

# The Village eView

November 8, 2017

Colette Hoff, Editor

## **Coming Up:**

**Pathwork**, November 19

**Council**, November 20

**True Holidays Celebration**, December 2

**Solstice Experience**, December 16

## **Life is a Matter of Perspective: An Essay by**

**Peter Bennett**

A few years back, I worked in Laguna Hills, a city that rims Interstate 5 and is best known for being the address of Leisure World and home to lots of nondescript mortgage and auto design firms. There wasn't one thing remarkable about the town or my job.

Then one day, I wandered and wound my way through the canyon on an extended lunch (don't tell the boss) and discovered the other Laguna, a.k.a. Laguna Beach. Bronze people there were sunning in the sand, playing basketball or beach volleyball, painting on easels, sipping cocktails at Las Brisas, shopping with wide-brimmed hats and cruising that little crescent of sky-high real estate in expensive automobiles. Returning to work, I wondered how worlds just a few miles apart could be so different.

Why would anybody choose to live or work in a cesspool, Laguna Hills, when you can live in the cool pool, Laguna Beach? I mean, if you're going to be a bum, why would you bed down in the bone-chilling streets of Fargo, North Dakota, instead of the balmy avenues of Santa Monica, Calif.?

These questions are important because your view of life is shaped and conditioned by where you sit. Keep looking through the same dusty lens, and pretty soon, you think that's the way the whole world looks. You begin to see the world, not as it is, but as you are. What's the saying?

## ***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*

“It’s hard to see the real picture of life when you live inside the frame.”

Here’s what’s really maddening. All you have to do to change perception – to see the world anew — is to step outside the frame in which you live. In my case it was driving through the canyon and coming out the other side.

I’m fascinated, even obsessed with this business of perceptions because they so rule our lives, usually for the worse, not the better. Here are some common innocuous misperceptions.

- The Canary Islands were not named after birds but wild dogs (canis).
- Panama hats were woven first in Peru, Colombia and Ecuador from jijapa leaves. Only later did they become Panama hats because some American from the United States saw the new-style hat in Panama, and the name stuck.
- The Pennsylvania Dutch supposedly living in Pennsylvania were really Germans from the Deutschland. It’s an easy mistake, Dutch/Deutsch, right?
- The gates to St. Peters, the ones that you must pass through to enter heaven, are actually a dozen gates (Revelation 21:12-21). Who knew?
- The battle of Bunker Hill was actually fought on Breed’s Hill ... the list goes on.

The abovementioned misconceptions are harmless, but sometimes not having the right or correct perspective can take us down a more perilous road. Demonize someone or some cause, and it’s much easier to behead that person or prosecute a war. It was said that Anne Bolelyn had three breasts and an extra finger. These deformities were probably nothing more than an oversized mole and a double fingernail, but if you’re Henry VIII, and you need to conveniently dispose of your wife, so you can marry again, you turn her into a freak show. It worked.

Changing your view or changing your perspective can change your life for the better. That’s why it’s always important to seek fresh perspectives. Looking through a new lens –or just a clean one — can put you in a whole new place and put you on a better life path.

Without perspective, you might not understand that even if you win the rat race, you’re still a rat. Instead of asking “Who Moved My Cheese? Ask, “How can I move myself out of here to get a better view of things?”

Put another way, what if you’ve been trying all your life to keep up with the Joneses, and the Joneses turn out to be schmucks? The only way you’ll know for sure is if you see life from another perspective. Do what you have to do, but get out of Dodge or Laguna Hills, if only for a day or a weekend.

*The meaning of life  
is just to be alive.  
It is so plain and so obvious  
and so simple.  
And yet, everybody rushes  
around  
in a great panic  
as if it were necessary  
to achieve something  
beyond themselves.*

*~Alan Watts*

If you can't move yourself right away (It's not easy. I stayed in Laguna Hills for three years), at least, know where you sit. That way, you'll better know where you stand (starting to sound like Yogi).

If there's no money to put gas in the tank, simply close your eyes and let your imagination drive you to your new destination. Fly to the moon like Neil Armstrong. Look back at Earth. How then would you see your role on this planet? Differently, of course, because you've literally changed your point of view.

Another technique when you're stuck too long in the same place is to try to envision life through the eyes of a child. Do you know the story of the little girl who stood in church in awe of the stained glass windows, her face bathed in a rainbow of warm color? "Who are those people in the window," she asked. "Those are the saints," the guide replied. That night the little girl told her mom about the amazing windows. "Who are the saints, the mother asked. "They are the people who let the light shine through."

