



And the winner is . . .
Tim Nesseth

The Village eView

January 5, 2011
The on-line News of the
Goodenough Community System

Happy New Year

Hollis read us this poem as the New Year entered in.

Two deer in stillness of winter,
Do they run towards the embrace of the wood, away from the hunter, or free?
At this end time we rush to tomorrow, away from yesterday,
And pause on this day to listen for the timeless.

from "Two Deer," by E. Granger-Happ



ONE MORE WEEK: Northwest HARVEST

Please bring your food donations to the community center. The last day will be Monday January 10. You will see a box and a poster on the front porch of the Community Center. Financial Contributions can also be included.



Circle of Practice Sunday, January 9, 2011: The New Year 6:30 p.m.

Barbara Brucker, Chair of the Board



Consider the New Year and your hopes for it. If you are reading this e-View, chances are you, like me, are a seeker - someone interested in growing as an evolving individual on a spiritual path. The Sunday Circle of Practice offers a unique opportunity to give yourself the gift of a time and a place to support that path.

The Circle of Practice resumes its regular schedule at 6:30 on **January 9, 2011**. The Circle is open to all interested seekers with open hearts and a desire to grow and learn on the path of life. We will be continuing to utilize Roger Walsh's book and will begin working with the fourth area of practice - "**Concentrate and Calm Your Mind**". I have been reading ahead and am

excited about this area. I resolve to take it seriously. As Walsh describes the situation, “Our minds are restless creatures. Always on the move, they wander ceaselessly, jumping from past memories to future fantasies, constantly plotting and planning, pursuing pleasures and fleeing fears.” That describes my mind – how about yours? I know I work with my ‘monkey mind’ better when I am sharing the joys and the challenges with like-minded friends and I have found the Circle is a good place for such support.

I invite you to join the Circle of Practice on Sunday evenings to support the year you resolve to have. You will find a group of friends supporting each other on a path that honors the world’s religious traditions as we seek to awaken our hearts and minds.



Acknowledging This Recurring *Emergency*

John L. Hoff

Welcome to the New Year, another new year in the same old place—Planet Earth, U.S.A., State of Washington, Pugetopolis.

We are in the season when one year ends and another begins and we find ourselves shifting states from remembering the past to imagining a future; from regret to hopefulness; from listing past opportunities to identifying future possibilities; and from ...

In leaving you dangling my hope is that you’ll allow your mind to notice what it really means to have a future. The future is often predicted on the basis of the past. The more we know about our history and the more we have reflected on our experiences, the better the chance that our predictions will be helpful. However, I want to draw your attention to the space between the past and the future and to notice what naturally and routinely happens in this interim. Notice what is happening inside of you when writing 2011 instead of 2010. An interim period exists as one period of time ends and another begins—the end of something and the beginning of the next thing combine in recognition of the importance of the space/time between. I hope you will let yourself pause to utilize this interim in order to end something well and begin anew with intention.

It’s important to let ourselves create passages for transition from one year to the next. I’m reminded of a period last fall when I was studying training literature for first responders, that is, people trained to respond helpfully when an emergency happens. The essence of such training involves teaching people how to utilize the alertness of being shocked in service of a rational and well-tested plan for dealing with emergencies. Perhaps you have already learned this from your own experience with crises:

- You are shocked into awareness of the crisis.
- Time slows down.
- Certain things are clearly focused on.
- Certain things are ignored.
- There is a release from emotionality.
- There comes present a wisdom and strength that is required by a crisis.

In training first responders how to do what is most helpful, they are instructed what to **do** in this flash-moment. That is, they are given a plan which is practiced to the point that it is habit.

Dr. Roger Walsh, MD, PhD, has been guiding us through his book, “Essential Spirituality,” where he recognizes that we naturally respond to change and crisis by stopping. Time slows down, everything becomes clear. Within the crisis and the chaos there is stillness. This stillness can be a form of meditation in which we see the world as it really is. After all, meditation involves objectifying a situation, seeing things clearly.

In such a moment of clarity we also sense what we must **do**. Dr. Walsh suggests that following meditation we naturally pray, that is, we begin to **do** something. We begin to act out of our clarity in order to be helpful and we pray for the strength and grace to make a positive contribution. I see that meditation and prayer are ancient versions of *first responder training* or crisis management. I’m suggesting that the end of one year and the beginning of the next is a crisis offered to us by our culture in order to help us upgrade for a new year.

