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## SPEAKERS

Elle Billing, Patrick Farnsworth

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### E Elle Billing 00:00

Hi, my name is Elle Billing. I am a chronically ill queer femme, and I'm tired. I'm here this episode and every episode to dig at the roots of our collective fatigue, explore ways to direct our care and compassionate and sustainable ways, and harness creative expression to heal ourselves and our world. And welcome to Hoorf: Radical care in a late capitalist heckscape. My guest today is Patrick Farnsworth. Patrick Farnsworth is a long form interviewer, occasional writer, and host of Last Born in the Wilderness, a podcast he has produced for the better part of a decade. He is also a co host of Attack and Dethrone Godcast, and the author of We Live in the Orbit of Beings Greater than Us, a compilation of close to 30 interviews originally aired on Last Born and interlaced with commentary published through Gods and Radicals Press. Patrick's work explores a diverse set of topics through an overarching framework that is undeniably collapse aware. He grew up in occupied Shoshone Bannock territory, southern Idaho, and became politicized in his teenage years beginning with personal exploration into the roots of United States imperialism, capitalism, settler colonialism and white supremacy. Inevitably, his focus turned toward the intersecting crises of catastrophic climate disruption and global ecological collapse. The Anthropocene. In attempting to further understand the subjects he began to produce last born in the wilderness, a podcast featuring discussions with a wide variety of individuals exploring these difficult subjects in their own respective fields. Patrick's political and spiritual philosophy is explicitly Anti Fascist, anti capitalist, anti racist, ecologically centered and animist, building solidarity, and doing the sacred work, in spite of the inevitable is still worth it. He currently resides on semi Yamo land near the Salish Sea, along the Washington Canadian border. I'm excited to have him on the podcast today. Hello, Patrick.

### P Patrick Farnsworth 02:18

Hi, how are you?

### E Elle Billing 02:20

I already said hi. Right. But we weren't recording yet. So I have to say Hi, again. And that's

always a little awkward to get started.

**P** Patrick Farnsworth 02:26

Yeah, it's always the I do the same thing I talk. Sometimes it goes exactly like what we were just doing where I or the other person I'm speaking to, we're already getting into the subject, or it's already the conversation is getting rolling. And I'm like, wait, we haven't even hit record yet. Yeah. So let's just start from there, you know. And so,

**E** Elle Billing 02:44

I had one interview where when I hit record, and we were already like, laughing hysterically. Yeah. And like I was sort of in the middle of a story. And like, that's where we started the episode. And so I had to backtrack a little bit and say, so we were just talking about, yeah, how neurodivergent people do this thing. And now I have to tell you this other story, because they won't let go of my brain.

**P** Patrick Farnsworth 03:07

Yeah, no, you gotta catch everyone else up to speed. It's almost like you remember that the listeners are, are participating in the conversation, even if it is from an outsider or like a almost a passive listening perspective. So you have to be of course, mindful of that when you're recording a podcast like, oh, yeah, yeah, like you're all in this conversation to this is what we were just discussing. You just came into the room. And this is what we're laughing about. You know,

**E** Elle Billing 03:31

Let me peel back seven layers of backstory.

**P** Patrick Farnsworth 03:34

There's a lot of inside jokes, and I have to peel back the inside jokes and what they all mean over the years. Yeah, there's a levels of meaning here. But ya know, I'm really I'm really happy to be here. I was thinking a lot about this and your podcasts and being invited on here. And it's like a full circle in some ways.

**E** Elle Billing 03:51

Yeah, I was on your podcast. I was trying to think how many years ago that was, how many years have you been doing Last Born?

**P** Patrick Farnsworth 03:58

**P** Patrick Farnsworth 03:58

Well, I was think about this too, because I think we may have recorded. I think we do like two maybe podcasts. And I think we did

**E** Elle Billing 04:05

two with just me. And then I was on again with Mykelle and Jennifer.

**P** Patrick Farnsworth 04:11

Yeah, yeah, cuz we're doing TEDx Twin Falls. Yeah, it was probably in the 2016 ish timeframe. It's 2017. Even

**E** Elle Billing 04:21

that sounds about right, because I switched from teaching elementary to secondary in 2016. And I know one of the episodes we did was about the interesting position of teaching sexual health education, to students who are deaf or hard of hearing, deaf and disabled and how like some of my colleagues had been shirking their responsibility, like the health teacher who just skipped the sex ed chapter, and I was like, you did WHAAAT?