Once the light starts shining through, prepare yourself for some wonderful new experiences and revelations. Your creativity will blossom, your humor will increase, you'll be a better "You" in every way. You'll become more inventive, spiritual, flexible, thoughtful, considerate and interesting. You'll have a new perspective on things. By flipping just a couple things around or standing old conventions on their head, a new world will open up. Here are some old topics and issues seen with fresh eyes: (continued on page 26 )



## Perspective

Colette Hoff

This issue of the eView is about seeing things many ways. I appreciate the essay above because it made me think. There is a lot of information in this issue, including an invitation to the Goodenough Community Council. Also included is more information about events during the holiday season, an article from Bruce sharing his perspectives about global concerns, Hollis writes about the recent women's gathering, Mike's ideas about perspective, and Draï sharing more about herself to give perspective to new friends.

Be sure to notice new dates in the calendar section



## The Goodenough Community Council: A Growthful Opportunity

Tom George

I joined the Goodenough council, and now I know what I want to be when I grow up. Much older. In seriousness, I am honored to have been asked and have had the Goodenough Community in my heart for many years, so saying yes was easy. It has been fun and interesting to be a part of the process of evaluating programs, events, Sahale, Lab, etc., and learning about the details that go into the decisions. I am always impressed by the breadth of talent and experience in the room.

The meetings begin with a consistently delicious dinner and the opportunity to catch up with whomever is present. There is always a full agenda, with special assignments being agreed to through the course of the meeting and reports from previous assignments. We review and evaluate events and weekends and someone always notes the details so improvements are in the plans. I have felt included, listened to, appreciated, and encouraged, and see this as another part of my personal growth path. That is what I mean about growing up and growing older in this way with you fine people. Being on the council gives me a vehicle to express my love for the people in this community and the land we care for.

You are invited to visit and/or join the Council of the Goodenough Community. We are entering a new and exciting time in the life of our community and **your** participation would be most valued. At the recent Council Meeting, a decision was made to encourage attendance by hosting a **monthly meeting** to all who are even a little bit curious.

\*\*\*\*\*

### You are invited . . .

The Goodenough Community Council

Kirsten, Barbara, Hollis, Bruce, Elizabeth, Marjorie, Tom, Jim, and Colette

You are invited to visit and/or join the Council of the Goodenough Community. We are entering a new and exciting time in the life of our community and **your perspective** would be most valued. At the recent Council Meeting, a decision was made to encourage attendance by hosting a **monthly meeting** to all who are even a little bit curious, with the first, **Monday, November 20 at 6:30** at the Community Center at 3610 SW Barton St in West Seattle.

This Monday, the Council poured over the ideas generated by the recent visioning weekend. All ideas are being taken seriously and teams are being formed to develop goals and strategies in several areas. In particular:

- Revenue producing activities and entrepreneurial endeavors through Mandala Resources, Inc.
- Governance – We are open new possibilities.

- Education/mental health/ human development with a focus on developing curriculum aimed at passing on learnings accrued over time as well as developing a mentoring program.
- Outreach to encourage more participation.
- Web site and technology team which is in the midst of creating a new web site for the community
- Watchcare and eldercare knowing we are all aging

Marjorie shared her experience of being “new” to the Council in October 19 issue of the eView. Her words speak for other leaders on our Council:

*Council meetings and organizational weekends offer benefits beyond getting together to accomplish work. Like all other experiences in community, these are opportunities to connect with others and to practice relational skills . . .*

*In the past year or so, I have attended most Council meetings. I’ve felt appreciated for my questions, perspective, and just being there. Attending these meetings has helped me stay connected, which helps my sense of well-being. I’ve enjoyed learning about organization, and get to have a say in group decisions.*

*I remember John saying that taking leadership roles can accelerate growth, and I believe that is true. My roles on the Women’s Leadership Team, as Creativity Facilitator and Small Group Co-Leader at Lab, and as a member of the Council, have required me to be my best and learn skills I wouldn’t have learned any other way!*

Council meets at our Barton St. Community Center in West Seattle at **6:30** with dinner, ending at 9:30. The next meeting will be **Monday, November 20** which will be the first monthly gathering.



