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ECONOMICS OF HAPPINESS FILM AND DISCUSSION

Carol Bragg

Introduction

This workshop was a testament to the cohesiveness of TimeBanks and the movement for localization. Carol Bragg and participants viewed the film *Economics of Happiness*. Carol had come across this film while taking an “Ancient Solutions” class at Rhode Island College. The film had a profound effect on her thinking, thus, she wanted to share it with the rest of the group. Following the film was an open forum to discuss ideas and feelings. The film was intended to be an eye opener to the plight of human kind initiated by globalization.

Concepts and Issues

The group talked about globalization and its fundamental effect on threat of humanity. Other discussion topics included rapid expansion as a primary cause of enslavement throughout the world, and the rate consumerism potentially collapsing the ecosystem and killing farmers off. The group also discussed how urban societies consume much more than rural societies. The conclusion: localization does not hurt trade; it strengthens agriculture.

TimeBanking Applications

In the application of this information to TimeBanking, there was talk of “grandma universities.” These universities enable senior communities to teach how to be less consumerist and supportive of the Earth and agriculture. Through these classes, TimeBanks can help fill economic goals for quality of life and break the cycle of labor not really being valued.

People in the group were reminded how much they consume, and that having less does not have any bearing on the wealth or true happiness of a society. TimeBanking encourages equal respect for everyone’s labor, and pushes for respect for people, rather than goods-focused societal values. Local farms are the perfect place to start TimeBanking; they have the power to integrate urban and rural TimeBanks. Local farms bring the earth back to the city and the city back to the earth.

Practices

- Growing classes and workshops
- Farmers markets
- Community gardens
 - Rural and urban community members working together
- Gardening therapy
- Roof top gardens

Participants

Cathy Ciano
Marie Goodwin
Irvin L. Dallas
Sarah Dalton
Tim Dalton
Holly Cekala
Nick Kacher
Rebecca Kemble

