

The Power of One:



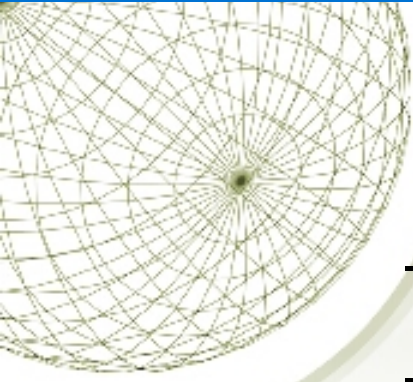
Our Coda Dreams Multiply

MinneCODA Theme:

“We Belong and Taking a Road Trip”

- CODA comes of age! Deaf say, “Remember you little....”
- Survey of audience
- 1984 Bay Area Coda Gathering—25 Codas celebrate
CODA is one!
- My first CODA Conference road trip
(same experience for east coast Coda)

CODA is like dynamite!



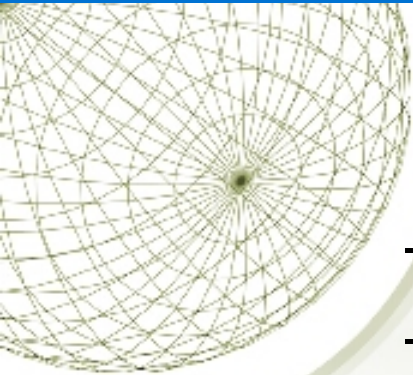
- Dynamite builds tunnels through mountains!
- Two edged sword
- Why is CODA so powerful for many of us???
- Analogy of snake
- Discovering OUR community –
like other communities?
- Most important thing about CODA to me is...

“The Power of One: Our Coda Dreams Multiply”

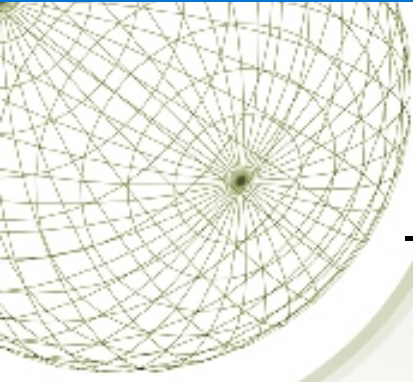
CODA—Millie Brother’s Dream

- We are living out one Coda’s dream!
(Even the names CODA and Coda)
- One of CODA’s first skeptics
- Falling for the CODA dream and helping make the dream come true
- Coda dreams have multiplied
- Helping Millie with her dream—helped me to believe in my own Coda dreams!

Our Coda Dreams

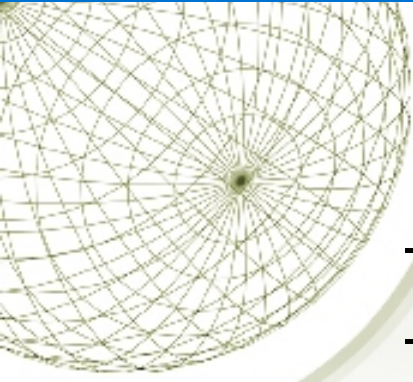
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- Codas easy “Busy Bee Syndrome”
 - Codas easy forget self and own dreams?
 - Codas easy help OTHER people with their dreams?
 - We can often find our dreams after:
 - getting to know ourselves better via CODA
 - TRYING THINGS OUT here!
- (Sorry no “CODA rule book” available even though some guidelines have been developed?!)

What has CODA done for Codas for over 2 decades?



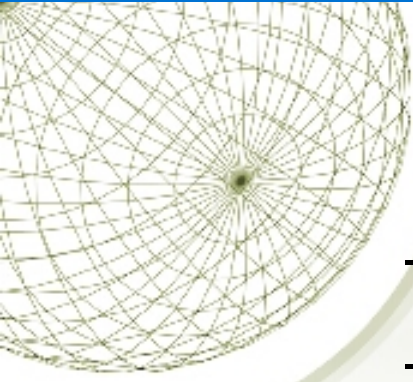
- CODA provides us with a sense of place, time, identity, traditions, belonging, and connection with other Codas
- Coda storytelling—we are mirrors for each other
- EXPERIMENTATION / RISK TAKING / TRIAL AND ERROR—very important to feel safe enough to do that here.
- Our personal Coda road trips:
 1. Learn how to take better care of ourselves at CODA
 2. Learn how to take better care of ourselves throughout the year
 3. Discover our true selves and our true hopes and dreams

Are there similar nationwide bicultural self help groups?



