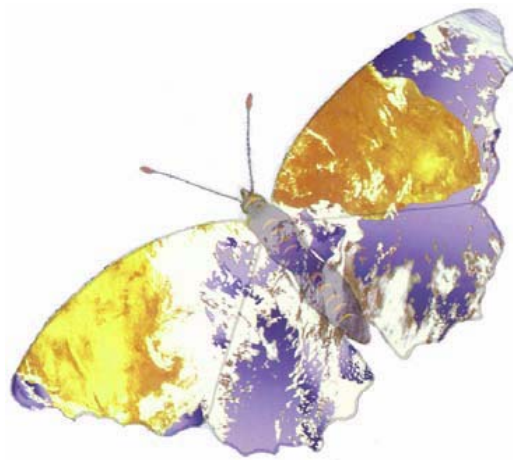


COMMUNITY SUSTAINABILITY ASSESSMENT (CSA)

Developed by
the Global Ecovillage
Network

www.gaia.org



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COMMUNITY SUSTAINABILITY ASSESSMENT

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HOW SUSTAINABLE IS YOUR COMMUNITY?

Introduction

The Community Sustainability Assessment is a comprehensive checklist that anyone can complete to get a basic idea of how sustainable their community is. This assessment tool is applicable to any community. While it requires good knowledge of the life-styles, practices and features of the community, it does not require research, calculation and detailed quantification. This assessment takes about two-three hours for an individual to complete, or several times that if done as a group experience by community members.



General Instructions

The Community Sustainability Assessment (CSA) was developed to assist communities in assessing their accomplishments and charting directions toward ever increasing sustainability. Like a Three Legged Stool, overall sustainability of a community (the seat) is upheld when each of the three legs is strong and balanced. In the CSA the three legs, each as important as the other, are the Ecological, Social and Spiritual aspects of community.

The CSA is a subjective tool. This means that the person(s) completing it make their best judgments, and on some items guesses, as to what is true for their community. To get the most out of this exercise, community members may meet as a group and work through the CSA together. This offers a meaningful review of the community's accomplishments and areas for improvement. Low scoring items may be selected for community focus and action to improve sustainability, providing direction for the community's future. It is expected that communities' actively planning and pursuing sustainability will score high, however, there is always room for improvement - from a high to a perfect score.

To maximize the accuracy of scores, rate items based on the community's current actions NOT intentions. Repeating the CSA periodically allows communities to monitor their progress over time.

The CSA was designed to be universal, as useful as possible to a wide variety of communities. It is to be expected that the nature of any one community will lead to low scores in some areas and high scores in others. If any items do not apply to your community, do not score them. Many of the questions in the Assessment offer an *Other* option for your answer. Please use these and the Comments sections to tell about other ways your community achieves sustainability. Overall, scores should offer an informative picture of the community's sustainability.

After filling out these pages for your community, please mail a complete copy to the Ecovillage Network of the Americas Coordinating Office:

c/o Linda Joseph
64001 County Road DD
Moffat, CO 81143 USA

A file copy will be sent to the network office for your region.

Please feel free to pass copies of these pages to other interested communities, organizations or individuals. Your participation is appreciated!

SCORING INFORMATION

Name of the community: Gering / Scottsbluff / Terrytown – Tri-City Sustainability Plan

Age of the community (number of years in existence): G-1887(121), S-1900(108), Tt1949(59)

Name of person completing the Assessment/Contact Person: Al & Lois Herbel for our Team

Address: 2305 Silver Spur Ct, Gering, NE 69341

Phone #: 308-436-2328 Fax #: _____.

eMail address: _____ Web address: www.alherbel.com

Please indicate how much time it took to complete this Assessment: 13.5 hr.

How many people in your community participated in completing the CSA? 21

Use additional pages as necessary, to share your comments about the CSA and your experience in using it. Please indicate the section and item number you are commenting on. Your input is greatly appreciated!

For each item in this questionnaire, check the box(es) that you believe most closely describe the truth for your community. After each answer that you selected, there is a number in parenthesis - that is your score for that item. At the end of each section, there is a space to add up your total score for that section. Insert your scores for each section of the CSA (below and next page), to calculate your overall score.

333+ Indicates excellent progress toward sustainability
166-332 Indicates a good start toward sustainability
0-165 Indicates actions are needed to undertake sustainability

ECOLOGICAL SECTION:

1. Sense of Place Total: 8.
2. Food Availability, Production & Distribution Total: 23.
3. Physical Infrastructure, Buildings & Transportation Total: 19.
4. Consumption Patterns & Solid Waste Management Total: 15.
5. Water - sources, quality & use patterns Total: 32.
6. Waste Water & Water Pollution Management Total: 20.
7. Energy Sources & Uses Total: 15.

Total points for the Ecological section: 132.

SOCIAL SECTION:

1. Openness, Trust & Safety; Communal Space Total: 33.
2. Communication - the flow of ideas & information Total: 38.
3. Networking Outreach & Services Total: 43.
4. Social Sustainability Total: 9.
5. Education Total: 46.
6. Health Care Total: 52.
7. Sustainable Economics - healthy local economy Total: 27.

Total points for the Social section: 248.

SPIRITUAL SECTION:

1. Cultural Sustainability Total: 77.
2. Arts & Leisure Total: 39.
3. Spiritual Sustainability Total: 46.
4. Community Glue Total: 31.
5. Community Resilience Total: 27.
6. A New Holographic, Circulatory World View Total: 30.
7. Peace & Global Consciousness Total: 27.

Total points for the Spiritual section: 277.

OVERALL CSA SCORE:

Ecological Checklist: 132.

Social Checklist: 248.

Spiritual Checklist: 277.

TOTAL SCORE: 657.

999+	Indicates excellent progress toward sustainability
500-998	Indicates a good start toward sustainability
0-449	Indicates actions are needed to undertake sustainability

ECOLOGICAL

The Ecological aspects of community life are balanced when...

People are deeply connected to the place in which they live. Its boundaries, strengths, weaknesses and rhythms are clear and human beings live in synchrony and harmony within the ecological system of which they are a part.

Natural life, its systems and processes are respected; wildlife and botanical habitat is preserved.

Human life-styles regenerate, rather than diminish the integrity of the environment.

Food comes primarily from local or bioregional sources, is organic - free of contaminants and provides nutritional balance.