**P** Patrick Farnsworth 04:47

you can't do that. or shouldn't. Yeah. Yeah, yeah. Yeah.

**E** Elle Billing 04:52

So that was that year. Yep. So that was 2016-2017.

**P** Patrick Farnsworth 04:57

Yeah, I mean, I think started the pod. I mean, technically I started the podcast years before that I had come up with the name of it and but it you know, as as I am, I can be a little unfocused, I have this sort of creative outburst of like, I have this idea. And I really want to bring it into existence and make it a thing and see where it goes. And then I get run up against some walls of maybe not wanting to take risks, or put in the attention required to get something going. So that was like that for a while when I started, but back right around. Yeah. When I when I interviewed you and had a conversation with you on the podcast, that was really when I started doing what I do now, which is interviewing people and releasing them as podcast episodes. And yeah, that was about 2016 ish, I think is really when I jumped in and bought some audio equipment and wanted to figure out what I was doing. And you were obviously, someone that I developed a relationship with a friendship with, we were both living in the same place at the

same time. So, you know, you had a lot of great perspectives that you could bring to me just to listen to and and to learn from and yeah, so it's been some time. I mean, we're in 2023 now. So we've known each other for a while.

**E** Elle Billing 06:15

Yeah, we have. And we're not living, neither of us are living in the same, like in the in Twin Falls anymore.

**P** Patrick Farnsworth 06:22

We've moved I think, almost in opposite directions.

**E** Elle Billing 06:25

Yeah, you're in? Yeah, we're like two timezones apart now. Yeah. And your podcast has evolved quite a bit, even since you went into the interviewing format. And I think a lot of your perspectives have they haven't completely changed. But I think some of your outlooks have softened a little bit, at least from where I'm sitting.

**P** Patrick Farnsworth 06:45

Yeah.

**E** Elle Billing 06:46

I mean, that your foundations are still pretty similar to where they were, you know, six years ago. But yeah, I think you're more hopeful.

**P** Patrick Farnsworth 06:53

It's kind of a weird,

**E** Elle Billing 06:55

in a weird way. Because, like, your, your, your perspective on the trajectory of the planet. Yeah. Is the same.

**P** Patrick Farnsworth 07:04

More or less

E

Elle Billing 07:05

for the most part? Yeah. Which is we're in a, in a crisis, and things are not getting better. Yeah. but correct me if I'm wrong, but I think that your appreciation and perspective for humanity, and the connections that we make is more positive now than it was maybe six or seven years ago.

P

Patrick Farnsworth 07:26

Yeah, I think so. I think when I first came into this, I, you could, I feel like I've traveled in different circles, so to speak, these are like sub cultural spaces. And, you know, people get kind of caught up in I think, what are traps when it comes to how they perceive and understand their reality and their relationship to the world? And I think when I first started, I would definitely yeah, I mean, my foundational kind of premise was global climate disruption is getting progressively worse, it is an accelerating process, it's leading to all kinds of outcomes that can be in some form or another be anticipated. And I've, you know, basically played around with the idea that human beings are on a path to self destruction, and it's destroying the more than human world. And we're in the midst of this global ecological crisis. And all this stuff is true and scientifically based, but of course, the conclusion that I've drawn and I think others have as well as this leads to some kind of human extinction event. Blah, blah, blah, blah. It's all very dire. Very doomy. very,

E

Elle Billing 08:27

kind of dark for a while. Yeah.

P

Patrick Farnsworth 08:30

Oh, for sure. Yeah. And yeah,

E

Elle Billing 08:31

I mean, and I have to monitor my consumption of news for that reason, because it can be very dark.

