

Halle Lyninger

My name is Halle Lyninger. I am actually in my office right now I'm a genetic counselor in Louisville, Kentucky, United States. But this is the easiest place to have a quiet space and a webcam. So I just stayed after work on it. Um, yeah, I know what else to say.

Lorri Trehella

That's really interesting. So you're so what, what exactly do you do as a genetic counselor?

Halle Lyninger

Um, I'm in pediatrics. So kind of our I think people are more familiar with genetic counseling is like prenatal, you know, prenatal testing and diagnosis or your hereditary cancer syndromes. But I'm pediatrics. So we I work with a physician a lot of the time and we are our typical patient has some unusual things going on, or some things that aren't bad, unusual, but a lot of them right, like so like seizures and developmental delay and physical differences, like extra fingers or a hole in the heart that needs surgery or what other things we see a lot short stature, unusual facial features, pick two or three, and then they should probably come see me in genetics.

Lorri Trehella

That's fascinating. That's really, cool.

Halle Lyninger

Yeah, yeah.

Lorri Trehella

So the topic is promoting greater community cohesion. Yeah. And yeah, I was really interesting, because you said like that too. Like, that's your jam.

Halle Lyninger

That's my life's passion, right? So not not work related. But I have a couple of friends who have advanced degrees in sociology, or I don't know what Robert's degree is in, but Sean's degrees in sociology. And, um, Sean's work was very much, his his PhD work was very much about social capital, which is the idea of, you know, what we can sort of the, the ineffable qualities that we get from our social network, right, or our social support and, and the decline of social capital in America. And so there's, um, there's a sociologist, who's named Robert Putnam, who wrote an essay called Bowling Alone. Well it's not an essay, it's actually a splendid expanded into an entire book with a lot of research based, you know, like, actual quantitative evidence that communities, and in the social capital, a provider declining in America that, you know, people aren't doing the things that they did in like, say, the 50s, which was kind of the height of social capital and also prosperity in the United States. So fraternal organizations, like the Elks or whatever, I don't know if you have that many, okay? Or like, um, you know, recreational sports leagues, like bowling leagues, or, you know, even people who go to church aren't involved. That's not like a center of their community, even like, or, women getting together and playing canasta or whatever, the bridge clubs, all of these, things that people used to do in their spare time with other people. And it's more than just recreation, right? Like, it's, you know, if I fell and, broke my leg and had to be in my bed for two weeks. And it was the 1950s I could probably rely on the women in my

bridge club to pick my children up from school and, you know, the families that bowled with my husband's bowling league to bring us dinner and all that, but, that's kind of that's what social capital is. It's more than just having friends. It's having a community. And Putnam thinks that the guy who wrote the book thinks that the decline of social capital in the United States is based on, because of the increase in, solitary recreational pursuits like video games or whatever, but he's wrong. That's dumb. It's obviously capitalism. It's obviously because people who don't... I think it's obviously capitalism that we have less leisure time and we have less money to spend on frivolities like joining a bridge club. You can't or joining a bowling league. You can't You can't spend your free time you know volunteering with the Elks Lodge if that's when you have to work your second job driving for Uber. Um, but and there's just there's just less of that just people don't have the can't go that deep into their, into their community to support them and and so this is our great project my friend group works really hard at building community and community meaning not just not just friends like I have absolutely done it but dinners and for helped people move who aren't really my friends there but they're still part of our larger community like I don't know. I didn't know Claire that well when she moved here, but I've helped unload her truck because she was part of my community I don't I have people who I actually don't like pick their kids up and, and, and sort of what the way you pay into that is not only does it fill my social life is there not there's events I have to look forward to on a regular basis. We have like a potluck. Every month on Sundays, we have children's birthday parties that I assume will be the my children be invited to nothing like those kids like my kids, but because you just invite everyone though, you know and karaoke nights and, you know, a Christmas party and a Halloween party and I can guarantee all of these things will exist because even if I don't know, well, or like the person who's throwing the Christmas party, it will be the Christmas party for for this group of like, I'm probably like 30 or 40 people in our like, main group, but then we like know people and then if you move to the city, you can have a you can be plugged in immediately. And someone will help you move and someone will, will bring you dinner and and it's sort of like what's expected of us in a way that I don't think that it is in a lot of I don't think that that's how friend groups typically work that like,

Unknown Speaker

Oh, that's, that's really interesting. So I'm American. And then I've lived in the UK for 20 years, but I've grown up like, I've lived all over America, like we moved a lot, but I've grown up in the LDS church. So in that like that kind of a community.

Halle Lyninger

Yeah.

Lorri Trehella

And that is like, that's one of their strongest things. And that's kind of how they hook you in.