Structures are designed to blend with and complement the natural environment, using natural, bioregional and ecologically sound (renewable, non-toxic) materials and methods of construction.

Conservation is practiced in transportation systems and methods.

Consumption and generation of waste is minimized.

A clean, renewable water supply is available. The community is aware of its water source respecting, protecting and conserving it.

Human waste and waste water is used and/or disposed of to the benefit of the environment and community.

Renewable, non-toxic energy sources are used to heat and power the community. Innovative technologies are neither exploited, nor suppressed, but applied for the common good.

ECOLOGICAL CHECKLIST 1

1. Sense of Place - community location and scale; restoration & preservation of nature

A. How many people in the community would you describe as being connected with and living harmoniously within the place in which they live:

- all - very few exceptions (5) most (3) some (1) few/none (-1)

B. Size - Number of people belonging to the community (sole or major place of residence):

- 0-5 (0) 5-19 (1) 20-49 (2) 50-500 (4)
 501-1000 (2) 1001-2000 (1) 2001+ (0)

C. An estimate of how many people in the community knowledgeable of native plants and wildlife is:

- majority (5) some (3) minority (1) few or none (0)

D. Native plant and wildlife habitat in the area:

are actively supported/enhanced –

- often (4) sometimes (2) rarely (0) never (-1)

are protected –

- often (4) sometimes (2) rarely (0) never (-1)

are reclaimed when disturbed by human activity –

- often (4) sometimes (2) rarely (0) never (-1)

E. The depth of humus is increasing yearly: Check as many as apply –

- throughout bioregion (5)
 on most land within the community (3)
 in food production areas - only (1)
 No increase (0)
 Net decrease (-1)

F. Diversity of appropriate species in the community is:

- flora - increasing (4) unchanging (1) decreasing (-1)
fauna - increasing (4) unchanging (1) decreasing (-1)

G. Change in the health of the general environment over the last year:

- Soil Quality worse (-1) same (0) better (3)
Water Quality worse (-1) same (0) better (3)
Air Quality worse (-1) same (0) better (3)

- H. The extent to which the natural environment of the community is disturbed by:
- Noise Pollution (unpleasant sound generated by human activity and disrupting the natural quiet)
 frequently (-1) sometimes (0) rarely (2) not at all (4)
- Light Pollution (bright light sources unpleasant to neighbors and/or obscuring viewing of the stars)
 frequently (-1) sometimes (0) rarely (2) not at all (4)
- Litter (human trash, improperly discarded)
 frequently (-1) sometimes (0) rarely (2) not at all (4)
- I. The extent to which the community actively plans conservation of dwindling natural resources in consideration of the needs and enjoyment of future generations:
 frequently (4) sometimes (2) rarely (1) not at all (-1)
- J. The extent to which community members actively participate in environmental conservation and restoration activities (tree planting, non-native species removal, etc.):
 frequently (4) sometimes (2) rarely (1) not at all (-1)

Add up the numbers in parentheses behind each item above that you checked.

1. Sense of Place Total: 8.

50+ Indicates excellent progress toward sustainability

25-49 Indicates a good start toward sustainability

0-24 Indicates actions are needed to undertake sustainability

Comments: _____

ECOLOGICAL CHECKLIST 2

2. Food Availability, Production & Distribution

- A. Sufficient food, providing adequate nutritional balance is: Check as many as apply -
 available locally (3) easily accessible (3) affordable (3)

B. Food is - estimated % (points) - (If less than the lowest %, count as 0 points)
produced within community

12% (1) 13-25% (3) 26-40% or more (5)

obtained from local/bioregional food producers, outside of the community

25% (1) 40% (3) 55% (5)

organically grown:

25% (1) 50% (3) 65% or more (5)

from bioregional/traditional/indigenous crops:

25% (1) 50% (3) 65% or more (5)

C. Surplus food is produced: Check as many as apply -

within the community (12)

within bioregion (6)

No surplus is produced (0)

Food must be brought in from outside the bioregion for adequate nutrition. (-1)

Surplus food is: Check as many as apply -

stored for future use (1) sold (1) donated (1)

fed to animals (1) composted (1) discarded as trash (-3)

D. Food scraps are: Check as many as apply -

donated (2) fed to animals (2) composted (2) discarded as trash (-3)

E. The extent to which greenhouse and/or roof or window gardens are used for year round food production:

great (6) some (3) little (2) none (0)

not needed - outdoor food production is sufficient (4)

F. Pesticides, herbicides, chemical fertilizers are used in the community's food production:

commonly (-3) some (-1) minimally (1) never (6)

G. Seeds used in food production are: Check as many as apply -

open pollinated seeds (6) (varieties that produce seed and preserve biodiversity, locally cultivated and exchanged)

hybrid seeds (-2) (seeds sold by commercial corporations which will not breed true and therefore cannot be saved for next year's crops)

Add up the numbers in parentheses behind each item above that you checked.

2. Food Availability, Production & Distribution Total: 23.

50+ Indicates excellent progress toward sustainability

25-49 Indicates a good start toward sustainability

0-24 Indicates actions are needed to undertake sustainability

Comments: _____

ECOLOGICAL CHECKLIST 3

3. Physical Infrastructure, Buildings & Transportation – ecological materials, methods & designs

- A. Sufficient housing, providing adequate shelter is: Check as many as apply -
 available locally (4) affordable (4)
- B. The extent to which building materials used are :
natural / recyclable most (2) some (1) few/none (0)
recycled/reusable materials most (2) some (1) few/none (0)
from your own bioregion most (2) some (1) few/none (0)
- C. Buildings are designed to minimize energy needs and harmonize with the natural environment using: Check as many as apply -
- Shared spaces (common buildings, shared houses, etc.)
 most (3) some (1) few/none (0)
- Locally appropriate insulation standards
 most (3) some (1) few/none (0)
- Natural/non-toxic insulation materials
 most (3) some (1) few/none (0)
- Orientation of buildings (for light and temperature control)
 most (3) some (1) few/none (0)
- Creation of favorable outdoor microclimates (planting to regulate indoor temperatures for comfort) most (3) some (1) few/none (0)
- Design to blend with the environment (colors, materials, site selection, etc.)
 most (3) some (1) few/none (0)
- Design and construction planning for long life and/or renewability
 most (3) some (1) few/none (0)
- Other (1 point for each) - describe: Basements in homes
- D. The extent to which pre-existing buildings are retrofitted for sustainability/aesthetics:
 most (6) some (3) few/none (0)
- E. Some form of honoring the Earth, or attuning to it, is used to connect with the natural environment during community design, any excavating or rearrangement of the landscape, infrastructure development and community activities:
 often (4) sometimes (2) rarely (0) never (-1)
- F. The extent to which community design (buildings, other infrastructure, landscaping and activity areas) is done with a Permaculture or other whole system approach, that respects and includes the needs of the Earth, local flora and fauna, as well as the needs of humans:
 often (4) sometimes (2) rarely (0) never (-1)