P

Patrick Farnsworth 08:42

Yeah, no, and same. For me, I reach certain points where I'm like, I really don't want to think about this right now. And I need to take care of myself. And I need to focus on what's near to me that I love. And that right now is, you know, staying, you know, being at home with my partner and just taking care of ourselves, because it's like, I don't know what the point is of saying all these things is anymore. Be frank, in my focus, and when you say it's softened, I think that's true in one way because I'm not harping on that anymore, I don't need to, I don't know why we need to focus on that. Specifically, we just need to kind of identify how we want

to be in this time. And that's, that's really what I've been thinking a lot about. And, and also, I think in that sphere, of, kind of Doom or sphere, it's like, everything's collapsing, everything's gonna fall apart. And this is all leading to this inevitable conclusion, blah, blah, blah, is it's very, like it's a Western. I mean, use a lot of terms here, but like Western kind of colonialist sort of framework because what happens is, you look at what's happening and then you automatically project so you exist in this culture and within this framework, and you think we treat each other horribly and our systems are awful and we're destroying the natural world. That's extrapolated to every human being ever. And it's assumed that that's just the way people are. This is human nature and human beings are a cancer and a virus and all this stuff. And as I've done, the podcast more and more became more curious, I realized, this is a product of a culture, not people. This is not a human thing. This is just a mode of existence. And it's really only emerged in various contexts over the past few 100 years, 500 years or so, or maybe potentially 1000 or more because of the Roman Empire and things like this. But the point is, just to say, human beings are not one thing. And it's unfortunate and tragic that the dominant culture on this planet is so destructive, that we're part of it. But this is not an inevitability. So I push back against the misanthropy misanthropes, the human hating element, because I, I don't hate human beings. Yeah, you know,

**E** Elle Billing 10:57

and that, that was something that we emailed about when we were prepping for this this week, too. And I think it came up for me, especially during while what we thought was just going to be the height of the pandemic, but it was the beginning. During the first part of lockdown when it was coming out that like the, the reduction in emissions and pollution and ways that some of the wilds were rewilding, while all of us were stuck inside. It's like, oh, like COVID? Isn't the virus people are the virus. It's like, no, no, no, no, no, no, no, no. backup backup COVID is a problem. COVID is a virus. Okay, number one. Number two, like the problem isn't people, it is our, our choices, like it's our consumption habits. And it's especially evident now, with the insistence that everything's back to normal when it's so very much isn't, Right? With like, the tripledemic that we're going through the combination of RSV, influenza, and new strains of COVID. And we're being encouraged to just do everything back to normal, and it's at the expense of people's lives and livelihoods and health on the altar of you know, the economy. But what does that even mean? And it's all an economies are choices and economies are invented things and none of them are human nature, they're choices. And I don't know where I'm going with this train of thought.

**P** Patrick Farnsworth 12:31

That's okay. Well, what I what I what I wanted to say is that COVID has been an enormous lesson, and it's continuously affecting people. And the fact that, to me, I just wanted, the way that I frame COVID on my podcast is that it is almost a microcosm of the broader global crisis, because the pandemic is ecological. It emerges from the ecological crisis and how we're reacting and trying to address or not address COVID is indicative of how the culture is addressing or not addressing climate disruption and the climate crisis, or excuse me, the ecological crisis. This Yeah, this insistence, this urgency of normal to get everyone back to where we were before 2020 is, it's so hard, it's like, this has been one of the most challenging periods of the pandemic, because you're insisting that the virus is real, and it's, it's still killing people and disabling people, and I don't want to get it. And everyone is kind of being led or

choosing to go back to a time that it just will never have again, you know, and so, it's been very hard and just the most basic things of care for ourselves and for others, which is like wearing a mask that works is seen as like, you know, people are like almost uncomfortable with that, you know, and so yeah, it's been a very revealing and challenging time. Yeah,

**E** Elle Billing 14:15

I think when you mentioned like, how, just wearing a mask, there's almost a stigma on people who choose to wear masks now and like, I'm reminded of when former President Trump was still in office, and he had COVID. And afterwards, a lot of his attitudes towards people with disabilities. They're just this fear of, of illness and weakness and disability. And it's not it wasn't just him. It's really a cultural fear, dare I say hatred, in some cases of weakness, of disability of illness of aging, of all of the things that are just very human, because American archetypes are all very individualistic, very strong, very You know, bootstrappy, rugged individuals who can overcome anything. And you can do anything you put your mind to when really that's not the case. Yeah. And I think when it turned out that COVID wasn't going to go away quickly, wasn't something we were going to quickly get over and was something that was going to leave many people disabled for the rest of their lives. Masks are something that many of us need because of our health or disability status, it really becomes a thing people don't want to be associated with it because it's like a mark of being untouchable or undesirable, like being associated with any of those, like, human frailties,

**P** Patrick Farnsworth 15:45

I think was Rochelle walensky, the Director of the CDC, I believe, she said something if it wasn't her with someone else, but something about masks being like The Scarlet Letter of the pandemic, it's a visual reminder that we are still in a pandemic, as much as we want to rhetorically or just sort of through behavior, try to act as if it isn't real. It very much is. And it's a reality that's that's creating all kinds of problems. You know, it's it's interesting for a capitalist system that requires workers to continue to throw themselves into their jobs and really not getting much out of it.

