



Our highest endeavor must be to develop free human beings, who are able of themselves to impart purpose and direction to their lives.

~ Rudolf Steiner

The Village eView

February 11, 2015

Colette Hoff, Editor

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

RE-INTRODUCING THE VILLAGE SCHOOL FOR HUMAN DEVELOPMENT

*This statement was written by a number of people as we re-introduced the our community's commitment to learning. It might be said that what we are doing again is to remind ourselves that one of the ways that community has changed our lives is that it has made us aware of our need to understand life and to engage in life-long learning. Once again, we are finding it useful to look deeply into our **process of learning**—which turns out to be very good for us and our development.* John L. Hoff

Upcoming events:

[Pathwork, February 15](#)

[Bon Voyage, Claudia Fitch, Feb 17](#)

[Third Age, February 27](#)



Yes this is also our valentine's issue. You will find valentines on page 4.

The Village School for Human Development has been developed by a group of friends who had studied together for many years. These people are members of the Goodenough Community, a learning community whose intent is to create a way of life through shared understanding of our relationship and to learn from the process of creating *friendship*. The initial vision for the school grew from the dreams of John and Colette Hoff with whom groups of people have now come together for more than 48 years for annual week-long human relations laboratories which allowed staff and participants to learn about themselves and the power of experiential learning.

By 1980 there were a number of people who wanted to continue this kind of learning throughout the year. They began to draw together and formally incorporated the Goodenough

Community in 1981 (The American Association for the Furtherance of Community). This community system provides the environment within which the Village School has developed.

The first organized educational offering presented by Dr. John L. Hoff in the spring of 1984 was a 101-day course called the *Eden Project*. Next followed a series of study and training processes: *Education for Enlightenment* developed as a month-long version of the Eden Project. A transpersonal psychology study group formed in 1985-86.

Out of this commitment and deepened desire for personal growth came first the Private School for Human Development (1987) and since 2004 we have called it the *Village School* for Human Development or simply *The Village School*. Such educational endeavors as this have existed for thousands of years. Many ancient cultures celebrated the mystery of being human and have encouraged people to gather wisdom and create methods for improving their lives. It is in the spirit of this tradition that the Village School for Human Development exists.

The school follows a three-year curriculum that teaches:

1. Self- understanding
2. Creative and compassionate relationship,
3. Effective and participation in organizations and societal processes.

The Village School has discovered as an active learning group that human beings **need to be drawn out of their isolation and into relationships that are themselves the context of learning**. The Greek word *educare* refers to this core human process of drawing out truth, knowledge, passion and hope that are within us and shape our desire to learn. In the next statement by Kirsten Rohde she begins to remind us that we can join together, as adult human beings have always done, to continue to learn together in the settings that life provides for us.



A New Way to Engage the Village School

Kirsten Rohde

This past Monday night at our community planning meeting, we were discussing the plans for several weekend workshops coming up this winter and spring. We began to see them as a series that could build one upon the other. *The Village School for Human Development* came up and it seemed pretty logical to see these already scheduled learning experiences as being under the auspices of the School. The school offered in the past a year-long program of three terms often tying in the Human Relations Lab as well. We are not offering the same specific framework currently however the school concept – a one room schoolhouse for adults where we are all learning together – still remains as the way our Goodenough village offers

education. We are enthused about the idea of bringing some of this educational focus present using these already planned workshops as the curriculum. The Village School would function in this way as an integrative framework that holds the workshops and provides the continuum from one to the next.

What this might look like is that some people may choose to attend two weekends and a men's or women's weekend, all already on the calendar, plus Lab in August, as a series for learning. This group of students may engage in smaller groups between events, do reading together and so forth. We might consider offering a discount for the series. At the same time each event is also a discrete event that can be attended by anyone.

There was a time when our school had a curriculum, based on unique ways to learn about understanding yourself, learning to relate to others and learning to lead others. Leading others including learning to run a small group; many of us learned about small group facilitation as part of being students and group leaders in the school. This theory of learning in relationship was part of what's transformative about what we do. There's almost nobody doing work out there in the same way of training people for service – understanding human development, improving relationship, learning to be a good relational partner, and what is meant to serve, for example in an organization, one's family, neighborhood, work, etc.

More to come about this idea as we develop it. We are interested in your feedback and interest. On the weekend of **February 20-22** (at Sahale Learning Center) we are holding a leadership weekend at which we will further develop this school approach and curriculum. **This weekend is also open to anyone** who would like to attend and get a jump start in learning and planning.

