

# The Village eView

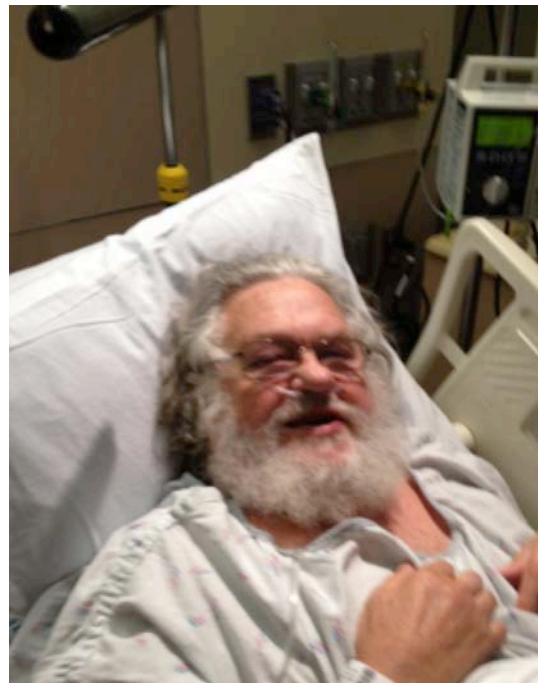


## *On-Line News of the Goodenough Community System:*

- **The American Association for the Furtherance of Community**
- **Convocation: A Church and Ministry**
- **Mandala Resources, Inc.**
- **Sahale Learning Center**
- **The EcoVillage at Sahale**

**May 29, 2013**

**We are happy to report that John's knee replacement surgery went very well. He is now resting well and plans to be discharged on Saturday. Visitors are welcome - Swedish Orthopedic Institute, 601 Broadway, (Minor and Cherry), Room 322. – call ahead (206) 755-8404.**



**Gratitude, thankfulness, gratefulness, or appreciation** is a feeling or attitude in acknowledgment of a benefit that one has received or will receive. The experience of gratitude has historically been a focus of several world religions, and has been considered extensively by moral philosophers such as Adam Smith. The systematic study of gratitude within psychology

only began around the year 2000, possibly because psychology has traditionally been focused more on understanding distress rather than understanding positive emotions. However, with the advent of the positive psychology movement, gratitude has become a mainstream focus of psychological research. The study of gratitude within psychology has focused on the understanding of the short term experience of the emotion of gratitude (state gratitude), individual differences in how frequently people feel gratitude (trait gratitude), and the relationship between these two aspects.

We are grateful for Sahale!

The Eleventh Annual  
**Memorial Day Weekend  
Play/Work Party**

**Gratitude for a successful Memorial Day Weekend Work Party**

*Colette Hoff*

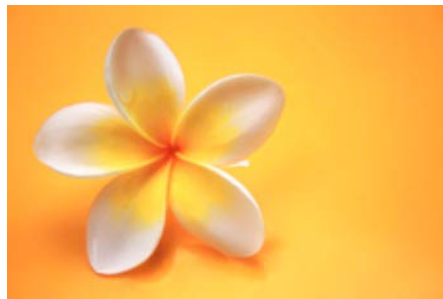
After a splendid dinner made by Irene, room assignments were made, the cards were laid out and all the jobs were the same size—4" X 6"! By Saturday morning teams were formed and the work began. We had planned for a while to thin our forest across from Central Park. As Jason and Boyd (two local fellows we occasionally hire) were joined by Andrew (a friend of Ryan's) to cut trees down, Jodine, Leslie, Andrew and Bob (the husband of a Long Dancer)-formed the Brush hauling team. This team formed their own culture and were able to work together for two days. Now our burn pile is huge, we have many logs to split into firewood, and a number of straight poles drying for future use. All on the team had a good time. Another team of Barbara and Dianna worked on cleaning the log building bathrooms and living room-it has never looked better! Ryan Z and Bruce worked at Kwanesum with the wood boiler system and getting heat to the Weavery. Claudia Fitch, Elizabeth Jarrett-Jefferson and Colette deep cleaned the back pantry and generated a lot of material for the dump and Goodwill. Jim Tocher and his friend Pete from England worked to clean up behind the log building for both days and were able to mow the area when they were finished. Mike's article shows part of what Phil Stark accomplished during the weekend. Bill Scott cleaned out our chimney vent on the roof! Norm Peck, Bill Scott and Tod Ransdell worked to replace the joists for the dance floor. See Irene's article for gardening news and Kirsten and Dianna made great progress weeding the uppermost garden. Happy Hour was called at 5:30 on Saturday and a good time was had by all. Tod prepared slow cooked pork and we had a wonderful dinner with Strawberry Rhubarb crisp and ice cream. A circle of 33 people formed. On Sunday, a team of women including Barbara, Connie, Colette and Elizabeth deep cleaned the back of Mamook and generated even more for the dump. Phil Stark was especially helpful sorting a variety of electrical supplies. We all felt great about the work. Two women detailed the upstairs of Mamook as well as the living room of Kloshe. Dinner Sunday evening was taken care of by