**E** Elle Billing 16:24

I thought you were gonna say, throw themselves into the machine, but keep going.

**P** Patrick Farnsworth 16:29

Right? Yeah, no, they are and they have to right, we're all forced to do this to some degree. But yeah, we're the stakes are very high for for workers, and a lot of people are unable to work now. You know, there's millions of people that are out of, like, they can't really work because they have long COVID. Now, you know, and this is a, it's been described as a mass disabling event for for a reason. And it's, it's hard. It's just, there's so much to say about it. I've tried covering it on the podcast over the years, and I just continuously describe it, because it's been, it's an important subject to try to make sense of, and do it in a way that's compassionate.

E

Elle Billing 17:15

The question I always ask my guests, and I think now's a good time to ask it, since we're talking about the sheer UGH of COVID. And staying compassionate and things like how, how do you take care of yourself? Like, not just COVID wise, but like, in general, like, how do you? That's not the question I usually ask, but I'm curious how you practice, like self and community care, but also, how have you received care this week? Like, in what ways have you received care?

P

Patrick Farnsworth 17:48

You know, I went to work yesterday, and I came back and my fiance had made borscht.

E

Elle Billing 17:55

Oh, my gosh,

P

Patrick Farnsworth 17:56

a Russian soup. I've never had it before. She just had this simple. There's just like, I don't know, she wanted to make some borscht. I'm like, Okay, go for it. You know, we went shopping and bought some veggies root root vegetables.

E

Elle Billing 18:09

Yeah, I was gonna say got some beets. That's a good winter scoop.

P

Patrick Farnsworth 18:13

Yep. And I just Yeah, I came home and there was just this fresh, you know, new soup. And I just tried it. And it was so nourishing and good. And, and she also made beer bread. And it was just really good and hearty food and made me feel very taken care of and loved. And so that was an act of care. And we do that for each other, you know, we try to take care of each other and create a home. And that requires, you know, making good food if you can, and it's certainly a privilege to be able to do this. But I mean, we've created a nice cozy spot for ourselves. So in spite of the fact that we actually kind of lack community right now, in the sense of like, actual physical community. We are a bit isolated where we're living right now. There's practical reasons for that. But nonetheless, it is isolating up here where we're at. And of course, pandemic stuff as well makes it difficult, but nonetheless, we're taking care of each other the best we can. And so, the way that I've been taken care of this week was by my partner, that's making borscht.

E

Elle Billing 19:21

My, like, a couple of weeks ago, my dad, we do a lot of our eating in the living room in front of



my, like, a couple of weeks ago, my dad, we do a lot of our eating in the living room in front of the TV, just because that's how you unwind, and my dad came into the living room with it wasn't even a soup bowl. It was like a small serving bowl with like an entire can of soup in it. And I was like, oh that looks looks really good. He'd been shoveling snow right? So what are you gonna do? You're gonna eat soup? And I just I felt so inspired that I went and I also ate a whole can of soup. Yeah, I was like, Oh, that was such a good idea. Yeah, and yeah, I've been kind of on a soup and tea thing lately. And you know what, that bowl is the perfect size. You can get your hands around it. You get the whole can of soup in there? Yeah, my dad's a smart man. Very wise.

P

Patrick Farnsworth 20:07

Well, I mean, those things matter so much, you know?

E

Elle Billing 20:11

Yeah, sometimes it's the little things are the biggest things? Yeah.

P

Patrick Farnsworth 20:15

Yeah, I mean, I think, for my podcast, sometimes I'm so in my head. And in this sort of abstract space, I get a little disconnected from what my body wants and needs. And just being more in that right now, this winter, especially, has sort of demanded that of me. And really just being like, take care of yourself and stop worrying so much about things you can't control, and just really take care of your partner and be very attentive to their needs as well. I'm actually very loved right now, you know, and it's been very good, you know, for both of us to have the space for each other. Because, honestly, I can't get into some of the details, but I've really needed to help take care of my partner over the past couple of weeks, too. So that act of service has been so beneficial for both of us. That's where it's at right now. For me as far as caring goes, yeah.

