whole lemon (juice and rind)	1/2 tsp. cloves
1 whole orange (juice and rind)	1/2 tsp. nutmeg
5 cups flour	
1 tsp. baking soda	
3 tsp. baking powder	

Bring to a boil and cool:

1 cup strong, black coffee	1 cup honey
1 cup brown sugar	1 cup granulated sugar
1 cup chopped nuts (optional)	

Directions:

Beat eggs well, add melted and cooled shortening or oil, add fruit rind and juices. Add pre-sifted dry ingredients alternately with coffee-honey mixture. Bake in a 9 x 12 inch pan in a moderate oven (350 degrees) about 1 1/4 hours.