The workshops on our community calendar, to be held at Sahale, are:

A weekend on relationship, **March 6-8**

A weekend for personal work and more, **April 17-19**

Women's weekend, **May 1-3**

Men's weekend, **May 8-10**

Human Relations Laboratory, **August 9-15**

Those of us at the meeting on Monday are happy to hear of your interest and thoughts:

Colette Hoff 206 755-8404
John Hoff (206) 963-4738
Nan Kreckler (206) 409-9492
Bruce Perler (206) 419-8361

Kirsten Rohde (206) 719-5364
Irene Perler (206) 419-3477
Elizabeth Jarrett-Jefferson (206) 313-9803
Jim Tocher (206) 799-5674



Postcard from the Goodenough Leaders' Circle

Since early 2012 I've been catching onto an intentional, renewal focused, generationally motivated, transitional process inspired by John and others who understood the phase of existence the Goodenough Community was in. Project Renaissance began the invitation for members and friends to come together to; dream, study, understand, question, and lean into a future for this community. I can honestly say the process is working and the next generation of the community is forming. Today I'm imagining us in our pupil stage, having eaten many leaves of learning, now digesting and morphing into the soon-to-be butterfly of our next incarnation. Similar yet different. Older and younger. Spring is coming and the butterfly waits.

We've several important gatherings, learning experiences, between now and Lab 2015, all linked together through the community's educational layer, The Village School for Human Development. See the calendar section of this eView for dates and descriptions.

See you in school, Bruce



Happy Valentine's Day

Dear Valentine **Colette**,

Smiling and cheerful, you are always welcoming.
Optimism and encouragement walk along side you at all times.
Empathetic and warm, in a touch or a needed nudge,
You walk a path of light.

Thank you for touching my life!

Love, Irene



Dear Sweet Pea

Do you carrot all for me
My heart beets for
your radish hair
and turnip nose

Will you give me a date

If we cantelope

Lettuce marry anyway

You are the apple of my eye

~ Lima bean



To Connie
Love John

For Douglas,

Love is wide, love is long

Love is deep and love is strong

Love is why I love this song

And I hope you love it too

I remember well the day we wed



To Kirsten
Love John

I can see that picture in my head
Love isn't just those words we said
It's something that we do
With Love, Connie
With Love and Thanks,
Connie

Dear Valentine **Bruce,**
Is it really 18 years? I can remember the first date...skiing for my birthday!
Where is the snow now? No matter...we will find a new adventure!
I've enjoyed building a family and homes together, in the city and now out in the country.
But, it's really good to know that I am at home in your arms and in your heart.
See you later in the squirrel's nest 😊
Love, your squirrel-friend, Irene



The Heart of the Year

The Heart of the year of the one introduced at Valentine's Day where the heart is a symbol of the human love we feel for each other. Valentine's Day is **not** a religious occasion It is a celebration of human love largely of the romantic kind. While Valentine's day is credited to a European monk named Valentinus, it has never been associated with any American religion. This is very important because it

exposes how strong romantic love has influenced American culture and when you think of it, Valentine's day enables a broad range of people to soften in their relationships enough for bosses and employees, casual friends, classmates, and even including men who are friends to each other –all were encouraged to speak with feeling "I love You."

The 14th of February is Valentine's day around the world although it is strong in culture in Europe and in the United States. It is huge financial contributor and very obvious within our culture. I think of it as a cultural permission for us to be warm and effusive in our expression of affection for each other. Of course it is most taken advantage of by lovers and romantic friends who experience the need of cultural approval for the love they are feeling. I am enjoying the way this community encourages us to love and care for each other. Here we are encouraged to be brothers and sisters to each other and lovers all. I encourage you to take some time for reflection around valentine's day and let yourself realize how supported you are in your effort to be a loving friend and a warm hearted person.

Love John



Dear Josh,
You have made a great contribution to Sahale and our community over the past year. John and I want you to know how much we appreciate what you have given in time, effort and hard work. We know we speak for others well. Thank you so very much from the Heart of our hearts.
Love *Colette and John*

To Pam and Elizabeth,
Thank you for all you give to our community and the very gracious hospitality in your home. You already know we appreciate The Swamp.
Lots of Love
Your friends of the Goodenough Community



This is a Valentine to Colette Hoff, who more than 35 years ago appeared in the laboratory we annually called together with new and old friends. Now, for almost half a century, we have lived together in community and have been shaped by the friends that make up this community. Thank you for being so kind to my family joining us so deeply. You have been a transforming influence in our family and in our community. My love for you continues to grow and I simply must say this out loud to you so that my friends know I think and feel this way. I love you and appreciate all you give to those around you –including me, an appreciative and loving husband.
Love John



BB:
I'm so glad you got sprung
from the hospital,
Love,
Jim

Barbara,
So thankful you
are . . .Let's plan a
trip!
Love
A friend!

**Hi Kathleen, You are my smooching lovey!
Happy Valentine!**
Love,
Mike



Dear Sweetie,
I am so glad you are in
my life. You're making
me a better, happier
man. I love you.
[All anonymous-like]

Valentines affections to Irene Perler.