Halle Lyninger

Well, I think that that's really valuable though. Like, I mean, then that's that's our community, we call it church, even though pretty much no one is religious in our group. But that's kind of our like, joke, and that's, you know, our Sunday brunch potluck once a month that is like, it's church, but but I don't think all churches are like that. I think LDS are.

Lorri Trehwella

Yeah, that's, I mean, that's like all the things you're describing, like that's 100% what the church is good at, it's that like, is that community building is that sense of cohesion that you get, and that, you know, if you know if you get sick, that their Relief Society are going to pass around a sign up sheet, and everybody's gonna bring you casserole?

Halle Lyninger

Oh, I had a friend of mine, who they hadn't even lived here that long. They had met one of our friends at like a, like a neighborhood association meeting and he was like, You're great, you should come to our thing. So it started coming. And they they had their first baby, and they had to call me after two weeks. And they're like, well, we have too much food. Can you turn it off? Can you make them stop bringing casseroles?

Lorri Trehwella

Yeah, but I think that's also just I think that's a real American thing as well. Like, I I've lived here for quite a few years. And I'm a really shy person. And so I'm not like a friendly outgoing person. I'm like, terrified of like, people and interaction and things, I do things because I have to basically, but um, so I didn't really know my next door neighbor very well, until she had twins the same time I had my youngest son. And so we were kind of both home and had like babies the same age and we're seeing each other at the community baby play groups and things. And I remember her I think it was I don't know, her sister or brother in law died or something. And so, like, my only way to deal with that, the way that I've been brought up is that you bake them something you know, you make like a sympathy card and you bake them something so that's what I did. I brought her some brownies and a card or something and I'm like I don't know, this isn't gonna help. But this is, this is what I've been socialized to do. And she brought that up for years. She was like, I was so touched, nobody has ever done that for me before. Whereas I feel like it's quite common in America for that still to be like the idea that, oh, somebody like a new family moved in, let's bring them a plate of cookies. Whereas I don't feel that's quite the same thing here like this. The social capital is very different, I suppose.

Halle Lyninger

I don't know. It's interesting, because I typically think of, you know, Europeans as more affluent overall than, than Americans that none of you, not nearly as many, you know, Western Europeans in general live in abject poverty. That's just common.

Lorri Trehwella

No, I mean, there's just there's pockets - I live in a really socially deprived area. Like the main industries were fishing and mining. Have you ever seen Poldark?

Halle Lyninger

No, I haven't. Okay.

Lorri Trehwella

Well, that's that's where it's set is where I live. So it's an absolutely beautiful place. With just social deprivation up the yin-yang. It's, it's bad. So there are there are some places in Cornwall that are like, we're bottom of the list. Like for Europe, we were getting loads of EU

funding because of this, which they've shot themselves in the foot with by voting to leave the EU, which is very silly. So you definitely get like real pockets of deprivation here. But the biggest difference, I think, is just that there's so much more of a social net behind you. Right?

Halle Lyninger

Right. So I mean, yeah, like you can't, like you can just not have health care here. Plenty of people do. Or, like you can starve like, children can starve here. And I know that a lot of places. Yeah. don't have enough food to feed children. And there's nothing you can do about it.

Lorri Trehwella

Yeah, I mean, there's still I mean, we still have a lot of problems like that. And there are lots this, you know, we've had, especially with sort of the pandemic, a lot like the use and the need for food banks has just it's been a massive uptick. But yeah, it's, it's, it is different. Like, I remember when, I guess, just before we got married, um, one of my neighbors in Utah had a bad accident. And they were doing a community fundraiser, because he just couldn't, couldn't pay for his medical bills. And my husband was just shocked. He was just like, this is barbaric. And I hadn't really thought about it, because it was just normal. Like, the thought that like, oh, you're just one tragedy away from losing, losing everything.

Halle Lyninger

Yeah. And I mean, I don't know there's like a lot, a lot of drug abuse and homelessness in my city, at least, you know, and it's, yeah, I feel like 15 years ago, if you were homeless, you typically had exhausted all of, you know, most people who are homeless had concomitant mental health problems, because by the time you got to homeless, you had had to not only have had bad times falling on you, but like your entire extended family and friend group, they had to have not been able to take you in either. And that was typically because you were not a person they could live with, right, because you have drug abuse issues or mental health issues. Nowadays, that's just not true. Sometimes, like you just are homeless because literally no one has anything left. There's no scraps to give you there. someone's already staying in the spare room. They have nothing for you. Because of how like depleted we like how, you know, the huge gap between extremely rich people and the like, absolute middle class. It's just it's just poor people. Yeah,

Lorri Trehwella

I think I've been I think I was reading as well that I guess, I guess it was like during the Reagan years, they just shut down so many sort of mental health facilities. Now. They just let people out there just go to the street, I guess. And I mean, I mean, I'm, I'm a person who struggles with mental health problems. And the thought of having old school asylums and things is terrifying and awful, but like at the same time, that was something they had available, and now there is nothing.