So I will address you as trainees in a crisis management program, which you must have signed up for. First I suggest that you make some room in your schedule for meditation. As a meditator you are simply observing what is true, acknowledging your own response and observing the responses of others. Meditation involves allowing your mind to know and accept whatever is present by avoiding intellectual distraction and wasting your energy on emotional reaction. Meditation is about accepting reality. I suggest you allow time in your life for a few periods of meditation in which you face the facts of your life, whatever they are.

I also suggest that when you’re ready, you move from meditation to prayer. Prayer forms itself as naturally within you as does talking to yourself. Prayer is opening yourself to be and do the right thing, to be helpful, and to bring human kindness to the situation. Prayer is **doing** the best you can and trusting the wisdom given you by your emergence into new life.

You might ask yourself (which is a kind of *praying*), “what should I do, what are the very best actions for me as I move into this year?”

While I can see a variety of disturbing trends emerging for our planet and the people on it, I’m not sure what you consider emergencies in your own life. However, I’m guessing that you’d like to be ready with wisdom and skill.

I recommend the course being offered by the Village School for Human Development—“Transactional Analysis of Your Friendships”—might be considered first responder training for a number of emergencies confronting **your** life. Just 50 years ago, I was a part of discussions with Eric Berne, MD, Ken Everts, MD, Ray Poindexter, MD, Doctors Muriel James, Ed Setchko, and Claude Steiner. Their contributions to the literature are many. And as I’ve prepared for this course, I’ve discovered how deeply transactional analysis (an early form of cognitive-behavioral therapy and training) has impacted my life’s work. I do want you to know that this term will be very practical, and potentially transformative.

The Village School for Human Development

Learn more at our web site: www.goodenough.org

Winter Term: Relationship as A Friendly Environment.

This term begins with a weekend workshop January 14-16 at Sahale Learning Center, with 6 weekly Wednesday evening classes: January 19, 26, February 2, 9, 16, 23 from 7-9:30 p.m. These are held at the Goodenough Community's Center. This course offers a *Transactional Analysis of Friendship*.

Resourced by Dr. John L. Hoff and Colette Hoff, MEd., Dr Hoff had opportunity to learn about Transactional Analysis from Dr. Eric Berne, the movement's founder. John was a classmate of Muriel James, author of *Born to Win*, a basic book on TA. John knew many of the original authors and lecturers in TA, and has taught TA in several educational settings. He calls this term, "A TA tune-up for friendships!"

A satisfied customer says "The best compilation of resources on friendship I have found."

"This school is changing my life!"
~40 year old male

Cost: \$300 for six sessions and the weekend.
Cost of weekend at Sahale is \$150 (including board, room, and learning materials). For more information, call (206) 323 -4653.

Consider this Friendly Offer A weekend for learning with friends about friendship

- Small & large group discussions
- Beautiful rural setting
- Board, room and learning materials
- Dynamic conversation
- Motivational training
- A fun time!

**January 14 to 16
Sahale Learning Center**



Presenting 3 terms on friendship.

- The person who is a friend
- Relationship as a friendly environment
- Friendship as activism, leadership; and, as "warm citizenship."

The Village School is also available online!

Course materials are available by emailing: office@goodenough.org Suggested donation for an on-line course is \$75.

Fall term: This last term, *Living Harmoniously as Friends* focused on the attributes of a friend. Topics were: Emotional Intelligence; Social Intelligence; Socialization and Friendship; Harmonious Living; Friendship in Marriage and Family; Friendship in, Sex and Love.

Winter term: coming soon!

The Winter term focuses on: *Relationship as a Friendly Environment* with insights from Transactional Analysis. Topics are:

- Seeing Yourself as Others do
- Attitude and Life Position
- Avoiding and Seeking Intimacy;
- Three Ego States yet One Person
- Dysfunction vs. Empowerment.

Spring Term begins Wednesday, March 30, April 13, 20, 27, May 4 and 11 with a closing weekend at Sahale May 13-15. Topics include:

- Friendship as Activism,
- Friendship as leadership
- Friendship as "citizenship from the heart."