E

Elle Billing 21:13

Oh, that's really? That's really lovely. Yeah. Even if the circumstances of why it needed to happen were bleh.

P

Patrick Farnsworth 21:21

Yeah, yeah,

E

Elle Billing 21:23

sometimes they are. I mean, sometimes, I mean, a lot of times, the reason I need extra care is because my brain isn't working. Or I have, you know, have a migraine or whatever. you had said before that you had just taken like a month off from doing some podcast stuff and kind of

like a little sabbatical. So are you going to be picking that back up? Now? Again?

P

Patrick Farnsworth 21:48

Yeah, I am. I have ideas for who to interview. But I think I'm saying I've been really reflecting on is I've been doing this for a while. And something that gets increasingly difficult is the fact that I'm doing this alone. You know, some of the most successful podcasts and not just successful in like, how many listens they get or whatever. It's like, the longevity of it, the kind of ability for them to have the energy to produce it comes from people who are working in groups. You're the two people I know that you have, Ricki?

E

Elle Billing 22:19

Yeah, Ricki does my audio editing. Yeah.

P

Patrick Farnsworth 22:22

And I, I don't have that I just have me. So I'm kind of, obviously I'm collaborating with people to make an episode. But nonetheless, it's, it's a lot of it's me. And I'm running up against the serious limitations of that right now. So I'm really having some big questions about how to proceed in a way that is sustainable. I don't have answers right now. But yes, I absolutely want to continue doing it in some way. Because I get a lot of fulfillment from from it. I'm, I realized, like, you mentioned earlier that my point of view as maybe you softened or changed a bit over the years, and I think a lot of that has to do with the fact that this podcast is about me and my my journey, it's very self centered, but it is about my journey, learning and understanding certain things. And in that process, things are not as simple and cut and dry as I may have believed or wanted to believe. And that's a that's a growth, that's just a person growing. So the direction I'm going in, like, I started off talking about this one thing, and now it's expanded in all these different directions. And and so I there's this part of me, that's a little self conscious thinking, people are gonna want to listen to this. I'm not the same person I was two years ago or five years ago, but I I'm I'm also at this point where I don't really want to care about that, because it's not really relevant. And I'm just gonna do what makes sense for me to take care of myself,

E

Elle Billing 23:48

or you sound like an artist. I'm gonna do make sense to me. I mean, but that's good. as to podcasts being self centered, I think mine is too. I mean, I think we have to be a little bit ego driven to record ourselves, and then listen back and edit it and then publish it. You know, I told someone that this is like, half manifesto half love letter for me. Yeah. My first episode I talked about, you know, I didn't finish my master's degree, I didn't get to write my thesis. And so this is what I'm doing instead. You know, but unlike a thesis, which once it's done, it's, you know, kind of written in stone, this gets to evolve, you know, and so you get to evolve too, and you have, and that's still evolving. And I, the sustainability piece that you mentioned, you know, Ricki and I were talking about that from the very beginning, because both of us have really limited personal like energy resources. And striking that balance between what other people

perceive as like an adequate amount of hustle or work ethic, and what we actually can and want to invest in it. You know, I got to the point where, like, I don't care what people think is hustle, I don't care about, like podcast rank. I mean, I like seeing if I do actually pop high enough, one week to actually break in the top 200. I think it's happened once. And that was because I released two episodes the same day. But those aren't the things that are meaningful to me. It's like making connections with people and interviewing people I find interesting and creating something that's meaningful to me and to the people who are listening. And that's the love letter part.

P

Patrick Farnsworth 25:33

Yeah, I mean, there's really no point doing the work if you're not feeling the way that you just described, at least in this kind of podcasts that you're creating.

E

Elle Billing 25:43

Yeah.

P

Patrick Farnsworth 25:43

Co creating, and

E

Elle Billing 25:45

as a recovering workaholic, you know, re evaluating what work ethic even means hustle and grind, and all that just leaves such a poor taste in my mouth. And I knew you were saying, like, will people even want to listen to your podcast now that you've changed so much. I was watching old episodes. I mean, they're all old episodes, because Friends went off the air forever ago. But Friends is syndicated and it's on late night. I got really annoyed watching it with my mom last night because I'm like, these people never changed.