G. How well the community is designed to minimize motor vehicle use inside the community (for example, clustering of buildings):

very well (4) adequately (2) minimally (1) inadequately (-1)

H. How frequently community members must travel outside of the community for their needs:

often (-2) sometimes (1) rarely (2) never (4)

I. The extent to which transportation conservation methods are used:

Trail systems (walking, bike, horse, etc.)

often (2) sometimes (1) rarely (0) never (-1)

Use of vehicles powered by clean, renewable energy sources (solar)

often (2) sometimes (1) rarely (0) never (-1)

Car-pooling

often (2) sometimes (1) rarely (0) never (-1)

Sharing of vehicles

often (2) sometimes (1) rarely (0) never (-1)

Mass transit availability for longer distance travel (train/bus/air)

often (2) sometimes (1) rarely (0) none (-1)

Other sustainable method (1 point for each) - describe: Den.Coach, HandiBus,

J. Opportunities are sought to work at home vs. leaving the community to work:

often (4) sometimes (2) rarely (0) never (-1)

Add up the numbers in parentheses behind each item above that you checked.

3. Physical Infrastructure, Buildings & Transportation Total: 19.

50+ Indicates excellent progress toward sustainability

25-49 Indicates a good start toward sustainability

0-24 Indicates actions are needed to undertake sustainability

Comments: _____

ECOLOGICAL CHECKLIST 4

4. Consumption Patterns & Solid Waste Management

A. Estimates of how many people in the community use the following methods to reduce consumption of natural resources and generation of solid wastes:

Voluntary simplicity - personal consumption is minimized

all - very few exceptions (10) most (6) some (3) few/none (0)

Shared resources - equipment, tools, clothing, etc.

all - very few exceptions (10) most (6) some (3) few/none (0)

Shared facilities - kitchens, storage space, offices, etc.

all - very few exceptions (10) most (6) some (3) few/none (0)

Bulk/cooperative buying

all - very few exceptions (10) most (6) some (3) few/none (0)

Other (1 point for each) Specify: school cooperatives on paper...

B. The extent to which the community's needs are met by local marketplaces (shortening the gap between producers and consumers):

great (5) somewhat (3) very little (1) not at all (-1)

C. Indicate which of the following systems are in place and the extent they are used by the community:

Recycling: glass, plastic, aluminum, tin, etc. (2)

often (5) sometimes (3) rarely (0) never (-5)

Reuse (2)

often (5) sometimes (3) rarely (0) never (-5)

Repair or making things (vs. buying new ones) (2)

often (5) sometimes (3) rarely (0) never (-5)

Other (1 point for each) Specify: Christmas tradition, recycle, reuse, made products by Lyles family!

D. An estimate of how many people in the community know the location and method of managing trash from the community (garbage removal, landfill site, etc.):

all - very few exceptions (5) most (3) some (1) few/none (0)

E. The extent to which the following water conservation methods are used by the community:

Irrigation methods that conserve water

often (6) sometimes (3) rarely (1) never (-1)

Greywater reuse

often (6) sometimes (3) rarely (1) never (-1)

Minimizing household use

often (6) sometimes (3) rarely (1) never (-1)

Devices reducing the amount of water used (faucet aerators, low flow shower heads, etc.)

often (6) sometimes (3) rarely (1) never (-1)

Xeriscaping (landscaping with drought tolerant native plants requiring minimal maintenance)

often (6) sometimes (3) rarely (1) never (-1)

Use of natural/non-toxic products (cleaning, gardening, household products, etc.)

often (6) sometimes (3) rarely (1) never (-1)

Care and maintenance of plumbing to prevent/repair leaks

often (6) sometimes (3) rarely (1) never (-1)

Other (1 point for each) Specify: experimental test plots, buffalo grass programs

Add up the numbers in parentheses behind each item above that you checked.

5. Water - sources, quality & use patterns Total: 32.

50+ Indicates excellent progress toward sustainability

25-49 Indicates a good start toward sustainability

0-24 Indicates actions are needed to undertake sustainability

Comments: _____

ECOLOGICAL CHECKLIST 6

6. Waste Water & Water Pollution Management

A. Sewage management systems used in the community: Check as many as apply -

Composting toilets, dry toilets, constructed wetlands or living machine systems

all (7) most (5) some (3) little (1)

Low flush toilets or standard toilets with toilet dams (objects in tank that reduce flush volume)

all (7) most (5) some (3) little (1)

Regular flush toilets, no conservation methods (-1)

Other (1 point for each) - describe: _____

Sanitation is not adequately managed (contamination threat) (-5)

B. An estimate of how many people in the community know the location and method of sewage treatment used by the community:

all - very few exceptions (6) most (3) some (1) few/none (0)

C. Waste Water side effects/by-products are overall:

positive (e.g. growth of useful plants, aquaculture) (15)

negative (e.g. emission of chemicals or other pollutants) (-5)

neutral (5)

D. The quality of any water leaving the community, as compared with when it entered is:

improved, cleaner (10) the same, unchanged (0) decreased, less clean (-5)

If decreased:

does it meet local standards for waste water emissions yes (2) no (0)

does it meet local standards for drinking water yes (3) no (0)

E. Water Pollution:

Does not exist locally (10)

Exists and is being treated to restore clean water (8)

Exists and is not being addressed (-5)

F. Systems are available locally for proper disposal of toxic substances (paint, oil, batteries, etc.):

yes (8) no (0)

Community members make use of these:

yes (8) no (0)

Add up the numbers in parentheses behind each item above that you checked.