## **Watchcare: People Caring for Each Other**

John L. Hoff (written in 2005)

Community is lived in the intimate zone while society is a political construct that has physical boundaries and political and managerial purposes. Society is statistically oriented and community focuses on the individual. **Community is a word that refers to the inside of society.** Quite obviously, most human problems are best addressed by community and society can only identify and describe problems involved. It is the attention and care **from a person for another person** in need that comforts and corrects a difficult situation.

Members and friends of the Goodenough Community have cared for each other over many years, sometimes driving patients to and from medical appointments and at other times simply providing the comfort of making someone available for comfort and guidance. Sometimes we have provided counseling and much more often we have simply provided a comforting meal.

We have moved each other from one house or apartment to another. All of our programs serve not only our membership, they also serve people who make their needs known to us. In fact, our cultural programs for men, women, third age, couples, and families focus on contributing to the public at large—they are service programs. The Goodenough Community has been offering the Watchcare of compassion and practical friendship for more than 35 years.

The heartfulness of our Watchcare program is due to the fact that Convocation: A Church and Ministry has supervised this program. Our professional staff Colette Hoff, offers Watchcare and supervises others who do as well.

*From Colette:*

Currently, the leadership of the women's team: Hollis, Joan, Elizabeth, Marjorie, and Rose with Colette will provide Watchcare coordination. Jim Tocher will be our communicator with men. Let any of us know of a need, urgency, a death in the family or just a friendly ear.

The Watchcare group is also sponsoring training in **Eldercare**, an area that was highlighted as an area of interest of many at the Visioning Weekend. While one of our members is needing specific care, we are using that situation to learn from, knowing these skills will be essential as we age.

**Our next training will be at 1:00 p.m. Sunday, November 12 at Sahale.** Rose Buchmeier will provide leadership and Physical Therapist, Barbara Brucker will include movement and safety.

***Another illustration of Watchcare is celebrating birthdays***

***We will be celebrating Sahale resident John Schindler's 50<sup>th</sup> Birthday along with Jim Tocher's birthday on Nov 11 @ Sahale – We'd love to have you join in. You are welcome to spend the night RSVP Colette or Kirsten.***



**Tide turning ...**

Bruce Perler

Dear Friends,

But wait, there's more. Well, there's always more and, this looks promising. I'm even more interested in international reform as an integrative solution. (see mail from Avaaz and Gordon Brown) Thoughts?

Drai and I have a running conversation about *benefits of living in community*. Our last round has been about sharing things as a way to lower our impact on the planet and conserving our personal resources (ex. borrow instead of buy).

Here's another benefit of living in community that I appreciate - sharing what I/we think is important in the world and learning with others. Having a circle of thoughtful, bonded friends

makes for a safe and wise place to discuss the world, test ideas, gather perspectives and have hearty conversations.

:) Bruce

---

**From:** Former UK Prime Minister Gordon Brown - with Avaaz <[avaaz@avaaz.org](mailto:avaaz@avaaz.org)>  
**Sent:** Wednesday, November 8, 2017 11:06 AM  
**To:** [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)  
**Subject:** Paradise Papers

Dear friends,

Eight years ago as UK Prime Minister, I pushed to end the injustice of tax havens. But as the "Paradise Papers" leak shows, **trillions are still being siphoned off to dodge tax in the most shadowy places.**

It's one of today's greatest injustices, allowing the richest to stand aside while the rest of us pay for health, education, and protecting the most vulnerable.

But now we have a chance to stop it -- through an **international agreement that outlaws tax havens and imposes penalties and prison sentences on tax evaders.** And the G20, the leaders of the world's biggest economies, can make it happen.

Please join me in signing this open letter to Argentine President Mauricio Macri, chair of the G20 — **if a million of us sign, I will personally deliver it to him,** asking him to lead urgent action to **finish the job we began in 2009.**



***To President Mauricio Macri and all leaders of the G20:***

The level of global inequality is appalling -- eight people own as much wealth as half the planet.

And the gap is growing, thanks in part to the shadowy world of tax havens which lets trillions be syphoned offshore from our economies.

Right now, the rich get richer, and the rest of us pay.

Eight years ago the G20 agreed it would shut down these practices. It's time to deliver. We call on you to act immediately to end tax havens and ensure that those that run and exploit them are held to account.

Nobody should be able to evade their duty to pay tax for the public good.