Connie De Mers and Carolyn Gage and was especially nourishing. Many other tasks were accomplished by individuals during the three days. On Monday, it was time to button up and put things away.

Gratitude and joy were in the air—gratitude for the work accomplished and gratitude for the opportunity to work with old and new friends. Gratitude was present for many good conversations and connections between and among people. The following paragraph (from Wikipedia) describes the overall benefit of participating in a work party. It is actually good for our overall well-being.

*A large body of recent work has suggested that people who are more grateful have higher levels of subjective well-being. Grateful people are happier, less depressed, less stressed, and more satisfied with their lives and social relationships. Grateful people also have higher levels of control of their environments, personal growth, purpose in life, and self acceptance. Grateful people have more positive ways of coping with the difficulties they experience in life, being more likely to seek support from other people, reinterpret and grow from the experience, and spend more time planning how to deal with the problem. Grateful people also have less negative coping strategies, being less likely to try to avoid the problem, deny there is a problem, blame themselves, or cope through substance use. Grateful people sleep better, and this seems to be because they think less negative and more positive thoughts just before going to sleep.*

Can't wait for next year's work party!



*Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.*

*Melody Beattie*

## **Sahale Gardens say Thank you!**

Irene Perler

I am so appreciative to all of you who gave your effort joyfully and with determination this weekend at Sahale. So much was accomplished in the gardens, forests and structures...indoor and out. Rain or shine, we showed up and moved projects along. I know we all love Sahale and it sure showed in the amount of good energy we put back into the land this weekend. Friendship was certainly present and the root of the good energy. The creativity and working together was truly a pleasure and the service really felt good. A sincere thank you for the garden crew!



I am particularly highlighting the work of the vegetable garden crew who included Amy, Pam, Mike, Jean, Nan, Sadie, Mary, Mari, Patrick, Clare, Kirsten, myself and anyone else I might not have had direct connection with but who weeded or tended gardens.

The sum of the accomplishments included:

- A creative and elegantly simple approach to affixing shade cloth for the greenhouse was designed and implemented.
- 2 raised beds, outside of the Homestead cabin, filled with soil then planted with cabbages, tomatoes, onion, basil, squash, melon and strawberries.
- The “east terrace” was weeded and some transplanting began.
- Three smaller raised beds were weeded and turned on the third terrace and planted with collards and cabbages and 2 ground wasp nests were removed.
- Basil starts were “up-potted” which means the little seedlings were given individual larger pots to mature into; they stay in the greenhouse a little longer until the warmer June evenings arrive.
- The three-part compost bin has been carefully deconstructed to be moved and improved in another location.
- The pea vines have a bamboo trellis and strings to cling to and are now growing madly in this cool, wet weather.
- Mounted beds were turned and covered with landscape cloth, to be planted soon with peppers or tomatoes.
- Beans and strawberries, potatoes and onions will rotate into the outer terrace ring on the main garden and take their turn.