6. Waste Water & Water Pollution Management Total: 20.

50+ Indicates excellent progress toward sustainability

25-49 Indicates a good start toward sustainability

0-24 Indicates actions are needed to undertake sustainability

Comments: _____

ECOLOGICAL CHECKLIST 7

7. Energy Sources & Uses

A. The amount of energy that is generated from renewable energy sources (solar, wind, hydro, biomass or geothermal) located at the community is:

all (7) most (5) some (3) little (1) none (0)

B. The amount of energy that is brought in from outside the community/bought from a utility provider that is generated from renewable sources:

all (5) most (3) some (2) little/none (1)

C. The amount of energy that is brought in from outside the community/bought from a utility provider that is generated by nuclear or fossil fuel sources:

all (-6) most (-3) some (0) little (1) none (5)

The extent to which community members are aware that their energy needs are met using non-renewable energy sources:

all - very few exceptions (3) most (2) some (1) few (0) none (-1)

D. Energy conservation information and education in the community is best described as:

programs and information are readily available and used by most community members (7)

programs and information are available, but not well utilized by community members (3)

programs and information are NOT available to community members (0)

E. Most household needs and activities (clothes washing, food preservation, etc.) are accomplished using:

- natural, non-electric methods (5)
- super energy efficient appliances (3)
- basic energy efficient appliances (2)
- standard appliances with conservation practices or adaptations (1)
- standard appliances, no conservation practices or adaptations (-1)
- other sustainable method (1 point for each) – describe: _____

F. Water heating and space heating or cooling are provided mostly by:

- solar gain, geothermal, or, sustainable biomass (including wood) from community land (5)
- natural gas, propane, bioregional wood or biomass, or, heat pump (3)
- fuel oil, or, electricity from a non-renewable source (0)
- other sustainable method (1 point for each) – describe: _____

G. Cooking is mostly provided for by:

- solar, or, sustainable biomass from community land (including wood) (3)
- propane or natural gas (1)
- electricity from a non-renewable source (0)
- other sustainable method (1 point for each) – describe: _____

If wood is a significant source, please indicate how it is renewed:

- self sustaining tree planting program within the community/bioregion (2)
- collection of dead wood from within the community/bioregion (2)
- imported from outside the bioregion from a source that renews via tree planting (1)
- from source (local, bioregional, more distant) with no renewal program in place (-2)
- does not apply (0)

H. Refrigeration is mostly provided for by:

- seasonal systems or cold boxes/cellars (3)
- electricity from solar or other renewable source (2)
- propane or natural gas (1)
- electricity from a non-renewable source (-2)
- other sustainable method (1 point for each) – describe: _____

I. Energy conservation is considered in construction of community buildings by: Check as many as apply -

- building location and orientation for thermal mass, shading, etc. by climate (2)
- use of appropriate construction materials/methods (super insulation, etc.) (2)
- energy conservation is not considered in community building construction (-2)
- other sustainable method (1 point for each) – describe: costs of operations in heating, cooling, causes considerations for decreased daily operation expenses

J. The extent to which the following energy conservation and efficiency methods are used:

Consideration of energy conservation in the design of community buildings

often (2) sometimes (1) rarely (0) never (-1)

Appliances and electronic equipment are shared by community members

often (2) sometimes (1) rarely (0) never (-1)

Community members select energy efficient appliances, equipment and tools

often (2) sometimes (1) rarely (0) never (-1)

On-demand energy systems (only using energy when in use, such as water heaters)

often (2) sometimes (1) rarely (0) never (-1)

Household energy use is minimized through conservation practices and products, such as turning off power when not in use, timing devices, insulation of heat sources, etc.

often (2) sometimes (1) rarely (0) never (-1)

Regular care and maintenance of appliances and equipment

often (2) sometimes (1) rarely (0) never (-1)

Regular care and maintenance of buildings - windows, doors, etc. to prevent loss of heated or cooled air

often (2) sometimes (1) rarely (0) never (-1)

Natural lighting for indoor spaces

often (2) sometimes (1) rarely (0) never (-1)

Use of compact fluorescent lighting

60% or more of lights (3) 20-60% (2) 10-20% (1) less than 10% (0)

other sustainable method (1 point for each): 2 - heat pumps, passive solar

K. Surplus energy is generated from renewable sources within the community:

yes (2) no (0)

The surplus energy generated is:

put to new uses within the community yes (2) no (0)

provided to neighbors or the grid yes (2) no (0)

Add up the numbers in parentheses behind each item above that you checked.

7. Energy Sources & Uses Total: 15.

50+ Indicates excellent progress toward sustainability

25-49 Indicates a good start toward sustainability

0-24 Indicates actions are needed to undertake sustainability

Comments: _____

Please use the Scoring Information pages, to add up your overall Ecological score

SOCIAL

The Social aspects of community life are balanced when...

There is a sense of social stability and dynamism in community life; a foundation of safety and trust enables individuals to freely express themselves to the benefit of all.

Spaces and systems are available that support and maximize communication, relationships and productivity.

There are adequate opportunities/technologies for communication within the community and for connecting as is appropriate with the world wide community.

The talents, skills and other resources of the community are shared freely within the community and offered outside of the community to serve the greater good.

Diversity is honored as a source of health, vitality and creativity in the natural environment and in community relations.

Acceptance, inclusivity and transparency fosters understanding of the benefits of diversity, enriches our environmental and social experience and promotes justice.

Personal growth, learning and creativity are valued and nurtured; opportunities for teaching and learning are available to all age groups through a variety of educational forms.

Options for restoring, maintaining or improving health (physical, mental, emotional and spiritual) are available and affordable, including natural remedies and alternative health practices – such as meditation and body work.

The flow of resources - giving and receiving of funds, goods and services - is balanced to meet the community's needs and wishes. Surpluses are shared.

SOCIAL CHECKLIST 1

1. Openness, Trust & Safety; Communal Space

- A. The extent to which there is a basic sense of safety and trust within the community:
 mostly (6) some (3) little (0) not at all (-1)
- B. The extent to which the community is a safe environment for women:
 completely (6) mostly (3) sometimes (0) not at all (-1)
- C. The extent to which the community is a safe environment for children:
 completely (6) mostly (3) sometimes (0) not at all (-1)
- D. The extent to which people in the community know and relate supportively with their neighbors:
 almost always (6) often (3) sometimes (0) not at all (-1)
- E. Adult crimes in the community are best described as:
 rare (6) occasional (3) frequent (-3) constant (-5)
- F. Juvenile crimes in the community are best described as:
 rare (6) occasional (3) frequent (-3) constant (-5)
- G. Indoor spaces available for communal gatherings and activities are:
 excellent (6) adequate (3) minimal (1) inadequate/none (0)
- H. Outdoor spaces available for communal gatherings and activities are:
 excellent (6) adequate (3) minimal (1) inadequate/none (0)
- I. Places available for youth gatherings and wholesome activities are:
 excellent (6) adequate (3) minimal (1) inadequate/none (0)
- J. The frequency of social gatherings for the whole community: Check as many as apply -
 Daily(7) Weekly(5) Monthly(3) Seasonally(2)
 Annually(1) Rarely(-1)

Add up the numbers in parentheses behind each item above that you checked.