P

Patrick Farnsworth 26:15

Yeah.

E

Elle Billing 26:16

And I find them absolutely insufferable. And that's how I know I mean, my 30s. I'm like, oh, no, I don't like this.

P

Patrick Farnsworth 26:27

Yeah, it's a funny thing, though. Because in some ways, we want to revisit shows that feel like

they've been frozen in time. It could be a book or whatever. He was like, Oh, these go back to these people. They act the same way, even though it's like 90s, and long, nine seasons long, or whatever it is just like it all the same. And they're all gonna deal with problems the exact same way. But man, if those people are dealing with the exact same way, and there's an insufferability to how they're behaving. Damn, you really want to write a show, or have a show that actually involves people growing and changing and dealing with problems in a more compassionate or mature way. And that feels like, more gratifying and worth paying attention to than any story. I mean, it doesn't have to be a TV show. But you know, feeling like there's something changing there. It feels more genuine and real.

**E** Elle Billing 27:17

Yeah. Like, I hope our podcasts evolve, like, I hope, we can look back and go, Oh, well, I was doing okay for what I was doing. But I'm glad that my views have changed, and that I'm reevaluating how I do this.

**P** Patrick Farnsworth 27:30

Yeah. And ultimately, what's going to happen is like, for me speaking for myself, I've made a lot of connections over the years, which has been gratifying. But it's also I've developed more intuition and ability to recognize what people's motivations may be to do the kind of work they do you. I think I've had this sort of base level of trust that everyone's kind of in it for the same reasons, the same reason I'm in it. And I've learned over the years in a lot of hard ways that like, no, people are in it for a lot of different reasons that have nothing to do with making the world better, or trying to improve the situation in any way possible. So admittedly, part of taking care of myself has been learning how to spot manipulators, and narcissists, and people who are a little, little a little too self involved in their own way. I've had to learn that I think especially this is one of the revealing things about the pandemic has been Oh, okay, I see where people's priorities really are. Because we are living in a time where your behavior is very reflective of your attitudes about things, especially as a public figure, it's been very revealing to me. So an act of self care has been learning how to navigate that and figure out who I want to give attention to

**E** Elle Billing 28:49

the pandemic for me like along the same line -- I talk with my hands and I always hit my mic. Yeah. Occupational hazard of being a dramatic former ASL teacher -- has been like finding out who like closet eugenicists are. It's like, Oh, I thought this person was cool, but they're not. They like eugenics. This is terrible.

**P** Patrick Farnsworth 29:14

Yeah.

**E** Elle Billina 29:15

THE BILLING 29:12

Like people who don't even realize also that the things that they're saying are like, hey, psst, that's eugenics. They're like, No, it's not. eugenics is no, like, it encompasses more than just like forcibly sterilizing people. It also is like, not caring if, like sick and disabled people die from a virus like, that's bad. Like,

P

Patrick Farnsworth 29:37

yeah, I think it really accelerated maybe a trajectory, certain people were going down anyway with their beliefs, but it's also a cultural thing. And culturally, we are huge. I mean, we're a society. This mean, eugenics came from the US

E

Elle Billing 29:50

Oh, absolutely.

P

Patrick Farnsworth 29:51

Imported or affected the trajectory of other movements in Europe, which eventually became fascism. So, you know, it's, it's not just Yes, it's not this sort of like, the Holocaust or all the things that led up to that that certainly is a logical extreme, but nonetheless is that that is the extreme and and it's just

E

Elle Billing 30:15

one tentacle of a many tentacle beast.

P

Patrick Farnsworth 30:19

Absolutely. And so yeah, you know I I've certainly the pandemic for me has been learning why, regardless of the type of President presidential administration we may be that we have, you know, why are these policies moving in this these directions? And why has it always been this way too, it was like this before even earlier on? What are the reasons for that? I mean, you could just give very like, was because of capitalism, you know, it's just like, that's too simplistic what's going on under the surface here? That's certainly a aspect of it. And that that led me to learn more about disability justice. And, yeah, the fact that yes, deeply embedded eugenics. It's in the fabric of society, unfortunately, even the so called best and most well intentioned people, truly, on some level believe that COVID is, if you're strong enough, if you're healthy enough, you take care of yourself well enough, you take the right supplements, you workout, you do all these things, you'll, you'll get through it, and you'll be fine. And it's just not true.