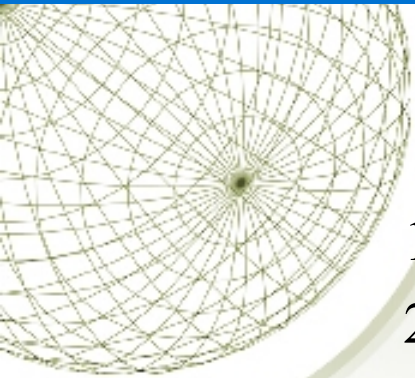
- 1987 Bicultural Therapists Group
- 2006 (20 years later!) three bicultural hearing clients of mine
- Individual therapy vs self help group experience? (FYI – EMDR tool)
- Informal personal contacts vs international organization (snowball effect)

How CODA helped me with my own Coda dreams?



- “Field of Dreams” experience!
- Personal Coda exploration
- Professional development
- My personal dreams almost lost! (Sabbatical solution)
- My professional dreams undergo long incubation period!
- Now let's focus on YOUR Coda dreams???!!!

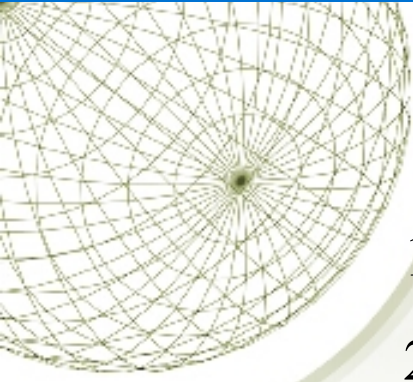
Stages of Dream Development



1. AHA moment!
2. Falling in love with your dream!
3. Resistance and criticism: internal
4. Resistance and criticism: external
5. Keeping the faith (Remember Millie's response to early criticisms)
6. Just do it!

Note: if stuck, transfer your ability to make certain dreams come true to your “stuck dreams”. Call a “tow truck” if they are stuck on your Coda road!

Our Coda Dream Activity



1. Writing is important tool! (Our “mother tongue”?)
2. Write down Coda dream
3. Personal dream? CODA related dream?
Professional dream?
4. Name the dream, write a list, draw the dream,
and/or describe the dream

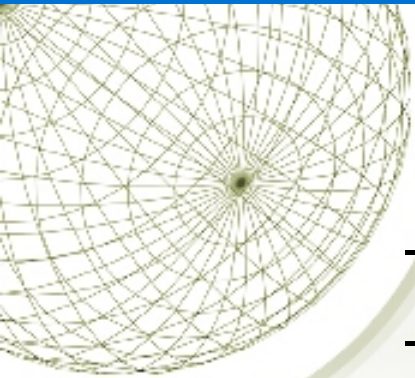
Making Our Coda Dream Quilt:

The Power of ONE

1. Find a partner to share your dream
(Sign, talk, mime, act our your dream)
2. Partner will write down 3 action steps toward actualizing this Coda dream
3. Keep your action list to take home with you
4. If willing, put your name on your dream paper and pass down to assistants for quilt
5. Our future is represented here as our road trip continues from today forward
6. Will display in Hospital room
7. Power of ONE is the power of each of our dreams
TOGETHER side by side

(Please pick up your dream at closing to take home and nurture.)

“I Have a Dream”—Martin Luther King, Jr.



- Our legacy
- Millie Brother's dream of CODA came true which has spawned many more of us Codas to dream our dreams: both within CODA and beyond CODA to the Deaf Community and to share with the world
- Examples of Codas who have taken their dreams beyond CODA
- Time: the power of compound interest

Special Dedication

July 14, 1956 to today July 14, 2006!

On the day that would have been their 50th wedding anniversary, I dedicate this keynote to my parents, Leo and Dot Jacobs.

Thank you for your dreams!

The **Silent Worker**

THE NATIONAL MAGAZINE FOR ALL THE DEAF

ANTHONY MOWAD



NEW YORK FOOTBALL



N.A.D. REORGANIZATION
CONFERENCE



NEWLYWEDS See Page 17

50c Per Copy

AUGUST, 1956

Closing Song:



“Thank You”

by Alanis Morissette

Remember—You have the Power of One!

Lyrics for song, “Thank You”

How about getting off of these antibiotics
How about stopping eating when I'm filled up
How about them transparent dangling carrots
How about that ever elusive kudo

Thank you India
Thank you terror
Thank you disillusionment
Thank you frailty
Thank you consequence
Thank you thank you silence

How about me not blaming you for everything
How about me enjoying the moment for once
How about how good it feels to finally forgive you
How about grieving it all one at a time

Thank you India
Thank you terror
Thank you disillusionment
Thank you frailty
Thank you consequence
Thank you thank you silence

The moment I let go of it was
The moment I got more than I could handle
The moment I jumped off of it was
The moment I touched down

How about no longer being masochistic
How about remembering your divinity
How about unabashedly bawling your eyes out
How about not equating death with stopping

Thank you India
Thank you providence
Thank you disillusionment
Thank you nothingness
Thank you clarity
Thank you thank you silence