1. Openness, Trust & Safety; Communal Space Total: 33.

50+ Indicates excellent progress toward sustainability

25-49 Indicates a good start toward sustainability

0-24 Indicates actions are needed to undertake sustainability

Comments: _____

SOCIAL CHECKLIST 2

2. Communication - the flow of ideas & information

A. The community's system to provide members with opportunities to regularly share information, exchange ideas and announce needs is:

excellent (15) adequate (5) minimal (1) inadequate (-5)

Community members make use of this system:

often (10) sometimes (3) very little (1) not at all (0)

B. Communication systems are used and work well in the community for the following:
Check as many as apply -

announcing social events (3)

announcing group work activities (3)

encouraging discussion of important community decisions (3)

making information about past community decisions and policies available (3)

providing opportunities to share resources, skills, transportation, etc. (3)

providing personal support at times when a community member is in need (3)

uncensored exchange of ideas and discussion of values and visions (3)

Other (1 point for each) – describe: _____

C. There is adequate accessibility for community members to:

Meet and talk face to face: often (8) sometimes (4) rarely (-3)

Phone: yes (5) no (-3)

Fax: yes (4) no (-1)

Regular Mail service: yes (3) no (-1)

Internet/e-mail: yes (2) no (0)

Other (1 point for each) - describe: _____

Add up the numbers in parentheses behind each item above that you checked.

2. Communication - the flow of ideas & information Total: 38.

50+ Indicates excellent progress toward sustainability

25-49 Indicates a good start toward sustainability

0-24 Indicates actions are needed to undertake sustainability

Comments: _____

SOCIAL CHECKLIST 3

3. Networking Outreach & Services - resource exchange (internal/external)

- A. Information about the community is available for others (general public) in some form:
 yes (7) no (0)
- B. The community offers programs and services in sustainable living methods, technologies and/or businesses:
To community members: yes (7) no (0)
To the general public: yes (7) no (0)
- C. The community provides assistance/service to those in need: Check as many as apply –
 within the community (10) within bioregion (5)
 in the country/state (5) in other parts of the world (5)
- D. Extent to which community members engage in service projects: Check all that apply -
Within the community -
 often (5) sometimes (3) very little (1) not at all (-1)

Within the bioregion, (surrounding or nearby community) -
 often (5) sometimes (3) very little (1) not at all (-1)

Nationally/internationally -
 often (5) sometimes (3) very little (1) not at all (-1)
- E. The extent to which there are community service opportunities available for youth:
 often (7) sometimes (3) very little (1) not at all (-3)
- F. The community builds relations and exchanges information, resources and support with other communities and related organizations:
 often (7) sometimes (3) very little (1) not at all (-1)

Add up the numbers in parentheses behind each item above that you checked.

3. Networking Outreach & Services Total: 43.

50+ **Indicates excellent progress toward sustainability**

25-49 **Indicates a good start toward sustainability**

0-24 **Indicates actions are needed to undertake sustainability**

Comments: _____

SOCIAL CHECKLIST 4

4. Social Sustainability - diversity & tolerance; decision-making; conflict resolution

A. An estimate of how many community members value diversity and practice tolerance:

Within the community -

all - very few exceptions (3) most (2) some (1) few/none (-1)

Outside of the community -

all - very few exceptions (3) most (2) some (1) few/none (-1)

B. The extent to which the community has the power of self-governance regarding community issues:

completely (4) mostly (3) some (1) little (0) none (-1)

C. A non-discriminatory method agreeable to the community is used for important community decisions and directions:

yes (4) in part or sometimes (1) no (-1)

D. Decision-making is transparent:

Information about decision topics is available to all -

always - very few exceptions (3) sometimes (2) rarely/never (-1)

Any member of the community can attend decision making meetings -

always - very few exceptions (3) sometimes (2) rarely/never (-1)

E. Decision-making processes are inclusive:

There is a system by which any adult member of the community can have input in the decision making process - yes (3) no (-2)

There is a system by which the children of the community can have input in the decision making process, as appropriate - yes (3) no (-1)

F. An estimate of how many community members regularly participate in community governance and decision-making is best described as:

all - very few exceptions (4) most (3) some (1) few/none (-1)

G. Information/training is available in decision-making and mutual empowerment skills:

For adult community members yes (3) no (-1)

For children in the community yes (3) no (-1)

H. An estimate of how many community members would agree that the decision-making system is successful in difficult decisions/situations:

all - very few exceptions (4) most (3) some (1) few/none (-1)

I. Social difficulties and disputes are successfully managed by an agreed upon system that is supportive, not punitive:

almost always (5) usually (3) sometimes (1) rarely/never (-5)

J. Community members have easy access to this conflict resolution system:

yes (4) no (-2)

K. Information/training is available in non-violent conflict resolution skills:

For adult community members yes (5) no (-1)

For children in the community yes (5) no (-1)

L. An estimate of how many community members would agree that their conflict resolution system:

is successful in dealing with difficult people/situations

all - very few exceptions (4) most (3) some (1) few/none (-1)

safeguards human rights

all - very few exceptions (4) most (3) some (1) few/none (-1)

promotes equality and social justice

all - very few exceptions (4) most (3) some (1) few/none (-1)

Add up the numbers in parentheses behind each item above that you checked.