Sincerely,

just now		GEORGE B., Canada
18 seconds ago		Klaus B., Germany
52 seconds ago		Stéphane B., Sweden



The G20 is the right home for this issue - and has already made real progress in forcing tax havens to clean up their act. So there's already momentum, and now the Paradise Papers give us the chance we've been waiting for to finish the job.

The rise of the far right in countries all over the world shows why we can't afford to ignore the defining injustices of today's global economy — and this scandal gives us the chance to tackle one of the biggest head-on. Let's not waste it.

With hope and determination,  
Gordon Brown - with the Avaaz team

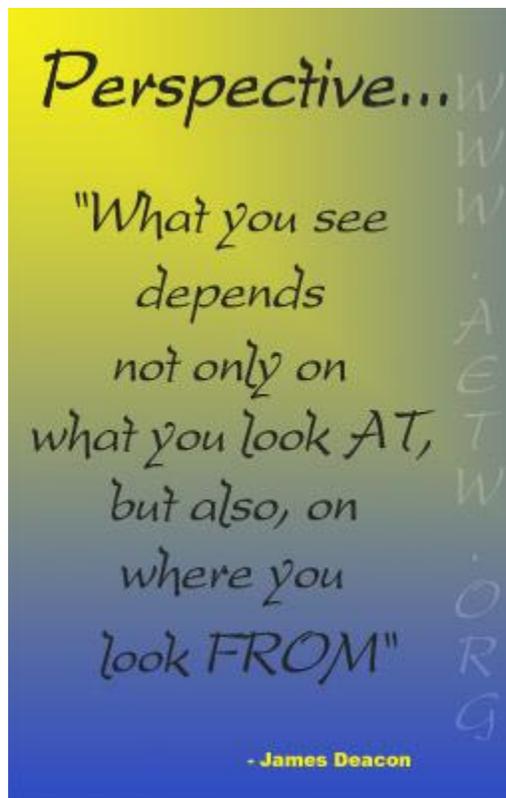
#### MORE INFORMATION

Everything you need to know about the massive Paradise Papers leak (Vice)  
<https://news.vice.com/story/everything-you-need-to-know-about-the-massive-paradise-papers-leak>

Reaction around the world to release of Paradise Papers – live (The Guardian)  
<https://www.theguardian.com/news/live/2017/nov/06/reaction-around-world-release-paradise-papers-live>

Just 8 men own same wealth as half the world (Oxfam)  
<https://www.oxfam.org/en/pressroom/pressreleases/2017-01-16/just-8-men-own-same-wealth-half-world>

Thank you Bruce! *Editor*



# 1.2 .3 . S m i l e .



YOU SHOP. AMAZON GIVES.

If you are an Amazon shopper, with 3 simple steps you can donate to the Goodenough Community!

- 1 Sign up on Amazon Smile**
- 2 Choose Us as Your Organization**
- 3 Shop till you drop...and S MILE.**

*The Amazon Smile Foundation will donate 0.5% of the purchase price from your eligible Amazon Smile purchase. It's easy to shop through Amazon Smile if you already have an Amazon account. On your first visit to Amazon Smile, select a charitable organization to receive donations from eligible purchases before you begin shopping. Amazon remembers your selection and then every eligible purchase you make will result in a donation.*

*We ask that you please select The Goodenough Community.*

#### **TO SIGN UP LITERALLY TAKES ABOUT 30 SECONDS**

- 1** Visit [www.smile.amazon.com](http://www.smile.amazon.com). Provide the email address and password that is already attached to your amazon.com account.
- 2** Choose Goodenough Community as the organization you wish to support. Agree and Save.
- 3** Every time you shop login to [smile.amazon.com](http://smile.amazon.com)! Remember, only purchases at [smile.amazon.com](http://smile.amazon.com) (not [amazon.com](http://amazon.com) or the mobile app) support donations.

*If you are already signed up on Smile...  
please remember to laptop shop on [smile.amazon.com](http://smile.amazon.com).*

- 1 Thank you.**
- 2 Thank you.**
- 3 Thank you. YOU make US Smile!**



## For *Peace* of Mind, *Change* Your Mind!

Hollis Ryan

*How would you respond to a friend who feels really bad about herself and is struggling? What do you say to her? How do you feel toward her?*

*Thinking about times when you feel bad about yourself and are struggling, how do you typically respond to yourself? What do you tell yourself? How do you treat yourself?*

*Is there a difference between the way you respond to a friend and the way you treat yourself?*

As the women of the Goodenough Community gathered in November, we meditated on these questions, and thoughtfully examined our own responses to our friends and to ourselves. Many acknowledged that we would often treat a friend with more compassion than we would usually treat ourselves. And all agreed that life is better when we befriend ourselves.