2015 - 1997 = 18 Valentine's days with
you.
Would you be mine again and go for
19?
Your loving husband,
Bruce



Valentines appreciations to Josh DeMers!
Your travel on the path of the journey of the hero is evident and inspiring!

I honor your adventure.
Your Friend,
Bruce

Valentines appreciations to Max Fain.

Crunchy toroidal
Sweet cream slathered breakfast
Bagel of friendship
Your Friend,
Bruce



Valentines appreciations to Kirsten Rohde



Gravel path between
Relationship o' many years
Love thy neighbor

Your Friend,
Bruce

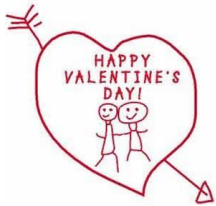
Valentines appreciations to John Hoff

When I had no wings to fly, you flew to me.

Friend,
Bruce



Valentines appreciations to Leslie Norman



When my pressure's low
Your token of friendship gleams
Is it 4:20?

Your Friend,
Bruce

Dear Valentine **Kirsten**,

A friendship is growing with each bird song enjoyed,
Each tree planted
Each meal shared
And each dream woven.

Thanks for sharing your thoughts and feelings with me! Love, Irene

Dear Valentine **John**,

Your friendship is treasured – depth built over years
Trusting your heart to share with mine
Dreams built and shared together,
Teacher and partner in visioning the future,
Caring for my family and marriage
Thank you for your presence in my life.
Love, Irene

*~Do What Makes
You Happy*

*~Be With Who
Makes You Smile*

*~Laugh As Much
As You Breathe*

*~Love As Long As
You Live*



To all our friends and family who helped the transition from 2007 33rd Av So (the former community center) John and I personally and the Goodenough Community organizationally, we continue to feel full of gratitude. I counted over 40 men, women and children having been involved in the actual move which began March 1, 2014. It was obvious that we couldn't have done it without you!

Thank you so very much,
Love,
John and Colette

To all the **"Couples"**,

We confess that we are utterly dependent upon knowing that you are all out there!
Thank you for doing your best to figure out the "couples dance";
For doing the work to choose and create friendly relationships, built over time.
We need you each and are glad to see examples of others who stay together.

Join us in celebrating the rewards of enduring friendship.
May you have a wonderful Valentines Day, enjoy it!
Love, Irene & Bruce



Dear Valentine **Sarah Boone**,
Such joy you bring me as you grow into the beautiful maiden you are,
Full of life, springing forth with spirit and vision
May your heart guide you to fulfilling work
May you keep your old friends as you make new.
Wherever you go,
You are never far from those who love you, especially me!
Love, Mom



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Dear Valentine **Wesley**,
A true friend to all who know you,
Encouraging and kind to be sure,
A true treasure is yet to be fully revealed as you find
Secrets of your own wisdom and courage in life.
You are well on your way and I have faith in your path,
Having walked one myself.
Just keeping following your heart!
Love, Mom

WOOF, Bark, Bark, RRRRrruffff, Ruff, Ruff....
(Happy Valentines Day Cody and Cooper, I have a red velvet box
full of bones in it for you! The box is up for grabs too! Love Ned)

To Nan, Love John

To Sophie and Lili,

I love you!

Grandma



Happy Valentines Day

Sahale Interns and Caretakers,
We love & appreciate you!

MIKE DEANGUERA

JOSH DEMERS

PHAROAH KUYKENDAHL

EVELYN CILLEY

ELIAS YAKO

SERENA DAVIDSON

GABE HARSHMAN

IRINA ESTEBAN

*ON BEHALF OF YOUR GOODENOUGH FRIENDS, I
WANT YOU TO KNOW HOW MUCH YOU MAKE A
DIFFERENCE IN OUR LIVES AND FOR THE
ECOVILLAGE AT SAHALE.*

*YOU HELP MAKE DREAMS COME TRUE.
YOU INSPIRE WITH YOUR KINDNESS, DEDICATION,
CREATIVITY AND YOUR DESIRE TO LEARN AND
SERVE.*

*IT IS SUCH A PLEASURE TO WORK AND LEARN
ALONG SIDE YOU!*

LOVE, IRENE

Bon Voyage Celebration for Claudia Fitch – You Are Invited!