Halle Lyninger

Right now I work for, like the biggest healthcare system in our city. It's like it more than half of all doctor's offices, hospitals that are affiliated with our hospital system. And we have one psychiatric provider. I called her office and she declined. She was like, Oh, I'm really focusing

on seeing people with postpartum depression. That's like my clinical interest. And I'm like, oh, okay, well, that's not me. And I was like, What can I do? And she's like, find someone else, I guess,

Lorri Trehella

Or have a baby.

Halle Lyninger

And and yeah. Hope that's your problem next time. I was like, oh, wow, it's wild. But, yeah. So So building this community and making sure that there is this, that we have things to do all the time, and that it's inclusive, and that people are getting their social needs met, first of all, so that they so that there's buy in for all the other stuff that is implicit in communities like helping each other out? Is this there? And so see this weekend? How many? Let's see on Sunday, it's church. I'm hosting big brunch potluck at my house. And is there anything else happening this weekend is a low, low event weekend, if it's just church? Oh, you know what, people just texted about that they're like, what else is happening this weekend? And my partner was like, I don't think anything and I'm like, No, no, we have other plans. We have plans with non church people don't. Um, but, um, but I'm sure what, like, people will go to the pool like in you know, in small groups, people still do stuff, because that's just where, where we look.

Lorri Trehella

Not so funny. It's just like, I spend the whole time like, trying to avoid church activities. That's probably just because I'm an introvert, but also because I just don't like the sort of church activities everybody plans. But it's still just like an interesting thing like that is within kind of your obviously mine's actually a church. But within that context, like, normally in kind of the healthy thing that there is like quite a lot of effort put into sort of doing activities, like there's a youth group every week.

Halle Lyninger

Right? And, yeah, people don't realize how much planning goes into making a community continue to have things. Yeah, people aren't. They're not oriented to do this. At least people my age, I'm 33, I'm a millennial. I'm that we don't really like people don't, that they don't have any experience making saying like, oh, let's look at the schedule and throw something on, you know, like, like, we have to plan a party, we have to plan a, you know, Poker Night, we have to make plan a karaoke party we need, we need a pool party, that kids can come to you because look at the schedule, we had a poker night and a karaoke night that were both, you know, not kid friendly. And now we need a kid event so that the parents can come to have something to do so that they still feel included and part of our community. And yeah, I don't know. I think that so so. It it's weird, because people are like, Oh, we just have a lot of friends. And it's like, no, it's more than that. Like, I don't like a bunch of people

Lorri Trehella

Yeah, it's, there's like a whole ebb and flow to it and you have to kind of Yeah, it is like you're part of part of a bigger thing, it

Halle Lyninger

And I believe that that's what makes your life meaningful, that we're not just a little like isolated, and you know, that you can, like See, see the good you've done for your community and, and feel good about having all of these positive interactions, you know, I don't even there's so many things I wouldn't ever think to buy from the store because I'm sure I can borrow one from somebody. I'll just post on the group chat message. Hey, does anyone have a jelly roll pan I need to make a yule log on I've never I someone just I need the Jelly Roll pan and it will just show up at my house. Because someone has one they'll drop it off. And yeah, it makes your life rich in social interactions. Because then instead of going to target and buying my own Jelly Roll pan to make a jelly roll one time I get to have a positive interaction with my friend Greg who I haven't seen in a while and he tells me about plus chili real humane and it just adds richness to the fabric of your life to have all of these interactions with community members all the time that people you know and maybe like and and then also there is that safety net that is just not provided for so much in the US where you you know, like Whenever my friends was evicted, surprisingly, she was she lived with some housemates. And I think that they just weren't paying, they were taking her rent. I mean, we were not paying enough on the rent. And so the whole group of them got evicted. And, um, and she's like, I'm homeless, like, suddenly I'm like, No, of course you're not. Of course, you're not just moving to the spare room as long as it takes you. Home, you know, and we were, we were one of three offers. We just had the best spare room at the time.

Lorri Trehella

Yeah, and that is hard, because once you get like an eviction on your record, it's so much harder.

Halle Lyninger

Luckily for her, that's why she didn't know any of this was happening.

Lorri Trehella

She was just like subleasing it or something?