But how?

First, we must pay attention to our own thoughts. Quieting the mind is the best way to increase mindfulness, and the best way to tune in to our thoughts. When we notice that our thoughts are harsh, unfriendly, unkind, we can learn to stop our thoughts. Although we may feel in control by being critical of ourselves, that feeling is an illusion or delusion, and it is necessary to “change the channel.”

Establishing an *internal locus of control* is essential to self-compassion. An *internal locus of control* is the belief that we control our own thoughts and behaviors, whereas an *external locus of control* is the belief that others, or perhaps fate, are the cause for our successes, failures, happiness, misery. When we understand ourselves to be responsible for our own happiness and for our own life, we are no longer helpless. We empower ourselves to assess our inner and outer worlds and to choose our responses. We are able to learn to change self-criticism to more realistic and helpful self-talk. We are able to be friendly to ourselves.

How is self-compassion different from self-pity or self-indulgence? Neither self-indulgence nor self-pity is positive or uplifting, and both are egoic. Self-compassion, on the other hand, is full of feeling and is more loving. Just as we would not indulge a child who doesn't want to do her homework, we would gently but firmly expect ourselves to do what is necessary and right.

With the stress of the holidays approaching, we looked at ways to exercise self-compassion during the winter months. *Choosing* what to be happy about; *choosing* what to enjoy; *choosing* what to do and what not to do ... *choice* (internal locus of control, again!) was at the heart of the advice we gave each other.

*Happiness is the result  
of inner maturity.  
It depends on us alone,  
and requires patient work,  
carried out from day to day.  
Happiness must be built,  
and this requires time and  
effort.  
In the long term,  
happiness and unhappiness  
are therefore a way of being,  
or a life skill.*

*~Matthieu Ricard (1946 to  
pres., Scientist and Buddhist  
Monk)*

Singing quietly to our own Inner Friend, we ended our time together with John Denver's chorus:

*Friend, I will remember you, think of you, pray for you.  
And when another day is through, I'll still be friends with you.*



## *True Holidays Celebration – December 2*

We invite you to The Goodenough Community's **True Holidays celebration** this year on **Saturday, December 2**, from 6 to 11 PM, at the Mercer Island Congregational Church. Please save the date – and watch the eView and your email for more information to come. The True Holidays party is a fun and family-friendly community event that has become an annual tradition for many, including those beyond the Goodenough Community. For more information, contact Kirsten Rohde, [krohde14@outlook.com](mailto:krohde14@outlook.com)



During the evening, we will have the chance to reflect on the kind of holiday season we'd like to have as well as being able to spend time with friends, co-workers, and families (all in one place!) There are planned activities for children, plus food, libations, and a fun silent auction. **This year we are again happy to feature contra dancing!**

## **True Holidays' Silent Auction**

*Kirsten Rohde*

Hello Dear Friends,  
Our beloved True Holidays annual event is almost here (**December 2, 6-10 pm, Mercer Island Congregational Church**), and now is the time to begin in earnest to think of how and what you might like to donate to our Silent Auction. As you know, our True Holidays celebration, with all its related activities, is a wonderful time to rally your energy for the holidays by thinking of what might brighten your own holidays and those around you.



*Learn how to make....*

*Join me on a walking tour  
of...*

*A guided birdwatching*

Last year we had a very successful auction. The “experiences” offered received a lot of attention----some examples from last year to get you thinking were a sailing trip, a poker party, a cooking experience, gourmet Sherpa hiking experience, and a Make and Serve your own Hallmark Martini. We welcome your unique contributions. Other quality items for auction are also welcome: a personal work of art, one of a kind decorative object, etc. Please let me know of your intention to donate to

this wonderful event with the attached **Bid Form** that Colette has attached to the eView email. You may contact me with your ideas and interests; we can talk over an experience that you have in mind. It is helpful to know in advance what will be offered for the auction, so we can plan space and keep good records.

Remember that all donations are tax deductible.

Thank you! Kirsten: [krohde14@outlook.com](mailto:krohde14@outlook.com)



## *Winter Solstice Bus Trip – Saturday, Dec 16*



Join friends and family for a day-long journey embracing the longest night of the year.