Elizabeth Jarrett-Jefferson & Kirsten Rohde



- ✦ **Potluck Dinner:** Main dish will be provided; bring a side dish, salad or dessert!
- ✦ **When:** Tuesday, February 17, 2015, 6:30- 9:00 PM
- ✦ **Where:** The Goodenough Community's new Community Center in West Seattle, [3610 Barton Street SW](#). *Plenty of street parking available.*
- ✦ **Details:** Come celebrate Claudia and have a bite to eat and drink. Bring your favorite beverages and appetizers.
- ✦ **RSVP:** [Kirsten Rohde](#) and/or [Elizabeth Jarrett-Jefferson](#)

Some of you may know that our own Claudia Fitch will be heading to Berlin soon to participate in a "Residency in Ceramics." We thought this event would present an opportune time for us to celebrate Claudia, her accomplishments, and her trip, all at our new Community home in West Seattle. Read on for details and the story.

About Her Residency

- ✦ **What and Where:** A Residency in Ceramics in Berlin (formal name of the residency) in Berlin, Germany, located in the Pankow District of Berlin (the highest populated and the third borough of Berlin), north of Prenzlauerberg, famous neighborhood of East Berlin, pre- and post-wall).
- ✦ **When:** (3 months) March 1 through May 30, 2015!
- ✦ **How:** Through a wonderful grant sponsored by Artist Trust, the 2014 [Yvonne Humber Twinning Lifetime Achievement Award](#), which gave Claudia a cash prize of unrestricted funds. "All of it," said Claudia, "will be spent on this junket." She said that unrestricted funding is a rare thing in the artists' quest for government contracts and self-initiated projects and that she is "very, very honored, and of course will taking full advantage to do something I have always dreamed of and have never really had the opportunity to realize, until receiving the



Pankow town hall



YTHLAA. Seize the time!"

Claudia Fitch, Host (2012), low fire ceramic, acrylic paint, steel, aluminum

Achievement Award, which gave Claudia a cash prize of unrestricted funds. "All of it," said Claudia, "will be spent on this junket." She said that unrestricted funding is a rare thing in the artists' quest for government contracts and self-initiated projects and that she is "very, very honored, and of course will taking full advantage to do something I have always dreamed of and have never really had the opportunity to realize, until receiving the

Why: To look at art, to look at history (WWII, cold war, ancient and family histories) and to look art, and to look at more art ancient and contemporary, and the Bauhaus and Dada art movements out of Berlin.

Re-invest the inspiration bank with notes, drawings, clay model studies, ceramic parts and pieces, all which will influence future work (Goddess knows what). Visiting Germany is to visit a branch of my heritage roots. It will be an opportunity to open up and soak in, unfettered.



Could Your Friendships Use a Tune-Up?

Do you wish your friends understood you better or that you could communicate with them more effectively?

Do you find yourselves repeating arguments that pull you farther apart and that you don't know how to resolve?

Do you find yourself clueless as to how to resolve conflicts with your boss/co-worker/friend/partner/sibling/child?

Could you use some support and guidance for a major conversation with a friend or a partner?

Would you like to know how to ask for what you want in any of your friendships?

If you answered "yes" to any of these questions, or have other questions or issues about how to have happier relationships, we can help you! You are invited--as individuals, couples, co-workers, friends, adult family members-- to learn about relationship, and if you think about it, you may not have many opportunities for this kind of learning.

A Weekend for Learning about Relationship March 6 to 8, 2015

We don't "automatically" know how to be in a marriage, in a family, or a close friendship. Most of our families of origin and the demonstrations of parenting we experienced offered inadequate training. We need to allow ourselves to start learning again as adults to be effective partners and friends. We are convinced that just trying harder doesn't help as much as consciously developing skills.

During this weekend workshop, you will have many opportunities to learn and practice skills that will make all your relationships more fulfilling. In a supportive environment, you will work individually, in pairs, or triads, and small groups, and:



- Learn how to talk things through more thoroughly.
- Help others work with their stuck places, and allow them to help you with yours.
- Practice together and watch the same skills demonstrated by different personalities and in a variety of situations.
- Learn to communicate more effectively, listen and identify and ask for what you really want.
- Learn from observing others' processes.

- Be paired with a small group (partners will be placed together) where you can practice and be observed and receive feedback. Also have time alone to reflect.
- Have your particular relational issues addressed, with gentleness and insight.

Location: Sahale Learning Center

This workshop will be held at Sahale Learning Center, a beautiful setting at the tip of the Kitsap peninsula on the Tahuya River about a mile from Hood Canal. You will be able to hike and get some exercise. We will be sharing bountiful meals and will have opportunities to socialize as a group. If you have childcare issues, let Colette know.



Your Facilitators,
John & Colette Hoff



John and Colette Hoff are gifted counselors with more than 30 years experience of empowering clients to be effective as individuals, partners, parents, and members of society.

John and Colette and the Goodenough Community, which they founded, are widely known for providing a unique experiential learning environment that focuses on helping everyone learn about relating better. John and Colette teach from well-documented findings:

- Friendship, developed over time, is one of the highest valued qualities of long-lived relationships.
- Friendship is defined partly by the ease with which partners and friends live, work, and play with each other, and partly by the thoughtfulness with which partners tend to each other's needs.