Halle Lyninger

Yeah. She was just subleasing it from and it was cheap. And from some guy and the guy apparent Well, that's a small silver lining. I guess that's right. But yeah, that well, I just knew, I knew other people knew her. And I was like, Oh, my gosh, you can't be homeless in a pandemic, you move into this spare room now. And it was really nice. And I got to know her. And it was cool. And I mean, she never she was never unemployed the whole time. The problem wasn't that she wasn't paying.

Lorri Trehella

Yeah, it's, it's so easy for that to happen now as well. Right. Um, I think that is such an interesting point there. Because I think years ago, as well, I think, sort of social mobility really plays into it, too. Because you, just a few decades ago, you would just be born in your town, and you would grew up in your town, and you would die in your town, and all of your relatives would be there. And you know, it would just that kind of community was just

organic, because you were stuck there. Whereas now it's so much easier to just like pick up a move across country or do this and do that. And then you're starting over from scratch.

Halle Lyninger

I tried to do the same thing in other cities, right? I just assumed that I would work really hard and move to Long Beach, California for grad school. And I assumed that I would just work really hard and I would meet up I would I would find the community there, right. But they didn't find it. I worked really hard. I met lots and lots of people. And I asked them, you know, and they mostly just stayed at home and watch TV in their free time. And if they did things it was with one or two other people or they had like the guys they played poker with and it was just like that was it you know what I mean? That the guys they played poker with didn't pick their kids up from school if they got sick, the guys they played poker with did it. Um, you know, I also go to the beach with them sometimes or whatever, introduce them to other new people. It was just like, these like, disparate bubbles of social life. And they never never mix. Yeah, that's really true. Um, it seems. And I tried to talk to people about it. I was just like, I'm lonely here. You know, I find things to do all the time. But I'm still lonely, and no one really got it. And then I except for one friend I talked to and I was like, I am lonely. She's like, Oh, I know exactly what you mean. You know, it's just not there's no community here. There's no, like, interdependence. That's why I'm moving back to Jamaica next month. I'm sorry to tell you and I was like, Okay.

Lorri Trehwella

Yeah, I feel like there's also like kind of flashpoints during your life when it feels more natural and normal to kind of developed those groups as well. And that if you like, missed those, then there's like, nothing to replace that. I thought, right? Well,

Halle Lyninger

I mean, if there's gonna be natural attrition, you know, you might have like, your friends from college and then one of them like, becomes like a Q anon conspiracy theorist. Gone, you know, or, you know, gets like, gets, like, super involved in like crunchy parenting, and you're like, I don't know how to talk to you. You don't believe in vaccines? Like, they're just gone? And, like, yeah, and then there's no way to replace them. Right? I'm not unless you like, like your co workers, which, you know,

Lorri Trehwella

I don't think I've ever like successfully transitioned a co worker into like, an actual friend.

Halle Lyninger

I had one but she moved to St. Louis. We really hit it off. I was like, you'd be so great for church group. Oh, my God, like, they'll love you. And I brought her and they were like, We love her and her partner. She's great. Most and then they moved to St. Louis. Ah, nobody should move to St. Louis. It's too humid there. It's worse here. I'm happy that we're that I had this today because I am a bike commuter and I get to not ride home in the rain.

Lorri Trehwella

I grew up in the Midwest. I'm just Like, I don't I can't do that again. I can never can never live anywhere with horrible humidity again.

Halle Lyninger

I'm used to it now. I don't know,

Lorri Trehella

oh, I never got used to it never got used to it.

Halle Lyninger

So I don't know, I don't know if I like made my FA if I talked about if I answered the question.

Lorri Trehella

I had some other things I'd written down I think, pink, kind of, because it's such a broad idea as well. Um, I'm one of like somebody else on my course was talking about sort of migrants as well, which I thought was interesting. Because America, especially like, we like to do the whole like, oh, we're a melting pot thing. And I say thinking like, what does that actually mean? Because you can't actually melt culture? Yeah,

Halle Lyninger

that's not my experience with migrant communities here is that they still very much like are their own community? Yeah, like within

Lorri Trehella

a larger this, I think they tend to get very insular because they're not accepted for themselves. Also, like,

Halle Lyninger

they don't like people don't speak that. You want to talk to people who speak your language, like that's pretty much natural and human. Like we like to talk. And there's no point in talking to people where it's like, hard or you can't communicate anything besides like, very basic, I guess. So. Yeah. And also, I think that many of like, refugee settlement organizations try to cluster people, because they want to be clustered because people want to talk to other people who speak their language. So like, we have a Somali community here in Louisville, but we don't maybe we don't have immigrants from other African countries, necessarily. They, you know, maybe they all go to St. Louis or something. Um, so we have. Yeah, we have like, little pockets of community here. But yeah,

Lorri Trehella

well, I just think I feel like that's the way it has always been in America anyway, like that immigrants would come and clumped together, because you had that sense of community. You had that common background, you had the same language you understood? You know that. And so I always kind of feel like that, that that, yeah, that that melting pot kind of analogy just really doesn't work and never did. But that you can have like, I feel like people get really well, it just gets really horrible and racist.