Some Questions Before Our Council

Colette Hoff

The Council of the Goodenough Community system is doing some private writing and some shared conversation on the following questions:

- 1. In the whole of the Goodenough Community system, what motivates me, stokes my passion, gives me energy?**
I hear responses that tell me that people here are energized by cultural programs, opportunities for leadership, friendships, opportunities to be creative and having fun together, both while working and having parties.
- 2. What are my roles in the Goodenough system and what do my roles enable me to do?**
I hear our council members valuing the opportunity to serve and to pass along to others what this community has given to them.
- 3. Regarding my role, am I well placed? Does this role allow me to express my passion?**
Most people are saying yes to this, although some are stating their need for a shift in role so that they can express more of their passion.
- 4. What can I let go of? Are you carrying excess baggage?**
I can see that we are going to be dropping some activities that do not seem rewarding. There will probably be some changes in programs and the way we approach our business.
- 5. Is there one thing that I must see change?**
A number of changes are being considered. Leadership needs to be more clear in its expectations and more plainspoken in leadership. There needs to be a clear sense of contract between leadership and membership as a whole. We need to be encouraging people to be members of our organizations and give them orientation. We need to publicize our membership structure and solicit members. This will include offering orientation and sponsorship by long-term members. We need to recognize a variety of people involved in our community and utilize their energy and skills in the work we're doing. '

The Council is very interested in **your** response to these questions. I would like to receive your responses by January 12 at 6:00 p.m. and I will report on them in the "Village eView."



A Great Way to Welcome in 2011

Kirsten Rohde

About 40 people of all ages came to Sahale the last day of December to welcome in the New Year and enjoy a creative weekend together. It was really dark and cold at midnight Friday when many of us went outside to see one of the most spectacular displays of starlit sky ever. The sky was so clear there were thousands of stars visible.

I am very appreciative to everyone who helped make this wonderful time together. Potlatch was the center of so much going on – delicious nutritious meals being prepared under Colette's

oversight, children playing, good conversation, and of course the train domino tournament on Friday night. John provided an opportunity for reflection on the passing of the year and what is to come in our futures.

During the weekend there were many opportunities to explore what creativity can mean. Elizabeth helped people learn to make mosaic tiles, Irene took us on a frosty and sunny nature walk, beautiful photos of the outdoors were shared, people gathered to talk about planting the gardens and designing a greenhouse. I especially was gratified by the energy brought to the Weavery. Deborah and Norm rearranged furniture into a more usable space, Deborah helped provide painting supplies for artistic endeavors, Irene set up two sewing centers, and Bruce helped get electrical hookups set up. It was great to have people stop by to chat or, like Nan, sit and knit.

Meanwhile Ryan worked on getting the new hot tub set up with help from Dave, Liz, Hal, and Dave's sons, Eric and Jack. Douglas and Mike insulated some pipes under the new bathhouse. And Norm built dikes in the salmon stream to get it back into its bed again.

Saturday before dinner we had a good conversation about the creative process led by John. It was a chance to bring out personal and social instances of the creative process. I thought our discussion helped confirm that a strong community must both encourage individual creativity and support the creative impulse of the community as a whole. Much of what we do personally and together needs the stimulation of getting our thinking processes out of ruts and finding our passion in what we are working to accomplish.

Finally congratulations to the new train dominos champion, Tim Nesseth, and a Happy New Year to all.



Sahale CSA Seed and Native plant order

Irene Perler

I just spent a wonderful time with friends over New Year's Eve and day and some of us got to talking about gardening. We were thinking about fruits and vegetables we grow at home or at Sahale and how we'd like to grow even more this year coming. Some of us are planning projects using more native plant species, berries and ornamental shrubs for our landscaping projects.

If you are working on a home project and would like to join the creativity and resource network that exists among friends through the Sahale Learning Center and the Goodenough Community, please let me know of your interests and projects. And, if you would like to consider joining in on a series of collective orders on garden related seeds and starts, let me know what you are needing.