John and Colette have much to offer you in developing more satisfying relationships.

Cost

The cost of the weekend is \$175 per person (\$155 for two adults or more registering together) and includes learning materials, room and board.

(For those registering for both workshops, March and April, the cost will be \$300 per person.)



Editor's note: John and I feel very thankful for the measure of health and strength we have experienced within our community so that it has been a disturbing thing for us to deal with Barbara Brucker's health news that she had cancer. What Barbara herself is speaking about below is that she has completed her chemotherapy and has been encouraged to hope for the best. We are all glad to celebrate her good news and you will find our happiness being expressed in everything we do such as to celebrate our new community home at 3610 SW Barton St. You will notice later in the eView that you are invited to celebrate Claudia Fitch's good fortune and her upcoming trip to Berlin. You may also feel our joy in having found a new community home. These are some happy days in the life of our community.

February 6 - SURPRISE, WHOOPEE

By [Barbara Brucker](#) — Feb 6, 2015 5:04pm

Ran into the oncology nurse practitioner in the hall this morning & she said there was a 0% chance I'd still be here on Monday. Ran into her again later & she said I could go home today or tomorrow morning, as I preferred. Imagine my surprise. I could find no reason to spend another night in the hospital, so prince charming is picking me up in soon.

This marks the end of my course of treatment. It is a strange place to be. I go back to life as usual with no more treatment scheduled. It's a matter of trusting life and trusting the process, of surrendering to the unknown while living each day fully and gratefully. I'll initially be followed with an MRI every 3 months. In between, the only strategy I know is to live each day, so I plan to.

I have basically been on a leave-of-absence from life-as-usual since last May. I am grateful to my body, which has been through a lot and withstood it well. Now I intend to take the time and space to allow myself to catch up at other levels and gradually re-engage the things that are right. I'll start with a trip to the spa next week - the real spa, not the Swedish spa. I hope to go to Tahoe in March - not much snow, but many friends I'd like to see and hang with and indulge in whatever skiing is available. Also have a family ski trip to Whistler in April that's been on the books since before this all started. After that, I'll see what emerges, but I know I'll settle down and even plan to go back to work a bit.

For this weekend, I'll stay on my precautions of avoiding people who are ill and avoiding raw vegetables, etc. My counts are far from normal, but I understand that once they turn they improve rapidly. I have a follow-up appointment with my medical oncologist next Tuesday and anticipate a return to normal or near-normal after that. My follow up with the neuro-oncologist is Feb 23, and I anticipate an MRI in April.

Announcing . . .

The Dedication of our new Community Center

March 21, 2015

6:00 p.m. to 9:00 p.m.

For almost 40 years, the community has owned the big house at 2007 33rd Av S as our home and meeting place. We have been shaken by the loss of our physical center yet we are brightened and lifted by finding such a nice new home for our community. The dedication allows us all an opportunity to bless our space and to appreciate the people who have guided us to it.



For anyone living north or east of the old community center, you have probably an additional 10 minutes to drive. We will have some rooms to share at the Community Center and we already have quite a bit of interest of people wanting to live there. In the immediate future it might be wise to share your interest with Colette or Kirsten.



The deAnguera Blog: New Center Adventure



These two photos give some idea of the magnificence of the new Community Center. The photo on the left shows the stairwell going down from the upstairs living room to the front door. The kitchen is shown in the right hand photo. It is quite luxurious with marble counters.

Last weekend I spent two nights at the new center. I felt like an Important Somebody having the whole house for myself until 4:00PM Sunday. I stayed in the largest bedroom in the place though I had to use the downstairs bathroom. For me, it felt like the Hilton.

My brother Paul and his wife usually stay in private homes when they travel and some of these places went for \$200 - \$300 per night.

I ate dinner Friday night at Endolyne Joe's, a restaurant at the bottom of the hill near the ferry. It was filled with lots of people. I had fried chicken which was quite good. Derek, the waiter told me every four months the restaurant featured a new place theme. This time it was Chicago. Artwork about Chicago was up on the walls and I was given a Chicago menu. The employees have regular meetings in the back where they discuss the menu and décor.

I remember when this spot was an IGA supermarket. My folks lived here over 25 years ago so this was an old stomping ground for me. The IGA was on 45th Ave. S.W. and my folks lived on 47th just two blocks west. My mom was about the age I am now when she and my dad moved to the Fauntleroy area. Hiking back up the hill from the restaurant was a bit much for this nearly 60 year old body. I resolved to do some exploring the next day.