Our meals were graced with mixed greens this weekend, decorated with fresh radish, chive flowers and kale flowers. Home made vinaigrette and ranch dressing were also yummy.

The vegetable garden now has a simple deer fence with a gate and so now the critters that are making their way into the garden are the green cabbage caterpillars, snails and slugs. So far this year, we are using the pick and throw method of integrated pest management and I also

use a strong dilution of mint and clove oil as a bug spray. Want to share your ideas for pest management? I'm interested...next year we will have chickens or ducks to help out, but this year, were on our own.

Want to come and play in the garden? Let me know. **Thank you all again.**



*Jean helping create new shade cloth for the greenhouse*

*"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."  
- Marcel Proust*



## The deAnguera Blog: Memorial Day Weekend 2013



What did we do Memorial Day weekend? We worked. That's right we worked and we had a great time working. Here you can see some of the things we did. On the left, Peter, friend of Jim Tocher's was helping haul the Swamp bridge back in place. It was partly Kubota tractor pushing the bridge and partly the muscle of the four of us. On the right Phil Stark is sharpening all our tools. Nice job Phil!

What did I do? Well I was helping out with the Swamp bridge. I also mowed the Walnut Grove and helped Jodine, Leslie, Bob, and Andrew haul away brush as well as logs to be used as tepee poles. We used the Green Truck for all our work. You should have seen Andrew perched on top of the poles on back of the truck! Jodine also did a heroic backup with the Green Truck out of the woods with Andrew and Bob directing her. Way to go, folks! That was something I could never have done.

It wasn't all work. We gave an equal amount of effort and concentration to two nights of train dominoes. I actually went out on two games back to back! We love the tension of wondering which one of us will go out. How about getting stuck with the double blank tile? That's worth 50 points!

Most people I know don't look forward to working let alone having fun with it. When Bruce and I were about to make our second dump run he put his arm around me, smiled and told he that he would buy ice cream if I came along with him. So I did and we had fun dumping a truck load of garbage at the transfer station. He bought us ice cream at the local Dairy Queen. Now that's what I call a good friend. Did I ever have this much fun on any previous job before Sahale? No. To me this is what life should be about: building something wonderful together even if it involves hauling garbage!

And you should have seen the stuff we threw away! Truckloads of it! I have often had the feeling that we tend to fill up any extra space with stuff. All kinds of stuff. I know I am a packrat.

One thing I am sure of. I love living out here at Sahale but I would never want to own it alone. It's just too much work. Even my condo was a lot of work. I can't imagine what it would be like to own a home with a yard. And never have any friends I can share it with. That was my previous life in Bellevue.

Whatever I do out here at Sahale gives me the chance to practice what I learned in Lab and deepen my friendships as well. Why should people work with us? Because we are such nice folks who really care about you. We have many long years of working and playing together and we understand each other very well. I am sure there are many other ways of making friends but for me the Human Relations Lab is the best.

If you missed out we have another great weekend for you: June 7<sup>th</sup>. That's the weekend we put up the big white tent.



Great band! Norm on the fiddle, Doug on ukulele, and Bruce with his washtub!

## **Goodenough Events:**

**The Conscious Couples Network presents:**



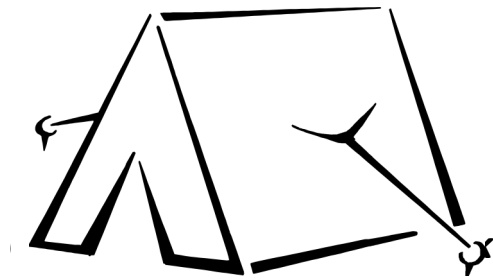
**An evening for Couples, June 14, 7:30**

We will explore the joys, challenges, and effective processes of committed relationship and offer the kind of support that can only come from a network of couples

**At the Community Center**



***It's that time again!***



**June 7 to 9, 2013**

We will again gather to work together to put up our tent. Please let me know if you can make it.