I intend to order from a variety of sources: we are considering the following at this time:

Territorial Seeds/Abundant Life seeds

Seeds of Change

Biodynamic seed sources in Oregon and Canada

Roninger's potato farm in Colorado for potato starts

Thurston County Native plant sale - Deborah Cornett is our liason and will help us purchase and deliver an order - see this link for details of what is available and includes an order form:

<http://www.thurstoncd.com/?id=73>

Other heirloom seed sources and perennial vegetable sources

i am intending to make orders this month, so please send me your initial interest. I will be bringing some catalogs to the Community center and extra order forms to help us track what you'd like. Please contact me with your questions and I'll be happy to provide you with more details.

I am also very interested in consulting and exchanging information about what you've found to grow well at your home and what hasn't! Some varieties really are better than others! Let's share and learn together and save a little money on shipping fees by ordering together.

Enjoy planning your gardening projects! Contact me at irene_perler@hotmail.com or call me at 206-419-3477

Land Stewards

Announcing Irene Perler is taking leadership for the Land Stewards at Sahale! Thank You Irene. The first meeting of the Land Stewards will be January 22 at 3:00. All interested are welcome.



Presenting Our Cultural Programs

For the Goodenough Community, cultural life is an arena for creative expression and for drawing forth the best versions of ourselves. **All programs and events are open to the public and we welcome your interest and participation.** See our Goodenough Community website for details www.goodenough.org.

Third Age Gathering Friday January 7

John L. Hoff and Joan Valles

The Third Age group is for older adults, approximately age 60 and up, who are interested in exploring the issues of aging and living well and



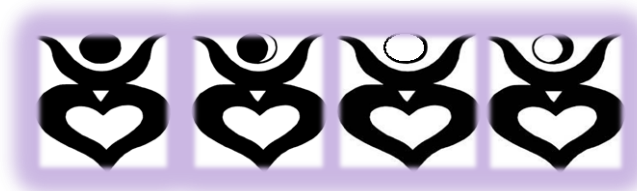
supporting each other in this “third stage” of life. We are inviting you to join us for a potluck dinner and conversation about aging this Friday at the home of Barbara, Phil, and Joan in West Seattle.

Some questions we have been pondering are: What wisdom do **you** have to share about aging? Are there role models and resources that you look to? What is a good attitude toward aging and how can we help each other cultivate a right understanding of aging? What are some of the traps or pitfalls that can take us out?

Please join us for conversation and fellowship. We will begin our meeting around 6 p.m. The address is 5638 21st Ave. SW; phone number is (206) 763-2258. An RSVP will be appreciated to joanvalles70@yahoo.com.

Goodenough Community – Women’s Program

Theme: Friendship Among Women



In the Goodenough Community, we have found that a carefully planned cycle of themes helps us utilize our cultures and programs to their fullest. One well-tested cycle consists of studying first one’s self; second, relationship; and third, organization or community.

Following three years of learning about one’s self, one’s self in relationship, and one’s self in social contexts, the women’s program this year will help women look at ourselves as friends.

We’ll explore friendship in many aspects, such as:

- As a woman, what kind of friend am I?
- What is it like to have women as friends? What do I value about having women as friends?
- Do I trust women to be good friends to me? Am I a trustworthy friend?
- How can I use feminine friendship to develop myself as a woman?

The women of the Goodenough Community have also over several years deepened their understanding of the role of archetypes in our individual and cultural (or societal) psyches, and have paid particular attention to the four womanly archetypes of Maiden, Mother, Guardian, and Crone. The women who gather range in age from teen years to their 70s. Together we have explored the archetypes of Maiden and Mother, learning how each of us, from our youth through old age, lives with aspects of all of these archetypes. We can call on each of these

archetypes for their wisdom about womanly friendship.

From September through May, the women's programs build on each other, growing out of the lives of the women present. Whenever possible, it is lovely when a woman can attend all of the programs. Yet the programs are discrete and it is not at all necessary to attend all of them to enjoy, understand, and grow. Please feel welcome to come as you can. All our gatherings are from 10:00 a.m. to 2:00 p.m. on Saturdays.

Please put these dates on your calendar!
January 22, February 19, March 19 and May 21, 2011
A weekend at Sahale: April 15-17, 2011

Cost:

We suggest a donation of \$20 for each of the Saturday sessions, and encourage you to gift according to your means.