Saturday I explored Fauntleroy Park which felt a lot like Schmitz Park with well maintained trails and bridges over creeks. It rained a lot over the weekend so parts of the trail felt squishy. Luckily I had my leather boots on. I also hiked down to Lincoln Park using Director Street which went straight down the hill saving some distance. It passed to the north of the old elementary school, now community center. One of the large homes I walked past belonged to Morey Skaret, a retired Coast Guard officer and friend of the family. I wonder if he is still there?

Dusk arrived when I finally made it to Lincoln Park. Water cascaded down the stairs from a creek because there was so much rain. I ran into two white geese and as I wondered how they got here they waddled in my direction honking for handouts. I quickly backed away.

Fauntleroy was much as I remembered it except now it gives a much more upbeat image. Fauntleroy Creek goes under Fauntleroy Way before emptying out into the Sound. The place where that happens is now a nice observation post. It features inlaid stone artwork depicting flowing water.



The upper picture shows the view out the 2nd story living room window. You can see a little bit of Puget Sound in the distance.

Below is a photo of Fauntleroy Park. Its 28 acres include forest like this as well as the headwaters of Fauntleroy Creek which empties out near the ferry dock. I believe there have been efforts to restore a salmon run here.



A Seattle Home is Welcoming Us

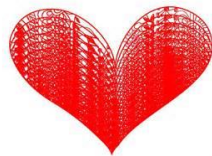
Kirsten Rohde

In a nice neighborhood, near a main arterial in West Seattle (35th), on a bus line, and 10 minutes from the Fauntleroy ferry, this house is very well designed and unusually well kept up. It is two stories with a two-car garage, and enough grass yards around it to give some space between it and other houses. The main living room and dining room are upstairs along with a modern spacious kitchen, outside deck, and two baths, and master bedroom. Downstairs we have another sitting room, two bedrooms and bathroom. This house can accommodate the need for a place for the Hoffs to stay when in town, a nice space for the counseling practice, and spaces for others to stay over, including some of us regularly coming in from Sahale.

Because of the spaciousness and design, we can easily imagine community gatherings here. So far we have had our Monday night meeting and the Tuesday Relationship Group meet in the living room. (Did I mention the gas fireplaces?) This house will help us create the type of welcoming community presence we wish to offer in the Seattle area. After a little under a year of experimenting with staying here, there, and everywhere, with John and Colette having to see clients in other homes, even Starbucks or a bar, having a permanent space is a relief. We all agreed that it was good to experiment with not having a home in Seattle, and we have come to realize that a permanent place to base community work in town is important for our community. Sahale is one significant base of community activity, however, Seattle remains a place for many to engage with community activities and enjoy each other's company.

For now we will be setting up furniture and decorations and figuring out the routines of shared space. **Come join us this Sunday afternoon around 4:30 -6:30 to pay a visit or help with moving in.**

The first celebration will be a bon voyage party for Claudia Fitch on **Tuesday, February 17, 2015**. Claudia a well-known local artist is going to Berlin for 3 months. More information on page 12. We are also announcing a celebration of dedication at the new center on **March 21**.



The Value of a Good Talk

Kirsten Rohde

I've heard some people say that "talk therapy" is out these days. And yet I remember many times having a good talk with either Colette or John Hoff that left me feeling better about myself and with more focus on how I wanted to approach my life, my relationships, or my focus in the world. The other day I was in our new community home in Seattle and discovered that John was free. We had some coffee together and I asked him to help me with some aspects of personal work. It turns out that approaching retirement requires some intentional approaches to make it work out like I'd imagined. John's knowledge and experience about virtually any topic of human living continues to amaze me. After all these years there is still always

something new to think about. Because we have had many talks in the past, he is able to zero in. I always feel better and am left with new things to ponder.

I want you to know that **the new space for Quest: A Counseling and Healing Center**, in West Seattle is a lovely spot to come for good conversation with Colette and John. We're fortunate that both of them are continuing to provide this valuable service to many. Their approach is holistic in that they bring many perspectives and approaches to play in their work and most of all bring themselves present in a personal relationship. I encourage you to schedule a time to come in for a good talk. Perhaps you know someone who would benefit from some supportive counseling. It's a great space and great people to visit.

Call John at 206 963-4738 and Colette at 206 755-8404.



Work Resourcing Needed!

by Marjorie Gray

Many of you know I am seeking work. Do you know of any jobs available, or people who work in any of these areas, that I could contact for information interviews?

- Writing (brochures, website content, blog posts, articles, marketing)
- Graphic design (for web or print, layout, image selection, photo editing, Adobe Creative Suite)
- Web design & maintenance (front-end, information architecture)
- I am also interested in finding out more about recreational therapy, as a completely different direction.



If you know of anyone I could contact about any of these, could you please let me know? Also feel free to give out my contact info:

email: m.dancingriver@gmail.com

Phone: 206-300-1315

Rent a Marjenta!