E

Elle Billing 31:20

Or that you were meant to get through it. And that's yeah. And if you don't well, then. The number of times it's been dismissed as like oh but those were people with pre existing

number of times, it's been dismissed as like, oh, but those were people with pre-existing conditions, like somehow that's less tragic. Yeah, that over a million people have died. How many? Are we up to now? I

P

Patrick Farnsworth 31:38

1.1, or 1.2 million in the US.

E

Elle Billing 31:42

But and then people are like, Yeah, but how many of those had pre-existing conditions? it that doesn't make them less human, less full of inherent dignity, less important to their families. Like they're still people.

P

Patrick Farnsworth 31:54

Yeah. And a lot of people have these so-called pre-existing conditions, and it has absolutely nothing to do with any sort of choices they made. It was something that

E

Elle Billing 32:04

I mean, and even if it is part of a choice you made that doesn't make them less of a person, or less deserving of life, health and care.

P

Patrick Farnsworth 32:12

Absolutely. Yeah. I mean, for instance, I am a former smoker, I've been on and off for years, I used to, I quit like last year, and now I'm chewing like nicotine gum all the time. That's my middle ground, but I'm not smoking anymore, which is great. Technically, that's like a preexisting or a comorbidity or whatever, right? Because I smoked for so long, like if I COVID, that probably would be bad for me in a way that other people are non-smokers, but an experience. So I chose to smoke, you know, I obviously have that in my health history. So I made that choice. Nonetheless, I would feel awful. If someone was like, well, you kind of brought it on yourself didn't ya, you know, you made this choice, you know, and you got to live with the consequences. I'm just like, you know, there's so many ways in which we have such a lack of understanding and compassion for other people, and that weren't really just not pulling through together.

E

Elle Billing 33:09

Yeah.

P

Patrick Farnsworth 33:09

And that, as someone who's like, Man, I'm a leftist, and I'm an anarchist, slash communist or whatever, ultimately. So we need to deal with these issues on a systemic level to make it better for everybody. And, you know, we can't really deal with the problem on an individual level, because this requires collective action. It requires a collective effort. Gotta keep on fighting for that, regardless of how far along we are in this pandemic. It's just very challenging time. You're kind of I don't know if that's coming across in my tone of my voice.

**E** Elle Billing 33:43

And yeah, it's just, yeah. So what I'm, I'm curious, what do you aren't, you talked about, you know, giving and receiving care with your partner, and you kind of took a break from the podcast for a while. And it is a challenging time, and there is a lot that can and does weigh on us. You know, what kinds of things do you do to sort of balance? I mean, okay, how do you balance out climate disruption? And in ecological crises? You don't? It's still there. But yeah. How do you, when you're not screaming into the void? Those in our generation are tend to do, what kind of things do you do to add more like brightness to your, to your life, like not to be dismissive of all the other things that are going on?

**P** Patrick Farnsworth 34:39

Oh, of course, it isn't dismissive. It's just, it is what it is. And you can't like you have to learn how to cope is not an adequate word, but it's something like cope.

**E** Elle Billing 34:49

Yeah, like what gives you hope?

**P** Patrick Farnsworth 34:50

You know, through the podcast, I've met a lot of cool people, a lot of people doing really interesting things and there's some people I know that purchased some land on the peninsula, the Olympic Peninsula, it's a beautiful place. If you've ever been to the Olympic Peninsula, it's just so lush, it's a rainforest, it's just gorgeous. But there's just a lot of these people out there who have put a lot of work into getting a piece of land, I know there's problems with this idea of property, but doing what you can within the framework, so you got there, they bought a piece of land, it's in the midst of all these, like clear cuts and stuff, but they're just like, trying to create a food forest, in the middle of all this. They're just investing a lot of time and effort, and they're learning the land the best they can, and just trying to build something that is nurturing and fulfilling and kind of developing a more direct connection with the land. And because of the podcast, they've reached out to me, and they invite me out occasionally to come and spend time with them. And just, like, do that with them. You know, there's all kinds of people like that right now, the fortunate thing that I get is just a blessing if I could use that word, but whatever it is, the fortunate aspect of doing the podcast has been me meeting a lot of people, and they've given me a sense of like I, you know, again, we can't control that future. But in the present moment, there's a lot of really beautiful things that are happening, and that it is actually possible still to build community in connection with each other. I forget that, you know,