RSVP:

We always appreciate an RSVP, but please feel free to drop in. To RSVP, call **206 323 4653** or send an e-mail to hollisr@comcast.net

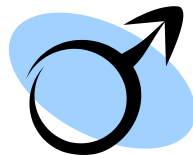
Locations for Saturday gatherings:

2007 33rd Avenue South, Seattle, Washington
206-323-4653

For more information about the Goodenough Community, the women's program and other community activities, please visit the community's web site:

www.goodenough.org

Men's Program
Theme: Friendship among Men



We will be continuing the theme we have used for our past few meetings which is "Friendship". The topic is a rich one and we will be covering many aspects of friendship among men (and with women). Feel free to drop in on us, and bring a friend!

Locations for Tuesday gatherings:

2007 33rd Avenue South, Seattle, Washington
206-323-4653

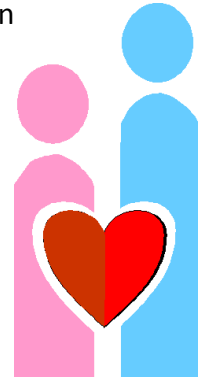
The meetings in the new year will be **at 7:30 PM Tuesday evenings:** January 25, 2011, February 22, March 22, April 26, and May 24. There will also be a weekend at Sahale June 10. 11. 12.

If you have questions, please call Jim Tocher at 206/367-4391, or e-mail him at jamestocher@earthlink.net

Conscious Couples Network

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. We will learn from the field of family systems theory while exploring practices that enrich partnered life.

We will be joined by John and Colette Hoff, marriage and family trainers, and will engage their expertise in helping us expand our strengths and address our growth areas towards authentic friendship in our committed relationship. We know you will also notice in the evening how helpful it is to have a safe environment with others who want to be better partners in their relationships.



These evenings are offered on a sliding scale basis and are valued at \$40.00 per couple, honoring the leadership offered by professional marriage and family life educators John and Colette Hoff.

Meeting dates this winter are Fridays from 7:30 to 10:00: January 21, March 18, April 8 and May 6th.

Please feel free to contact Bruce Perler with any questions you may have bruce_perler@hotmail.com or 206-419-8361.



Gregory Garbarino has a new CD

Introduced at the True Holidays Celebration, Greg's CD, Impressions, is beautiful. Greg's voice is smooth and soulful. This CD is for mellow listening and has several inspirational tracks. It is well worth \$15.00. Orders for the CD can be made through the goodenough community office. Please email office@goodenough.org with the number of CD's you want. Checks could be made payable to Greg Garbarino

The deAnguera Blog: It's Sunny! Post Christmas



One of Hal Smith's sisters, Lois, was over for a Christmas Day Breakfast at Hal & Hollis's place. Here she is painting ceramic Christmas village figurines.

How did I experience Christmas Day? Let's see....two sticky buns, two slices of rum cake, four pieces of bacon, and a slice of quiche. Oh yes let's not forget the hot buttered rum. Burp! That evening I received from Pam and Elizabeth a couple of shots of a black berry rum mix? Good enough. It was served in chocolate shot glasses you could eat afterwards. I was also given a bag of home made candy and I have eaten a number of pieces as well as raspberry jam. Lots of indulgence.

Hmm...isn't Christmas suppose to be about Christ's birth? And of course the return of the sun? Well yes. But let's not forget the connecting that goes on during party time. For me feasting is part of Solstice as well as Christmas. We made it through so let's throw a party! It makes perfect sense to me. This is an important bonding element for us all. Where things tend to get messed up is in the commercialization of the Christmas message.

I was also at the Mount St. Vincent home on Friday afternoon. As I visited with Lillian, my mom, we were informed there was a party going on in the hallway of our floor at the nursing wing. Lillian originally didn't care to go but she changed her mind and I wheeled her out into the hallway where there was an organist playing Christmas Carols And all sorts of delectable treats. The hallway was filled with folks in wheel chairs. Then my brother Paul and his wife Pat showed u p. Of course I didn't know that they had been informed of the party ahead of time. Serendipity.

Our present exchange happened on Sunday. Paul and Pat checked out the Mount St. Vincent van and we loaded Lillian on board. Then we went observing block after block of Christmas lights like a fairy land. We picked up our orders at the Charleston Café in West Seattle and delivered them over to a kitchen area we had reserved at the Mount St. Vincent Home It was a lot of work but worth it to have a Christmas Party with Lillian.