In the meantime, I would love to help you with any household needs:

- Cooking
- Organizing
- Cleaning
- Color consultation and interior painting



**With Valentines we think of love
- and of course that's *Amore***

- When the moon hits your eye like a big pizza pie
That's amore.
- When an eel bites your hand and that's not what you planned
That's a moray.
- When our habits are strange and our customs deranged
That's our mores.
- When your horse munches straw and the bales total four
That's some more hay.
- When Othello's poor wife, she gets stabbed with a knife
That's a Moor, eh?
- When a Japanese knight used a sword in a fight
That's Sa...mur...ai.

About Community Activities, Spring 2015

Colette Hoff

During January and February our community leadership is busy anticipating activities of spring and summer. During March, April and May we have an annual meeting (**March 27 to 29**) of members and friends of the community and we have weekends when all of the men (**May 8 to 10**) and all of the women (**May 1 to 3**) meet separately but with an awareness of each other's work. In addition, in April we will provide a weekend focused on growing up and maturing (**April 17 to 19**). In March a weekend workshop (**March 6 to 8**) will be centered in relational world and will remind us all of what we need to know and how to get good at it. For more information, see pages 1 to 4.

The Goodenough Community:

Cultural Programs & Events in 2015

For the Goodenough Community, cultural life is an arena for creative expression. All programs and events are open to the public. We welcome your interest and participation.

Over thousands of years human communities have organized not only their work life but also their relational and cultural life. The Goodenough Community organizes its cultural life around encouraging human development—through our programs for men, women, committed couples, families and around age groupings. Cultural programs usually encourage maturity, responsibility, and the development of valued relationships. Some of our programs bring everyone together with a seasonal emphasis. Following, are program offerings for the next period on our calendar.

Programs & Events in 2015

<i>Third Age Gatherings</i>	<i>Women's Culture</i>
<i>The Conscious Couples Network</i>	<i>Human Relations laboratory</i>
<i>Family Enrichment Network</i>	<i>Sahale Summer Camp</i>
<i>The Men's Culture</i>	<i>Relational Weekend, page</i>

Third Age Gathering: Next Meeting February 27, 2015

The Third Age group is for older adults, approximately age 60 and older, who are interested in exploring the issues of living well while aging and supporting each other in this "third stage" of life.

Third Age meets on Fridays—February 27; April 24; Sept 18; October 23; November 20 are the remaining 2015 dates.



We meet at the home of [Phil, Joan, Barbara, and Jim](#) in West Seattle. We start at 6 PM with potluck supper. An RSVP is always helpful – either by phoning us at 206-763-2258 or by emailing me at joanvalles70@yahoo.com

Women’s Culture, Upcoming Next Gathering: March 21 (A Change!)



The women’s culture meets on Saturdays: March 21, September 11, October 24 and November 21, from 10am to 2pm. There will be a weekend **May 1 to 3**. Mark your calendars!

Happy New Year!

Here we are, a fortnight into the new year. It is a time of year when many of us plan to make changes. It’s a time of fresh starts, of sturdy resolve, of high hopes and expectations for the future.

And we all know that change also comes upon us unexpectedly. Transitions can begin before we fully realize what is happening. This can be unsettling, and it can be exciting.

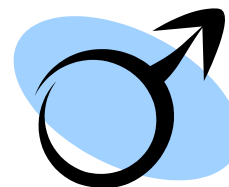
As we look around our circle of friends, we see that change and transition abound in our lives. Some of it is planned, some of it is not. As we move more deeply into the depth of winter and as the year itself changes, what changes are taking place in your life?

-

Men’s Program

Theme: Friendship among Men

The men of the Goodenough Community will be meeting for a weekend this spring, **May 8 to 10, 2015**. Please let [Bruce Perler](#) know of your interest.



Introducing . . .

**A Workshop offered by John and Colette Hoff
April 17 to 19, 2015**

Maturing . . .

Growing your self up . . .

Saving your Own Soul . . .

This is a weekend for remembering your own journey and your story of trying to develop your self. Each individual will review where they are in their story and in their growth. We will become a supportive circle. Guided meditation on our lives will be a primary method the Hoffs will be using to in leading the workshop and we will practice meditation as a whole group. Small group interaction will also be utilized.

Email hoff@goodenough to express your interest.

Memorial Day Weekend, May 22-25, 2015

at Sahale Learning Center

Join us for a weekend of well-organized work parties balanced with play, wholesome meals, hot tubbing and relaxation. The only charge is a donation for food.

Sahale Summer Camp for

9 to 12 Year Olds

June 22 to 28, 2015

<http://www.goodenough.org/camp.htm>



Sahale Summer Camp is entering its 10th

season! We invite youth aged 9 to 12 to join us for 6 nights and 7 days of fun living in nature at Sahale Learning Center.