Halle Lyninger

I mean, I think, like the melting pot and more like I'm in, where it's not a tiny minority community, like I'm in, like, Orange County, California, where we lived. There was I mean, I think it was like a 30 or 40%. Asian. Mainly Chinese and Korean and Filipino. And my daughter came home from school and she was really mad at me. She was like, we missed Lunar New Year. We missed it. It was the only one and he won't come again until next year, and we didn't do anything and she was like, and Quincy did this and and Amelia did this. And I was like, Quincy is Korean. Like, we're Jewish. Like, this is not a holiday for us. And it was like, but like in her school there was you know, a lunar new year thing because it was just so like that was the community was there this so Asian but of course they talked about Lunar New Year that's like a big deal. That's what she was for. She was in preschool and she was really mad that we missed Lunar New Year Yeah, so I mean, I think that if you know if it's not if it's a big like minority community than yet and influences like the dominant culture of that area, but no like a pocket of Somali refugees are not melting into anything there. I just feel like people are just saying racist things to them on the bus.

Lorri Trehella

Yeah, like I think kind of broad like Middle America. The the kind of the thing is to try to just smash them into oblivion into into integrating and like being everybody else. And I just think that's such a damaging, messed up thing to do. I did, I can't even read my handwriting. Something some sort of point about collaboration is that of assimilation. I don't know what I was. I was writing something.

Halle Lyninger

I mean, my one attempt at reaching immigrant communities was like a total failure. No one was interested. We had, when I was a mostly stay at home mom, I had this like baby carrier group we had, we demoed and used Different baby carriers, like wraps and slings and whatnot for people who wanted to try those things and get advice on how to use them. And I was like, Oh, you know, who wears babies, immigrant communities, maybe they can teach us things. And then we can, you know, like, post things for them. And like, playgroups and stuff. Like maybe and they were just like, "no, we're not interested. We've got our own things go away." I'm like, okay, fair play, but they were not interested in, in, in any way with our group.

Lorri Trehella

I think that's hard. It's, that's hard. Because it's, I don't know, you get the people who are just like, "no, they're different than us. So they should go away". And then you get the people that go "well, they're different than us that we should make them be just like us". And then you get the people that are like, "wow, they're different than us. And, we're going to be really weird about that." And an over the top way, if that makes sense.

Halle Lyninger

I mean, if people are happy if they're receiving, like, you know, if they have community and they're in there getting their needs met

Lorri Trehella

yeah, I think I think everything like you can really do is to just have like, genuine sort of community events that are appealing to a lot of people for different reasons. Instead of trying to shoehorn everything in together

Halle Lyninger 0:00

Yeah. Oh, yeah. And I think that I mean, it just depends. If you don't speak the same language, you're probably not you probably don't have a lot to offer people who don't you know what I mean? Like I if I can't speak Somali, and that's what this community speaks like, I'm not going to be helpful to them. But I think actually, in immigrant communities have done, in some ways a better job of building community, but you know what I mean? Like, they're more, they're more tightly meshed. They do look out for each other more, not always. And I think that really often goes back to capital, like, people want to take care of each other. But if you just don't have any extra money left in your budget, you can't afford to extend yourself, you know, um, but, but when they do, I think that you see, you know, people tend to clump up with like minded individuals and somewhat, and I think that I don't know, without, like, I think there's like this like spirit of rugged individualism that is like, uniquely and, you know, detrimentally America, and when people come from other places, they don't have that they're like, why would I try to do everything myself and like, try to be an island? That's ridiculous. Of course, I'm going to, you know, throw in with my community. And not just like, I don't know, people live in a, like, you know, very solitary lives where they just,

Lorri Trehwella 1:25

yeah, I, I have, you know, the the horrible racist Facebook aunt? You know, you know, she's like, in her late 70s, and lives in Florida that says, everything you need to know, you know, and that kind of that kind of mentality, like, well, I worked really hard. And I did all this. And it's all like, me, me, me, me. I've accomplished it completely by myself. And I won't acknowledge that I had any help, or any, like, there were any foundations, like built for me. Yeah. And I'm not willing to, like help build anyone else's foundations.

Halle Lyninger 2:06

And I think for some, like, especially Yeah, I think for some non American communities, that's just a nonsense idea. Like, like, they're like a blood. No, no one has ever done anything on their own. That's not a thing. Yeah.