4. Social Sustainability Total: 9

50+ Indicates excellent progress toward sustainability

25-49 Indicates a good start toward sustainability

0-24 Indicates actions are needed to undertake sustainability

Comments: _____

SOCIAL CHECKLIST 5

5. Education

A. Education and learning are valued in the community as demonstrated by the following:
Check as many as apply -

- mentoring, internships and/or apprenticeship offered by those with special skills/expertise (3)
- community gatherings for information exchange and group learning (3)
- community gatherings to discuss and learn from issues and mistakes and make changes to improve what is not working well (3)
- the input and contributions of community elders are sought and respected (3)
- including children in work and community activities of all kinds (3)
- parent involvement in their children's educational process (3)
- learners determining the focus and content of their educational programs (3)
- no or low drop out rate of children from their educational system (3)
- other (1 point for each) - describe: distant learning, access to 4 yr college

B. Educational opportunities (appropriate to the community) are available and accessible within the community or bioregion, including: Check as many as apply -

- Early education (pre-school learning activities) (2)
- Basic education (2)
- Vocational/livelihood skills training (2)
- Formal/higher education (college) (2)
- Special interest workshops/seminars/group programs (2)
- Wholesome programs/activities for youth, outside of school (2)
- Life experience learning opportunities (2)
- other (1 point for each) – describe: adopt a school, symposiums, civic programs

C. Education opportunities are available to all age groups:

- in the community yes (10) no (-1)
in the bioregion yes (5) no (-5)

D. The extent to which educational systems and teaching methods:

honor and support individual differences of learners (talents, aptitudes, interests & limits, etc.)

- great (6) somewhat (3) in small part (1) not at all (-2)

promote individual self-realization

- great (6) somewhat (3) in small part (1) not at all (-2)

promote cooperative interdependence and community building skills

- great (6) somewhat (3) in small part (1) not at all (-2)

Add up the numbers in parentheses behind each item above that you checked.

5. Education Total: 46

50+ Indicates excellent progress toward sustainability

25-49 Indicates a good start toward sustainability

0-24 Indicates actions are needed to undertake sustainability

Comments: _____

SOCIAL CHECKLIST 6

6. Health Care

A. Basic health care is: Check as many as apply -

- available locally (3) easily accessible (3) affordable (3)

B. Health care options available within or near the community: Check as many as apply -

- Basic health care - conventional medical services (2)
 Pre-natal care (2)
 Dental care - conventional medical services (2)
 Pediatric care (2)
 Emergency care (2)
 Care & support for the handicapped/disabled (2)
 Maternity care (2)
 Traditional services (shamanic ceremonies, counseling, etc.) (2)
 Elder care (2)
 Traditional remedies (herbal, nutritional, etc.) (2)
 Care & support for the dying (2)
 Preventive care/teaching (diet, exercise) (2)
 Homeopathy (2)
 Alternative practices (meditation, yoga, etc.) (2)
 Alternative/eclectic therapies (body work, hypnosis, biofeedback, energy methods, etc) (2)
 Other (1 point for each) – Specify: magnetic practices

C. How well health needs are met within or near the community:

- | | | | | |
|-------------|-----------------------------------|--|-------------------------------------|--|
| Physical | <input type="checkbox"/> well (2) | <input checked="" type="checkbox"/> adequately (1) | <input type="checkbox"/> poorly (0) | <input type="checkbox"/> not at all (-2) |
| Mental-well | <input type="checkbox"/> well (2) | <input checked="" type="checkbox"/> adequately (1) | <input type="checkbox"/> poorly (0) | <input type="checkbox"/> not at all (-2) |
| Emotional | <input type="checkbox"/> well (2) | <input checked="" type="checkbox"/> adequately (1) | <input type="checkbox"/> poorly (0) | <input type="checkbox"/> not at all (-2) |
| Spiritual | <input type="checkbox"/> well (2) | <input checked="" type="checkbox"/> adequately (1) | <input type="checkbox"/> poorly (0) | <input type="checkbox"/> not at all (-2) |

D. Deaths from preventable causes in the community are:

- rare (6) occasional (3) common (-1) frequent (-3)

E. Deaths from suicide/homicide/drug abuse in the community are:

- rare (6) occasional (3) common (-1) frequent (-3)

F. The incidence of serious communicable diseases in the community is:

- rare (6) occasional (3) common (-1) frequent (-3)

G. The extent to which there is a general commitment to healthy living in the community is:

- great (6) somewhat (3) in small part (1) not at all (-3)

Add up the numbers in parentheses behind each item above that you checked.

6. Health Care Total: 52

50+ **Indicates excellent progress toward sustainability**

25-49 **Indicates a good start toward sustainability**

0-24 **Indicates actions are needed to undertake sustainability**

Comments: _____

SOCIAL CHECKLIST 7

7. Sustainable Economics - healthy local economy

A. There is explicit encouragement for community members creating businesses that:

enhance the local economy:	<input checked="" type="checkbox"/> yes (4)	<input type="checkbox"/> no (0)
do NOT generate pollution:	<input type="checkbox"/> yes (4)	<input checked="" type="checkbox"/> no (0)
do NOT exploit human resources:	<input type="checkbox"/> yes (4)	<input checked="" type="checkbox"/> no (0)
do NOT exploit natural resources:	<input type="checkbox"/> yes (4)	<input checked="" type="checkbox"/> no (0)

B. Local banks lend in support of sustainability projects: yes (4) no (0)

C. An estimate of the how many youth leave the community for a livelihood:

majority (-5) some (0) minority (3) few or none (5)

D. The extent to which community members experience unemployment or lack of work for which they receive funds or other exchange is:

rarely (2) occasionally (1) often (-1) frequently (-2)

E. An estimate of how many community members have difficulty providing for their basic needs (food, shelter, clothing, etc.):

most (-6) some (-1) few (3) none (6)

If there are economic inequalities among community members, is there a system for dealing with this: yes (3) no (0)

F. Economic systems active in the community: Check as many as apply -

- self-sufficiency for basic needs (5)
- ecologically friendly cottage industry (2)
- sustainable small businesses (2)
- barter and exchange systems (2)
- education/programs (2)
- telecommunications or other work at home (2)
- volunteerism - work contribution (2)
- local market days (2)
- fund raising for modeling sustainable practices (2)
- voluntary levies within the community for sustainability project development (2)
- exchange with other ecovillages and sustainable communities (2)
- fund raising for community operations (0)
- leaving the community for paid work (-2)
- Other (1 point for each) Specify: Chamber, PRC&D, PADD, TCD, RWMC, Oregon Trail Community Foundation, Bay State, Keno, LB840

G. Community members actively engage in economic cooperation:

- in their bioregion yes (2) no (-2)
- in their country/state yes (1) no (-1)
- with other parts of the world yes (1) no (0)

H. An estimate of how many community members would describe their work as meaningful and fulfilling:

- all - very few exceptions (4) most (3) some (1) few/none (-2)

I. An estimate of how many community members would say they experience non-monetary abundance/prosperity in their life:

- all - very few exceptions (4) most (3) some (1) few/none (-2)

Add up the numbers in parentheses behind each item above that you checked.