We enjoy a program rich in experiences just right for this age zone. Youth enjoy traditional camping experiences with our tent village set up around a giant campfire pit for evening programs complete with stories, singing, s'mores and friends under a canopy of stars.

We teach skills of outdoor living and provide experiences which help you get to know yourself and have confidence making friends. We also impart a gentle sense of responsibility for caring for each other and the land. We do this through natural activities of taking care of camp and being part of small clans that spend time together each day getting to know each other and working together.



A training program for 13 to 17 year olds is also included and is an excellent opportunity for leadership training. For more information, see [The Junior Staff Training Program](#). Please contact Irene Perler for more information - 206.419.3477 or irene_perler@hotmail.com.



Human Relations Laboratory

August 9 to 15, 2015

The best event to experience the Goodenough Community

Seven Fun-filled Days of Social Creativity & Experiential

Learning about Friendship and Effective Relationship

Sahale Learning Center

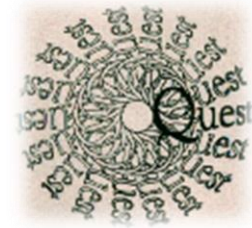
A 68-acre retreat on the Kitsap Peninsula

Family Enrichment Network Parent Group

If you are interested in developing a supportive parent circle for study and conversation about family life, please contact *Irene Perler* at 206-419-3477 or email irene_perler@hotmail.com. Topics could include simplifying and organizing life, creating a family culture, development stages and sibling dynamics, understanding roles within the family.

Quest: A Counseling and Healing Center

Our belief is that mental and emotional health are prerequisites for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and be more effective in relationships. Call John (206 963-4738), Colette (206-755 8404).



Where are you working, you might ask?

Currently, John and Colette are now visiting with clients at the new community center, 3610 SW Barton St.98126!

Classifieds:

Classy, Racy 32-year-old Looking for New Digs!

1982 Mazda RX-7, good condition, one owner. After 3 decades of fun with my sports car, I am ready to part with it. This car is fun to drive, even by very tall people! My 6'3" son is able to drive it with comfort. I've driven it mostly around town, with 2 cross-country trips, so it has low mileage for its age. The car needs some work done, but nothing major, and is in good condition overall. I've treated it with care, so it has had regular tune-ups, check-ups, and oil changes. I am selling it as is, and am asking \$2,000.

Please call: 206 232 7027 and ask for either Hal or Hollis



AND HERE IS A VALENTINE'S HUG

SCIENCE PROVES THAT HUGS CAN BOOST YOUR IMMUNE SYSTEM

by [Carolyn Gregoire](#), Jan 30, 2015

Submitted by Bill Kohlmeyer



We know that hugs make us feel warm and fuzzy inside. And this feeling, it turns out, could actually ward off stress and protect the immune system, according to new research from Carnegie Mellon University.

It's a well-known fact that stress can weaken the immune system. In this study, the researchers sought to determine whether hugs -- like social support more broadly -- could protect individuals from the increased susceptibility to illness brought on by the particular stress that comes with interpersonal conflict.

"We know that people experiencing ongoing conflicts with others are less able to fight off cold viruses. We also know that people who report having social support are partly protected from the effects of stress on psychological states, such as depression and anxiety," the study's lead author, psychologist Dr. Sheldon Cohen, said in a statement. "We tested whether perceptions of social support are equally effective in protecting us from stress-induced susceptibility to infection and also whether receiving hugs might partially account for those feelings of support and themselves protect a person against infection."

In the experiment, over 400 healthy adults who filled out a questionnaire about their perceived social support and also participated in a nightly phone interview for two weeks. They were asked about the frequency that they engaged in interpersonal conflict and received hugs that day.

Then, the researchers exposed the participants to a common cold virus, and monitored them to assess signs of infection. They found that both perceived social support and more frequent hugs reduced the risk of infection associated with experiencing interpersonal conflict. Regardless of whether or not they experienced social conflicts, infected participants with greater perceived social support and more frequent hugs had less severe illness symptoms.

"This suggests that being hugged by a trusted person may act as an effective means of conveying support and that increasing the frequency of hugs might be an effective means of reducing the deleterious effects of stress," Cohen said. "The apparent protective effect of hugs may be attributable to the physical contact itself or to hugging being a behavioral indicator of support and intimacy... Either way, those who receive more hugs are somewhat more protected from infection."

If you needed any more reason to go wrap your arms around someone special, consider this: Hugs also lower blood pressure, alleviate fears around death and dying, improve heart health and decrease feelings of loneliness.

The findings were published in the journal Psychological Science.

<http://www.dailygood.org/story/954/science-proves-that-hugs-can-boost-your-immune-system-carolyn-gregoire/>