Lorri Trehwella 2:20

Or, and it's, it's like, it plays into like family dynamics and everything, like, some cultures, everything is all about the family unit, and individuals are not as important. And America is just all about the individual.

Halle Lyninger 2:38

When I think that that's like, also what, like, in some ways that like individualist experience has led to the decline of community, even if people are community minded, because we no longer have to, and I think there's actually good, there's no, there's no, there isn't a cultural expectation as much anymore, at least with people my age that you have to just like, keep the community you started with like, you don't have to, to keep fit, like racist Facebook aunt is the person you see on Christmas. So more people have decided, like, actually, I don't

really feel a connection with the family I came from they were abusive, or are terrible in other ways. And I'm gonna, like, I don't, I don't want to be part of that. I want to distance myself from that. So but then in place of like family who has to bring you a casserole and you break your leg? Who do you have left?

Lorri Trehwella 3:29

Yeah, I really like that idea of found family as well, that you like you make that that family out of people who genuinely care for you that you've chosen in your life.

Halle Lyninger 3:42

I think that it just depends. I mean, a lot of people say that, but then they're also not gonna like they like were found family, but like, they're also not going to, like, pay your mortgage for you, if you can't like, or, like pick you up from your colonoscopy. You know, a lot of people partner up and that's the person who, who like is going to really be there for you and like, pick you up from your colonoscopy appointment and do whatever else like that one person needs to do for you. Like, you know, No, nobody is an island eventually, you're going to need somebody to like yeah, take you to doctor's appointments and you know, care for you when you're sick and make unpleasant phone calls you don't want to make and such like so. But like, I don't know my experience when people who are like, oh, we're like found family. We're like platonic life partners like that completely dissolves one of those people finds a romantic life partner and gets married or whatever. And, you know, I don't know. I think that a lot of people are not willing to put their money and their labour where their mouth is on the found family thing. Yeah. You can spread the load. Easy to take care of your community when there's so many other people Who are in it with you?

Lorri Trehwella 5:01

Yeah. Well, I think I mean, I think they've found so many problems here. And I'm sure in America too, with just especially elderly people who have become so isolated during the pandemic, is like, they have no one to take care of them. Nobody cares. Nobody is aware of their needs, or, you know, capable of helping.

Halle Lyninger 5:24

No, and they do a pretty bad job of it here, too. I don't really know. Like I have. I have like a community supported agriculture farmshare thing I pick up groceries once every couple of weeks. And I usually they'll, they'll often asked me to drop groceries off with somebody who can't leave their apartment or would find it would be a burden. And like, like, oh, here are your groceries now like, well, thank you. And it's like, clearly this person hasn't left their apartment, but also like, that's my job is to drop off the groceries, not like to ask you how your day was? And I don't know, like, I never know what to do. Like, is there anything else you need? Besides dropping off groceries? Like, do you need someone to come hang out with you at lunch? Like one day a week? Or you know, so your life isn't super lonely? But I don't know. There's like, there's a programme to get your groceries dropped off. There's no programme to like, make sure your emotional needs are met. Yeah, I think they should have one. Like, there used to be like Meals on Wheels was a thing where people would bring meals to elders in the community and like, eat with them. But I don't think that that's a thing that people were doing now. I don't know.

Lorri Trehwella 6:27

Yeah, I think it's mostly just they'll do like meal drop offs. But yeah, I don't think anybody will eat with. And I think that's like a real that's a really basic human social need is like sharing food with people.

Halle Lyninger 6:39

Yeah, I just don't know if this is just because I've been married and had kids for so long. But like, one week when I was doing my graduate thesis, and just like, couldn't really do anything else. I was just like, putting in 14 hour days every day. My husband took our children away, they just left for like, eight days, they went, they went to like, Park like national parks and stuff. It was a great trip for them. Apparently, I didn't really eat. Or because I was like, Oh, no one's around. What's the point? I like Ordered Chinese takeout and ate a little bit of it for every meal for the whole week. There's no point. There's no one here. Why eat? Why do anything. There's no structure to my day. But that's probably my problem. Not a universal problem.

Lorri Trehwella 7:24

No, I think I probably do the same thing. Like if I'm by myself, I end up just like picking at weird bits instead of making a meal. Yeah. I think I'm sure I read about a programme somewhere. In a European country somewhere. I think where they were joining up elderly people that had like spare rooms in their house with college kids that needed cheap accommodation. Yeah, so you'd get that like, confluence, like you get the young and old and they were part of the deal was that they would be like social interaction for their kind of, you know, roommates as well.