I'm having my own subjective experience, and it's not reflective of what everyone else is experiencing, you know, yeah, I occasionally get a knock kind of on the bubble that I've built around myself, like, actually, this is out here to like, you can come in and join in on this. So that has been a way for me, it's been a bomb, right? I have other friends of doing similar things in different ways. It just it feels good to know that they're kind of in a quiet way. It's almost invisible, but they're doing an act of resistance that is trying to challenge the dominant paradigm, in many ways. And so I don't know if it gives me hope, per se, it's HOPE is a complex thing. But nonetheless, it does feel good. And I feel good when I've experienced that and see that. And I get a feel for those people and I get a feel for what they're trying to accomplish. And it's good. That's my answer.

E

Elle Billing 37:16

I dig it. Thank you. You have any parting thoughts? Or web addresses or?

P

Patrick Farnsworth 37:29

Oh, sure. Oh, yeah.



37:29

You want to do a little plug thing?

E

Elle Billing 37:31

I mean, yeah. I mean, I can just drop those in the show notes, too. Oh, yeah.



37:36

Yeah, I mean, I'm hosting the Last Born in the Wilderness, you can learn I mean, the base for that is my website last born in the wilderness.com. I have over 300 episodes, I think so it's like there's a lot of there's a huge catalog people can draw on,

E

Elle Billing 37:49

you have to go way back to find the ones with the ones I was on was like 50. Like it was a long time ago.

P

Patrick Farnsworth 37:56

It was a ways back and that catalog, but all my information is there. If people are interested in hearing what I'm doing, and they can support the work if they like it and do all that stuff. So



**E** Elle Billing 38:07  
great. Yeah, any final wisdoms?

**P** Patrick Farnsworth 38:11  
Just this all these challenges we're experiencing is really just asking us to take care of each other more.

**E** Elle Billing 38:17  
It really is.

**P** Patrick Farnsworth 38:18  
That's it. Don't overcomplicate it, don't overcomplicate it, it is inherently complex time. For sure. Yes, but on a very human level. Just try to take care of each other. And in turn, you'll be taken care of, and this isn't some woowoo thing. This is just human stuff. It's basic stuff, you know, can't control everything in that's okay. You're not meant to, just try to take care of each other.

**E** Elle Billing 38:45  
Yeah, because when everything else falls apart, or doesn't work, we'll have each other

**P** Patrick Farnsworth 38:50  
Yeah, even though we're at a we're on a great distance between us speed, like miles and miles. But you know, I can i The fact that we still have this friendship and this relationship over all this time is beautiful. So it's a great full circle,

**E** Elle Billing 39:04  
that you, our friendship started with me posting on Facebook. I just saw the most glorious manbun

**P** Patrick Farnsworth 39:12  
I remember that. Yeah, I forgot Now I remember. Yes. Yeah, you did. And then you. Yeah, you know, I made your coffee.

**E** Elle Billing 39:22

Yep. And then there was a time on St. Patrick's Day where someone was like, Patrick, why aren't you wearing any green? And you're like, my name is Patrick. I do whatever the hell I want.

**P** Patrick Farnsworth 39:33

Yeah, exactly. I still say that.

**E** Elle Billing 39:38

I know. I can imagine you do.

**P** Patrick Farnsworth 39:41

Me a holiday named after a saint from centuries ago. I have nothing to do with them, but I will claim that nonetheless.

**E** Elle Billing 39:50

Well, there's our parting words. I do what I want.

**P** Patrick Farnsworth 39:54

I do What I want

**E** Elle Billing 39:57

I'm not wearing green! All right. Well, thank you very much for being on Hoarf

**P** Patrick Farnsworth 40:03

again. It's just I'm so happy you're doing this work. I

**E** Elle Billing 40:06

thank you

**P** Patrick Farnsworth 40:07



RICKI CUMMINGS 40:07

said this many times full circle, but it's good. It's good.



Elle Billing 40:15

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