Greetings Men,

Summer is coming and that means it is time to raise the big white tent at Sahale.

We have chosen to do the job on **Friday June 7<sup>th</sup> and Saturday June 8<sup>th</sup>**.

I know that many of you work on Fridays, but we will do what we can with those of us who can be there on Friday. On Saturday we will finish up the job. Usually we can get the roof frame assembled on Friday and also get the three roof sheets up on the frame.

We will start about **10:00 AM on Friday**. On Saturday we will start about the same time.

**Please let me know if you can help us out. And let me know when you will be arriving.** Thanks a lot. I expect we will have a good time (as always) with this project.

Jim Tocher <jamestocher@earthlink.net>

## **The 2013 Human Relations Laboratory**

**August 11 to 17, 2013**

### **We Are Designing the Human Relations Laboratory 2013**

**Our Human Relations Laboratory in 2013 is a different format** than we have utilized recently and somewhat like our laboratory learning experiences of the early 70s. The first two days, August 10 and 11, have a training focus and serve the facilitators and resource persons who will be working throughout the week.





We are creating a learning event on the broad theme of **human development** and focusing on the developmental tasks of youth, which many older people reflect back on as though they were over. HRL 2013 will emphasize the importance of developing an inner sense of our self during childhood and youth. And it will help older people revisit their adolescence as the first phase of several themes in their life story.

Please note that our learning event has a purpose and a comprehensive learning objective to understand more about what **deepens and enriches personal development during youth**. This larger learning purpose and general theme describes a process that can be further broken into phases which facilitate personally learning something important in each phase of development. For instance, our orientation might involve retelling and re-examining all the information we have about ourselves as babies and small children with a chance to see how certain things about us, begun in childhood, have remained in our life-long story.

If we blend in the exercise of writing our own life stories, we could organize and direct our Lab by creating segments on:

- Childhood.
- Puberty and middle school years through 9<sup>th</sup> grade.
- Formal adolescence which extends to approximately age 25.( Some say until age 30).
- The middle years from 30s to 55.
- The elder years from 55 onward.

The content of the Lab is composed from the stories we each bring and includes our own issues and themes:

- Freedom and responsibility.
- Gender and sexuality.
- Relational partnership.
- Goals and decision-making.

We could ask members of our staff to carry a focal responsibility for some of these themes and issues.

The administrative group directing this Lab needs to involve key resource people and focal persons representing age groupings. We will be creating informational resources for:

- The development of women.
- The development of men.
- Understanding young children.
- Understanding adolescents.
- The middle years.
- The elder years.

**Regarding small groups:** Each small groups will be led by partnered facilitators.

The design also includes the use of break-out sessions where people of an age can meet each other and become familiar with their own viewpoints and issues that need to be discussed.

Periodically, the Laboratory Council will meet to design the process for a next period of time. I propose John in a trainer of trainers role helping people to understand the design and be prepared for the part they will play in each day.

**More about design:**

We will use Saturday and Sunday, August 10 and 11, as training days for the Council leading the event. This Council includes the original design team, at least one small group leader from each group, and the resource personnel relevant to each phase of the design.

Additional people on the Council include:

- “Expressors” such as musicians
- Meditation facilitators
- Craft facilitators, and the like

Lab participants will be invited to a Human Relations Laboratory extending from **Sunday, August 11, at 5:00 p.m.** through the next **Sunday, August 18, at 5:00 p.m.** For the first three days the learning community will be sharing what has most provoked their growth and learning; that is, the community will be remembering its own “road less traveled.” We will invite all participants to review their own development while becoming more aware of children, youth, and parents. These three days will offer a variety of opportunities in small groups that support individual learning.

On **Thursday, August 15**, by 10:00 a.m., a group of people will be joining for the next four days. Some of them will be young people. For some registrants HRL 2013 will be eight days long (from Sunday to Sunday.) For others the event will be four days (Thursday through Sunday).