Halle Lyninger 8:08

Yeah. I don't know, I worry that people's values would be so different. It would just lead to conflicts you know about like,

Lorri Trehwella 8:14

Yeah, well, it's I think it's just like any other kind of roommate situation. You'd have to, you'd have to kind of work that out. Make everybody do a personality test. First,

Halle Lyninger 8:26

Make sure that they wouldn't be like, did you spend the night out you little hussy?

Lorri Trehwella

Like makes this like a checkbox? Where you a nazi. Are you super racist but, nice about it? Are you super racist and blatant? actual literal Nazi? That is one of the things you have to check when you're coming into America. For the visa waiver, they do ask you are you a Nazi?

Halle Lyninger

Really?

Lorri Trehwella 8:55

Yeah, it's on the paperwork

Halle Lyninger 8:57

Even if they were a Nazi it's mostly don't they're like, No, no, I'm not a Nazi. I'm actually a member of the traditional Workers Party. And we don't have a problem with those people. We just think, okay, you're a Nazi though.

Lorri Trehwella 9:14

The whole political sphere in America is getting so disheartening to me, because I'm just watching it from over here and be like, this is getting so bad. And then it gets so much worse. And I go, what is happening? Not that here is any better to be fair. Yeah.

Halle Lyninger 9:36

So what is this? What is the point of this project?

Lorri Trehwella 9:40

The whole module has been kind of about collaboration. So and, and this specifically, I think, is interdisciplinary conversation. So they want you to talk to somebody who's not a Design Specialist, and see like, what kind of viewpoint they would have. And it's been really interesting. I've had some really interesting conversations, so I can see why they're having us do it. But we just thought we don't have a lot of guidance about what exactly they want.

Halle Lyninger 10:31

I don't know what I don't know what use graphic design would be for building social cohesion or community cohesion or something,

Lorri Trehwella 10:38

Ah, well see, that's where that's where I come in, because it can be used in so many ways. Because the thing about design, most people just think, oh, graphic design is just like, you know, somebody needs a logo. So all like, you know, do this and do some art working, get some assets for them, but graphic design is, a holistic kind of way of thinking and problem solving. And it's about communication. So a lot of stuff you can do with graphic design and specialise this, there's so many things, you can do service design, you can do, like research based design, it can be like so many things. But a big part of what we've been looking at and learning about is things like user centred design. So it's about engaging with the community, and finding out what they need, and how you can help them instead of just imposing your own ideas of what you should be working on. So there's a lot of need for like designers to be helping with community projects. And, and a lot of it is to do with sort of research and outreach in a really interesting way. And it's something that I hadn't really thought about doing with design before I started the course either.

Halle Lyninger 11:53

Well, sounds interesting. I hope that this is useful to you. Is there anything else I can answer?

Lorri Trehwella 11:59

I don't know. I think that's kind of pretty much it. I really love that, that you've just like, are creating your own community and your own sense of community. I think that is amazing.

And I think that that is something that should be done everywhere. And it's also made me just appreciate the fact that I've always had this built in because of the church community because it's a worldwide community. And I guess that I've completely taken it for granted because I don't like it.

Halle Lyninger 12:28

No, but they didn't really much. Actually, we've talked about like LDS as a model for community building because you guys are really good at it. It's honestly, it's the one thing that churches is great at.

Lorri Trehella 12:41

And like I have so many problems with the church like as like like doctrinally, politically everything like just get so backed up. can't stand it hate it. But yeah, sense of community is what they do a great job of. Yeah, yeah.

Halle Lyninger 13:02

I have to go home at some point. I think that we maybe maybe people are coming over to watch a documentary about a quack doctor who claimed he could cure impotence by um, like, transplanting goat testicles into men scrotum?

Lorri Trehella 13:25

That sounds horrific.

Halle Lyninger 13:27

Yeah, it's part of our our next discussion group topic, which is snake oil. So we're doing we're doing our research before snake oil. Oh, that's really fascinating. Yeah. This is this is our, this is what our church group does. We talk we have some topic that we come and tell stories and share what we know about a thing. So this is snake oil is my topic is fake man. I think that the pull to to embrace fake medicine, especially when we know when we real medicine for something exists, I think is very interesting. So anyway,

Lorri Trehella 14:10

I get like this, especially within kind of an LDS community as well, it's really susceptible to that kind of thing. And like magical thinking.

Halle Lyninger 14:19

Yeah.

Lorri Trehella 14:20

So there's a huge problem with like, essential oils, and multi level marketing and all that kind of stuff. Yeah. And it is really sad. Like, we had some pretty good friends that got completely sucked into doTERRA. And like now, we're just not even friends with them anymore.