7. Sustainable Economics - healthy local economy Total: 27.

50+ Indicates excellent progress toward sustainability

25-49 Indicates a good start toward sustainability

0-24 Indicates actions are needed to undertake sustainability

Comments: _____

Please use the Scoring Information Page, to add up your overall Social Score

SPIRITUAL

The Spiritual aspects of community life are balanced when...

Cultural vitality is sustained through artistic and other cultural activities and celebrations. Creativity and the arts are seen as an expression of unity and interrelationship to our universe, and are encouraged and supported through various forms of artistic expression, artful living and through preservation and sharing of beauty and aesthetic values.

Leisure time is valued.

There is respect and support for spirituality manifesting in many ways.

Opportunities are available for the development of the inner self.

A sense of joy and belonging is fostered through rituals and celebrations.

The qualities and commonalities at the heart of a community provide unity and integrity to community life. This may be a common vision and agreements that express commitments; it may be shared cultural beliefs, values and practices that define and express the uniqueness of each community.

There is a capacity for flexibility and successful responsiveness to difficulties that arise.

Whether urban, suburban or rural, developed or not, there is a growing understanding of the interconnectedness and interdependence of all the elements of life on Earth. The community knows its place in and relation to the whole.

The community consciously chooses and contributes to the creation of a peaceful, loving, sustainable world.

SPIRITUAL CHECKLIST 1

1. Cultural Sustainability

A. The common cultural/ethnic heritage of the community is celebrated and preserved through: Check as many as apply -

- oral transmission or storytelling (5)
- written records and archives (5)
- person(s) serving as historian(s) (5)
- training/apprenticeship in expertise specific to the community (artisanry, indigenous language, folk products, etc.) (5)
- a shared vision/method for ensuring continuity of the culture in the future (5)
- ceremonies and celebrations (5)
- art (photographs, murals, songs, etc.) (5)
- does not apply (0)

Though community members do not share a common heritage, they do:

- join in celebrating the heritage(s) of fellow community members (15)
- value and act to preserve the current community's culture/history by one or more of the methods above (15)

B. Cultural programs, festivals and celebrations, open to anyone, are offered: Check as many as apply -

- within the community (10)
- within bioregion (5)
- none nearby (-5)

C. An estimate of how many community members know the history of the community is:

- most (13)
- some (6)
- few (1)
- none (-4)

D. Cycles/transitions of life are acknowledged and shared in celebrations, ceremonies and rites of passage:

- always - very few exceptions (13)
- usually (6)
- occasionally (2)
- never (-5)

Add up the numbers in parentheses behind each item above that you checked.

1. Cultural Sustainability Total: 77.

50+ Indicates excellent progress toward sustainability

25-49 Indicates a good start toward sustainability

0-24 Indicates actions are needed to undertake sustainability

Comments: _____

SPIRITUAL CHECKLIST 2

2. Arts & Leisure

- A. Opportunities are available for community members to develop artistic talents (classes, apprenticeships, and support for individual artistic pursuits):
 almost always (6) usually (4) sometimes (2) rarely (0) never (-2)
- B. These opportunities include: Check as many as apply -
 painting (2) music (2) creative writing (2)
 theater/acting (2) dancing (2) textiles (2)
 folk crafts (2) photography (2) pottery/sculpture (2)
 other (1 point for each) – describe: _____
- C. The extent to which the community values and encourages the development of local entertainers and entertainment:
 great (6) somewhat (3) in small part (1) not at all (-1)
- D. The extent to which community members have time for recreational and leisure activities (sports, hobbies, relaxation, etc.) is:
 great (6) somewhat (3) in small part (1) not at all (-1)
- E. There is group space available for art activities and events:
Indoor yes (6) no (-1)
Outdoor yes (4) no (-1)
- F. Indicate the frequency of artistic events/celebrations in the community: Check as many as apply -
 Daily (5) Weekly (3) Monthly (2) Seasonally (2)
 Annually (1) Never (-5)
- G. The design and appearance of the community demonstrates that the community values art, beauty and aesthetic quality:
 clearly (6) somewhat (3) in small part (1) not at all (-1)
- H. The extent to which the expression and experience of beauty (in - art, ceremonies, poetry, gardens, architecture, etc.) is a natural part of the community's way of life:
 great (6) somewhat (3) in small part (1) not at all (-1)

Add up the numbers in parentheses behind each item above that you checked.

2. Arts & Leisure Total: 37.

50+ Indicates excellent progress toward sustainability

25-49 Indicates a good start toward sustainability

0-24 Indicates actions are needed to undertake sustainability

Comments: _____

SPIRITUAL CHECKLIST 3

3. Spiritual Sustainability - rituals & celebrations; support for inner development & spiritual practices

A. Community members are free to worship the creator/creation, and celebrate their connection with the divine, through devotional practices of their choice:

yes (10) no (-5)

B. Opportunities for contemplation and development of the inner self are available in the community: Check as many as apply -

through individual pursuit (5)
 through group programs and activities (5)
 no (-5)
 other (1 point for each) – describe: _____

C. The topic and experiences of spirituality within the community are best described as:

comfortable, harmonious, contributing to the overall well-being of community (2)
 a source of interpersonal difficulties and unrest or problems within community (-2)

D. Group spiritual practices conducted within the community, include: Check as many as apply -

Meditation (1)
 Attunement/group centering practices (1)
 Sacred dancing (1)
 Talking stick sessions/sharing circles (1)
 Meal blessings (1)
 Shared silence (1)
 Prayer (1)
 Chanting/devotional singing (1)
 Invocation of God/Spirit at community activities and events (1)
 Other (1 point for each) Specify: _____

- E. How often community members come together for spiritual practices that connect them to a deeper level of consciousness within themselves and/or to the Earth:
 regularly (5) occasionally(3) rarely (1) never (-1)
- F. The extent to which community members wishing to devote themselves to a life of spiritual mastery and selfless service, are encouraged/supported by the community in doing this:
 great (5) somewhat (3) in small part (1) not at all (-1)
- G. The extent to which the wisdom and spiritual expertise of older community members is seen as a community resource and used as a guide in community matters:
 great (5) somewhat (3) in small part (1) not at all (-1)
- H. There are spaces available within the community dedicated for spiritual gatherings and practices:
 Indoor yes (5) no (-1)
 Outdoor yes (5) no (-1)
- I. An estimate of how many community members appreciate that spirituality manifests in many ways, and respect the ways of others:
 most (5) some (3) few (1) none (-1)

Add up the numbers in parentheses behind each item above that you checked.