**There will be a training program August 10 and 11 (Saturday and Sunday).**

In summary, this year’s Human Relations Laboratory begins on Sunday evening, August 11, at 5:00 and concludes at 5:00 on August 18. Some people will be joining us on Wednesday evening, August 14, for the event concluding on Sunday, August 18. In addition, there is a training program on Saturday and Sunday, August 10 and 11. Persons in the training program may arrive as early as Friday, August 9.

**Sahale Summer Camp for 9 to 12 Year Olds July 7 to 13, 2013**

*Irene Perler*

The updated brochure is out and I hope you will enjoy the pictures and our theme: “It takes a friend to make a friendship.” Please send this brochure to anyone you know who may be interested in this fantastic program. We are also looking for responsible and fun loving teens aged 15-18 who would like to gain leadership training and work with children. Please give them my name and refer them to me.

In our 8<sup>th</sup> year, this program accepts 30 campers and involves a wonderful volunteer staff of 8 teenage counselors and 12 or more adults who specialize in loving service to the camp. We will have storytellers, archers, fire builders, artists, chefs, educators, archaeologists and more. You recognize these friends! I appreciate the gift this camp gives our community and how it serves the families who keep coming back year after year. Now, we have campers becoming counselors and enjoying learning to be role models for their younger brood.



The website is also being updated, and the online registration is now available, so please check it out as well. Thank you for spreading the word and if you are ready to register, we are ready for 30 campers his year so please sign up and save your place!

# SAHALE SUMMER CAMP

**Save the Date!**

**Sunday, July 7 to  
Saturday, July 13, 2013**

For Youth 9 to 12

Theme: **It Takes A Friend  
to Make A Friendship**

The Goodenough Community  
[www.goodenough.org](http://www.goodenough.org)  
(206)419-3477



### Send a child to Camp

Irene Perler

Each year, for the last 8 years, Sahale Summer Camp has enjoyed a program rich in culture and learning for campers and camp staff alike. This year our theme is Friendship again, because it is the best theme we can keep learning from. We are emphasizing drawing out stories from our old friends and learning how to make new ones. There are skills to learn that help make friendship fun, fair, creative, meaningful and playful. Young people can learn about older people and older folks enjoying finding out what young people think and feel.

To get a feel for our camp experience, check out this video created by Jodine Hatfield with

support from Leslie Norman, Go to this you tube url:  
<http://www.youtube.com/watch?v=Xu0gcpiP5Qs>

Our community has a deep investment in the next generations and in family life. It is a vision and mission to pass on learning about relationships, family life and self-development. Our summer camp program does that very naturally through the week of camp life and it also works with the parents ahead of time to help them learn more about their parenting goals and hopes for their children.

I invite you to consider a donation to the Goodenough Community Scholarship fund, which supports families who want to send their children to summer camp, and may need financial assistance. Our camp fees are very reasonable in order to make it accessible, and a little help goes a long way to make our camp experience a diverse and welcoming one.

Please feel free to donate on line with a note about scholarship fund, or you may send a check to:

Goodenough Community  
2007 33<sup>rd</sup> Ave S  
Seattle, WA 98144

Thank you for considering this way to make a difference! A camp and Sahale photo calendar will accompany a letter of appreciation for any contribution you can make.



*Birthdays*  
By Elizabeth Jarrett-Jefferson

Happy Birthday Phil Buchmeier May 29, 2013



## What do new refrigerators and gardening have in common?

*(answer: cardboard)*

*Kirsten Rohde*

Cardboard, being corrugated, is a perfect layer in a perennial gardening activity of sheet mulching to build soil and keep weeds at bay. We layer soil amendments and other natural products in with a thick layer of cardboard. The weeds can't get through (well mostly) and the channels in the cardboard are great habitat for spreading mycelium and other interesting beneficial organisms.

It used to be that new appliances arrived in huge beautiful cardboard boxes. Sadly now I see them wrapped in a mess of plastic and tape. BUT if you have any relatively clean large cardboard – Sahale needs it! Bring it to Sahale on the Memorial Day weekend or we can arrange pick up if needed.

Sahale and all her gardens thank you!

