

Who Am I?



By Ashley Updike
Western Washington University
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I Am Impacted By Systems

- Drug Culture
- Recovery Culture
- Bellingham, WA
- Educational Systems
- Healthcare Services
- Northern-Europe
American Heritage
- Native American Culture
- Socio-economic Systems
- Family Systems
- Environmental Health

Random Facts About Me



- Speaks limited Lummi
- Belongs to a Paranormal Research Club
- Used sign language for my first five years due to speech impairment
- Very interested in politics
- Shake President Clinton's Hand
- Enjoys genealogy: have researched
 - my family tree to 1400s
 - Loves Horror Films
- After reading *Feminine Mystic* by Betty Friedan at age 13 I indentified myself as a feminist
- Loves reading any books about vampires, demons and werewolves
 - Enjoys cooking and baking
- My photography was shown in a gallery
- Enjoys peyote and "lazy stitch" beading

I Believe in...

- Liberal Politics
 - Honesty
 - Hard Work
- Independent Thinking
 - Radicalism
- Human Dignity
 - Change
 - Pacifist
 - Humility
- Family and Friends
 - Equality for All
- Living life on the edge
 - Faith
- Ambition
- Boldness
- Clever
- Courage
- Determination
- Enthusiasm
- Frankness
- Insightfulness
- Kindness
- Danger
- Questioning the Stasis Quo

*“It's not hard to make decisions when you know what your values are”
Roy Disney, American Film Writer, Producer, Nephew of Walt Disney*

My Strengths. . .

- Personal History
- Out Going Personality
- My Voice
- Goal Driven
- Multicultural Experiences
- Education
- Personal Failures
- Realism
- Creativity

“Success is not final, failure is not fatal: it is the courage to continue that counts.” –Winston Churchill (http://thinkexist.com/quotation/success_is_not_final-failure_is_not_fatal-it_is/150143.html)

My Limitations. . .

- Closed Systems
 - “Limit Cycles” (Briggs & Peat)
- Understanding Politically Conservative Standpoints
 - Values that Conflict With My Own
 - Experience of Others

“I am only one,
But still I am one.
I cannot do everything,
But still I can do something;
And because I cannot do everything
I will not refuse to do the something that I can do.”

-Edward Everett Hale (<http://www.wisdomquotes.com/000137.html>)

Chaos Theory 101

Chaos is “the underlying interconnectedness that exists in random events.” (Briggs & Peat, 1999, p. 6)

Bifurcation Point is when all elements of change are represented and change is possible (Briggs & Peat, 1999).

Negative Feedback Loop is the internal regulation that allows for continue functioning (Briggs & Peat, 1999).

Positive Feedback Loop is the “amplification effect” that direct change (Briggs & Peat, 1999, pp. 15-16).

Butterfly Power is when seemingly random event that will influence great change (Briggs & Peat, 1999)

“Chaos is a friend of mine.”

-Bob Dylan



Now Examples of Chaos Theory in My life. . .

“Chaos is the score upon which reality is written.”

- Henry Miller

(http://thinkexist.com/quotation/chaos_is_the_score_upon_which_reality_is_written/209332.html)

First Bifurcation Point: Birth

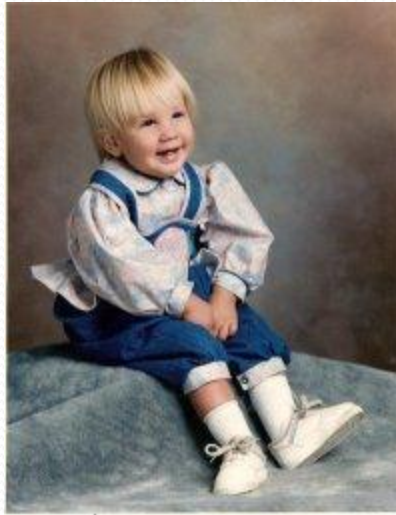


Grandma Ione, Baby Ashley and Grandpa Jack

My Grandma was feminist prior to the term being coined. She fled rural Wisconsin to enlist as an Army Nurse during World War 2. It was there where she married my Grandfather an Army Physician who treated Holocaust Survivors. She continued to work as part-time as Nurse while raising six children. It was not socially accepted for a doctor's wife to continue to work in the 1950-60s. I spent a lot of my free time as a child with my Grandparents.

They influenced my ideals on the topics of social justice/reform, and the value of education. It was my Grandparents who took on the majority of the cost of my education (Negative Feedback Loop).

Five Years Later. . . A Little Sister



Birth of child is an ultimate example of bifurcation point. My sister had severe health issues growing-up. She also has cerebral palsy which resulted in severe learning disabilities as a result of a near fatal birth injury. My mother was thus influenced to work become an advocate for special education policy reform in the late 1980-90s (negative feedback loop). Today Erin is 21 years old but has is the educational level of a seven year old. Growing up with my sister had a influence on my standpoints on the disAbility population.

My Large German/Irish Catholic Family



The Updike Family



Memories of my childhood consisted of family activities like camping, travel, bike rides, picnics, home cooked food, playing with the neighbor kids, my mom reading to me and joy (positive feedback loop and butterfly power). I knew we were loved. My parents always encourage both my sister and I to be the best the we can be. I know today that things must likely wouldn't turn out the same if my mother wasn't our advocate in the educational system. I'm glad to report that although reading is still a challenge for Erin, she is successful working as a childcare provider.

Then Came Those Darn Teenage Years...



My mom has describe my teenager years: “it like someone took my loving daughter away and replace her with a stranger.”

I thought it was my duty to question authority, push the limits and be “unique”. Adults didn’t understand where I was coming from.



Being a Japanese Exchange Student



I had some how convince my parents to allow me take part at our high school's exchange program in Tateyama, Japan (Bifurcation Point and Butterfly power). Tateyama is two hours away from busy Tokyo. Our family hosted two Japanese exchange students. The experience introduced me to the reality of our global world. I loved the experience.

Northwest Indian College



- I started to attend NWIC in Spring 2008 to study Chemical Dependency (Bifurcation point)
- I moved to Lummi Nation and became involved on campus activity.
- I was awarded scholarships from Pride Foundation, WECU, and NWIC Foundation (bifurcation point, and negative feedback loop)
- I graduate in Fall 2009 and gained my Chemical Dependency Professional Trainee License



Why I Want to Be a Human Service Profession?

I want to influence policy change within the system

I have always enjoyed working with people

I have been understanding how to influence change with chemically dependent individuals

Helping others help to repair the community that I had once damaged

The purpose of life is not to be happy - but to matter, to be productive, to be useful, to have it make some difference that you have lived at all. ~Leo Rosten