I believe we all carried over the theme of the True Holidays Campaign. It's all about community. That even carried over to my family's Christmas celebration. I wonder next year if

it would be possible for my family to experience some of our events along with me? And maybe possibly some of us could experience some stuff at Pat's church, the Ananda Center. That is my day dream. Do you suppose I should act on it?



But of course the real star of the show as everyone knows is Chloe. You can tell that by the way she sits so proudly upon her podium. Everyone is here to serve her and she knows it!

??????

Events of Interest

The Spiral Vision - SEEDS Spring Permaculture Design Course (PDC)

Are you interested in challenging yourself and taking your understanding of permaculture to a whole new level?

Would you like to explore social ecology: an interdisciplinary approach that moves beyond scarcity and hierarchy, toward a world that re-harmonizes human communities with the natural world, while celebrating diversity, creativity, and freedom?

Want to engage in the rapidly expanding world of eco-art?

Want to learn about the significance of permaculture to social and environmental justice work?

Looking for a chance to connect with a group of passionate like-minded people?
Be led by experienced educators and practitioners in the SEEDS upcoming Spring Workshop: 'The Spiral Vision', exploring permaculture in a hands-on format through multiple demonstration projects on beautiful Vashon Island.

Held over eight weekends from April 30 to June 25 2011, our instructors Emet Degirmenci and Deston Denniston will inspire and energize you. Your participation in this course helps you become part of the solution through the actual creation of a durable community project on Vashon Island as you learn.

Special guests include Larry Korn (soil scientist, agricultural consultant/activist, natural AG systems designer and editor /translator of the landmark book “The One Straw Revolution”), Tom Allen (Oregon Tilth) and Jenny Bell (Rainwater Harvesting specialist, LEED AP, MS Arch (Cal Poly))

For further information, please call Bob Spivey at 206.949.4786 or email bobspivey@gmail.com or access the ‘Spiral Vision’ website on www.spiralvision.org. Register early as we have limited the number of workshop participants to maximize the experience and expect the course to fill quickly.

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Deston Denniston, M.S., C.P.I.
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Spirit Song is the practice of opening your heart and soul to the healing vibration of song. I invite you to join me in this transformative process: you will be held in a sacred space where you will be supported so that your song of truth is heard. There is no singing or musical experience required. It is an organic process similar to toning. If you can talk, you can sing! My heart's calling is to bring Spirit Song to as many people as I can so they can sing their authentic song with joy.

January 12, 2011, 6:30 p.m. – 8:30 p.m. At Crystal Voyage, 2601 East D Street, Suite 201, Tacoma, WA 98421,
Cost: \$20.00 (payable to Crystal Voyage)



...Giving you a flavor of the Sweetness of Community Life

BY ELIZABETH JARRETT-JEFFERSON

BIRTHDAY CONGRATULATIONS TO EACH OF YOU!

CONGRATULATIONS TO **MARI SCOTT** WHO IS TURNING **10 TODAY!** AND SHE'S IN THE COMPANY OF **VIRGINIA STOUT** AND **ARIANNA ZEBOLD** WHO ALSO HAVE A BIRTHDAY TODAY!



MARI SCOTT



ARIANNA ZEBOLD



This guy goes into a restaurant for a Christmas breakfast while in his home town for the holidays. After looking over the menu he says, "I'll just have the eggs benedict." His order comes a while later and it's served on a huge fancy chrome plate. He asks the waiter, "What's with the fancy plate?" The waiter replies, "There's no plate like chrome for the hollandaise!"

Some of Mike's pictures of the Holidays!



Our Christmas Party at the community Center was a hit! This is a picture of playing Taboo.



Irene explaining the rules for the Train Dominoes Tournament on New Year's Eve.



The final table. Here you can see John made it to the finals.



And the winner is Tim ! He will have his name engraved on our Snake Eyes Award.



Artists young and old created these amazing tiles under the guidance of Elizabeth Jarret-Jefferson.



Winter frosted trees at Sahale!



Natural ice sculpture on Terrace 1, Sahale.