Halle Lyninger 14:39

Well, you know, the whole point of the multilevel marketing things is like you're trying to you're like pumping your community for money. And I've shared a couple of them down. I'm

like, Oh, can I just write you a check? Like, how much money do you need? Like I could do? Like a what, what are you what do you need, like I don't need to buy any oils like it's like treating it like a high school fundraiser something like, oh, I'll just write you a check. What do you need? Like, if you do the math like you can't sell enough like there's no way you know enough people to buy enough oils to make this worthwhile.

Lorri Trehwella 15:15

I just my thing is just like if it's a good enough product, you just sell the product like

Halle Lyninger 15:21

yeah, there's no best kept secret. You don't have to bully your mom into buying some if it's good. You just put it at Target like right people who invented you know, Neutrogena face wash don't have to talk to anyone about it. They just put it on the shelf and

Lorri Trehwella 15:34

I don't need a downline. Yeah. Yeah, it's it's scary. Like some neighbours across the street from us have gotten sucked into one of these American companies. And like they've quit their jobs and they spend all day posting weird things on Facebook.

Halle Lyninger 15:54

Oh, that's very sad because it's not it's not possible for me almost for 99% of people it will not be profitable and they make you bet like the reason the whole like your best sales come from downlines buying the sales kit right so like that's those are your best commissions. So it's not so much about selling the product it's to selling more people on the idea of selling the product it's just totally a pyramid scheme. So it's very sad

Lorri Trehwella 16:25

I just get really fed up like hacked off with the essential oils as well because they really buy into the health like side of things and yeah, nice but they're not medicine Yeah. And this is like I've had this discussion like before, when they got into this or friends got into this I just told him straight up I do not agree with multilevel marketing full stop. And they were like Well, we know you don't but oh like but maybe you want to like learn about this or come to like my, I don't know my seminar and pulled out this massive binder with like all these things. Oh, like if you have indigestion like rub clary sage on the palm of your hand and I'm just like, this is not true. And it's not right.

Halle Lyninger 17:13

therapy, it's rebranded aroma therapy, but like aroma therapy is smells great, but that

Lorri Trehwella 17:20

well that's kind of my point. Like if you want to get some essential oils because you like them, that's fine, but telling me to put like three drops in an activated water bottle and it's gonna cure you know, cancer like that's just dangerous and evil.

Halle Lyninger 17:37

Don't do you know, I gotta make sure I'm just taking diffusing essential oils for snake oil church so I was planning to I elderberry syrup a thing there that people believe curious

health problems. I don't think smart not so I was gonna I was gonna just totally blast theme with it and make like a like elderberry mimosas are something

Lorri Trehwella 18:04

Amazing elderberries, I love elderflower, I don't know if you've

Halle Lyninger 18:08

What is it?

Unknown Speaker 18:09

It's a it's just like the you make drinks out of it and things. Like elderflower cordial. It's delicious. It's like a really light and kind of floral.

Halle Lyninger 18:21

Yeah, like that. Maybe I'll get some elderflower. Maybe I'll make some really great like brunch drinks.

Lorri Trehwella 18:25

You can definitely make great cocktails with elderflower.

Halle Lyninger 18:28

I plan to do this, then. I'm okay, I should go home before it starts raining again.

Lorri Trehwella 18:34

Okay. Well, thank you so much for doing this. It was lovely to talk to you. And yeah, it's nice to meet you. I'm really like, I'm really jazzed that you've created this kind of sense of community around yourself. is such an amazing thing to have done.

Halle Lyninger 18:48

Let's try. Hopefully, I don't know. I wonder what will happen if it's if it's not constantly like me and Robert continually being like, you know, don't forget, it's things like if someone would take over if people would keep doing the things if we stopped?

Lorri Trehwella 19:03

Yeah. I think somebody would, if people are enjoying it, you know, you do you do. I like that. I think like me, like, I don't like mine. Because I'm a grumpy curmudgeonly introvert. But I appreciate that they're there. And I appreciate that if I needed help people would be willing to help me. And I do my part as well because there's that like, that sense of I don't want to say obligation, but it is an obligation. You know, you get, what you put in and you get out and it sustains itself. And it is an important thing.

Halle Lyninger 19:50

Good luck with the rest of your project.

Lorri Trehwella 19:52

Thank you.

Unknown Speaker 20:00

It's gonna be great. Eventually you'll be done. That's what's great about grad school.

Lorri Trehella 20:05

I'm just trying to remind myself of that. Or sounds like you did the same thing like with kids in school. Yeah.

Halle Lyninger 20:14

Yeah, we had to move.

Lorri Trehella 20:17

Yeah, we're not moving mines online so it can go wherever I go. Alright, well thank you so much,

Halle Lyninger 20:27

Of course!