3. Spiritual Sustainability - rituals & celebrations; support for inner development & spiritual practices Total: 46

50+ Indicates excellent progress toward sustainability

25-49 Indicates a good start toward sustainability

0-24 Indicates actions are needed to undertake sustainability

Comments : _____

SPIRITUAL CHECKLIST 4

4. Community Glue

- A. Most community members would agree that the quality of life in the community is best described as:
 excellent (5) good (3) adequate (1) inadequate (0) poor (-2)
- B. Sharing occurs among community members about beliefs, values and experiences:
 frequently (5) sometimes (3) rarely (1) never (-1)
- C. The extent to which moral principles (such as respect for oneself and others, responsibility for personal mastery and personal integrity) are part of the community's philosophy and activities:
 great (5) somewhat (3) little (0) not at all (-1)
- D. The extent to which a common vision or purpose aligns and unites the community:
 great (5) somewhat (3) little (0) not at all (-1)
- E. Community review and renewal of a shared vision and purpose occurs:
 regularly (5) occasionally (3) rarely (1) never (0)
- F. The community laughs, plays, relaxes and generally enjoys life together:
 regularly (5) occasionally (3) rarely (1) never (0)
- G. The level of harmony, caring and support:
Between the women of the community is -
 excellent (6) good (4) adequate (2) inadequate (0) poor (-2)
Between the men of the community is -
 excellent (6) good (4) adequate (2) inadequate (0) poor (-2)
Between men and women of the community is -
 excellent (6) good (4) adequate (2) inadequate (0) poor (-2)
Between the children of the community is -
 excellent (6) good (4) adequate (2) inadequate (0) poor (-2)
Between the various age groups within the community is -
 excellent (6) good (4) adequate (2) inadequate (0) poor (-2)

- H. Sexual relationships within the community are best described as:
 appropriate (for this community) and contributing to the overall well-being of the community (3)
 a source of social difficulties and unrest or problems within the community (-3)
- I. The community endeavors to strengthen its internal (community glue) bonds:
 regularly (8) occasionally (4) rarely (2) never (-1)

Add up the numbers in parentheses behind each item above that you checked.

4. Community Glue Total: 31.

50+ Indicates excellent progress toward sustainability

25-49 Indicates a good start toward sustainability

0-24 Indicates actions are needed to undertake sustainability

Comments: _____

SPIRITUAL CHECKLIST 5

5. Community Resilience

- A. The extent to which the community is able to respond beneficially to community members in crisis:
 completely - very few exceptions (14) mostly (8) somewhat (5)
 little (2) not at all (-3)
- B. The community is able to discern when external expertise is needed to help community members in crisis:
 usually (14) sometimes (5) rarely (2) never (-3)
- C. How often the community is able to help members facing personal or existential problems, transform the crisis into an opportunity for inner growth and self-realization:
 usually (14) sometimes (5) rarely (2) never (-3)
- D. The extent to which the community is able to respond supportively to marginalized community members (the poor, ill, dying, troubled, disabled, elderly, etc.):
 completely - very few exceptions (14) mostly (8) somewhat (5)
 little (2) not at all (-3)
- E. The community endeavors to strengthen its ability to successfully handle challenges/crises:
 regularly (15) occasionally (7) rarely (2) never (-3)

Add up the numbers in parentheses behind each item above that you checked.

5. Community Resilience Total: 27.

50+ Indicates excellent progress toward sustainability

25-49 Indicates a good start toward sustainability

0-24 Indicates actions are needed to undertake sustainability

Comments: _____

SPIRITUAL CHECKLIST 6

6. A New Holographic, Circulatory World View

A. The extent to which the community values conscious living (personal responsibility, personal growth and caring interaction with others) is best described as:

great (14) some (10) a little (5) not at all (-3)

B. The extent to which diversity (human) is valued and encouraged as important to the overall health and success of the community is:

great (14) some (10) a little (5) not at all (-3)

C. The extent to which there is a shared sense of the community's place in and contribution to the world:

great (14) some (10) a little (5) not at all (-3)

D. The extent to which the concept of sustainability is gaining acceptance and use in the community is:

great (14) some (10) a little (5) not at all (-3)

E. The extent to which there is a shared commitment within the community to a greater purpose - "we are doing this for something greater than us" - for the greater good:

great (14) some (10) a little (5) not at all (-3)

Add up the numbers in parentheses behind each item above that you checked.

6. A New Holographic, Circulatory World View Total: _____.

50+ Indicates excellent progress toward sustainability

25-49 Indicates a good start toward sustainability

0-24 Indicates actions are needed to undertake sustainability

Comments: _____

SPIRITUAL CHECKLIST 7

7. Peace & Global Consciousness

A. The extent to which there is harmony within the diversity, that is, the dynamic tension of people's differences is put to creative uses that benefit the community:

great (14) some (10) a little (5) not at all (-3)

B. The community engages in activities that open the hearts and minds of community members to an experience of being part of a greater whole:

regularly (10) occasionally (6) rarely (2) never (-2)

C. When making important community decisions, the community engages in activities that open the heart to deeper truths and balance mind, body and spirit:

regularly (10) occasionally (6) rarely (2) never (-2)

D. The extent to which community members are aware of and take responsibility for the effects of projecting their emotional and/or mental energy into the collective energy-field of the community:

great (14) some (10) a little (5) not at all (-3)

E. Community members offer selfless service:

within the community

frequently (10) sometimes (6) rarely (2) never (-2)

outside the community

frequently (10) sometimes (6) rarely (2) never (-2)

F. The value the community places on cultivating inner peace is best described as:

great (14) some (10) a little (5) not at all (-3)

Add up the numbers in parentheses behind each item above that you checked.

7. Peace & Global Consciousness Total: 27.

50+ Indicates excellent progress toward sustainability

25-49 Indicates a good start toward sustainability

0-24 Indicates actions are needed to undertake sustainability

Comments: _____

**Please use the Scoring Information Page, to add up your overall
Spiritual score**

End of document

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