## A time of play and relaxation with family and friends!

### Notice this year's new schedule!

- At the Eastgate Park & Ride, we board a heated bus at **9:45 AM** and travel through snow-laden trees, craggy mountains, and iced streams over Snoqualmie and Blewett Passes
  - Along the way, we will stop at Blewett Pass for sledding, snow play, and walks in the woods.
  - At **2:45 p.m.** a horse-drawn sleigh ride awaits us at Eagle Creek Ranch near Leavenworth, followed by an early dinner and brief program in the lodge.
  - We will then re-board the bus and go to the Bavarian Christmas village of Leavenworth to enjoy the lights, shops, and treats.
  - You will be informed what time to return to the bus.
  - Our warm bus returns us to the Park and Ride lot around 10:30 to 11:00 PM.
- Please register with Elizabeth now* On-line registration available soon!

## HOLIDAY PLANNING

### *Thanksgiving at Sahale*

You are invited to join us at Sahale for Thanksgiving this year. Friends and family are welcome. We will provide turkey and stuffing. Bring your favorite Thanksgiving dish! Dinner will be at about 4 pm. Sahale is a cozy place to be in November and you are welcome to stay over as well. For our planning, **please be sure to RSVP to Kirsten Rohde:** [krohde14@outlook.com](mailto:krohde14@outlook.com).



### *Christmas Day Open House at Sahale*

Join us at Sahale on **Christmas day** in the afternoon and welcome others to join. Happy hour is at 5pm with dinner to follow. We will provide food and drink and invite anyone coming to bring a dessert or a side dish. **Please RSVP at [hoff@goodenough.org](mailto:hoff@goodenough.org)**. You are welcome to spend the night.

This year at **Sahale we will host a fun gift exchange** full of surprises that everyone can join in, regardless of age or economic means. If you are planning to come to join us for Christmas at Sahale, please bring one creative gift that is wrapped but doesn't need any tags. Just a wrapped gift. We will have a game for exchanging these gifts. There is no need to spend anything; you are encouraged to make something as a gift! If you do

purchase a gift, please limit spending to under \$15. Guaranteed to be fun and you'll learn more about your friends and what kinds of things they are drawn to when the game play begins!

## **You're Invited..please RSVP where requested:**

---



### **Celebrating Colette Hoff's 70<sup>th</sup> Birthday**

**Friday, November 10, 5 to 10:00 PM**

**Community Center – 3610 SW Barton Street, Seattle**

**PLEASE RSVP!**

[elizabeth.ann.jarrett@gmail.com](mailto:elizabeth.ann.jarrett@gmail.com)



### **Save the date!**

## **Third Annual Friends of Sahale weekend January 12-14, 2018**

*Kirsten Rohde*

In 2016, the Council of the Goodenough Community decided that all that happens at Sahale, including visioning and planning, would best be reviewed by the group of people most connected to Sahale – residents, volunteers, frequent visitors, and other community members. We termed this group, “Friends of Sahale” and had our first weekend at Sahale in January of 2016. A second weekend followed in



January of 2017. We will be holding our third weekend this coming January and all are invited who have an interest in the life and future of Sahale.

These weekends are a time for appreciation and celebration, brainstorming and dreaming. We learn together about strategic planning, the art of discussion and decision, and the value of appreciating what we have accomplished. At the first weekend we reviewed the activities of the past year, roles, goals, projects and accomplishments. We looked at finances and had our first of many conversations about the future of the aging white tent. We reviewed aspects of Sahale including the retreat business, the forming Home Owners Association, and the EcoVillage residents and projects. The need for structural improvements and funding these was a major topic of discussion and a list of possible upgrades was created to be forwarded to the community annual meeting in March.

In 2017 we worked on goals and objectives for Sahale, thinking many years into the future. The Capital Campaign fundraising for Sahale improvements and the status of several of the projects was reviewed. Three ongoing teams are working on:

- Aesthetic, including safety, accessibility,
- Land Stewardship;
- Infrastructure and building projects.

The financial report was very positive for Sahale with an emphasis on the ongoing need to **expand** the number of people who are making monthly contributions to support a major Sahale expense: the mortgage.

**Please consider coming to this year's Friends of Sahale weekend.** This weekend is an invaluable opportunity to share reflections, ideas, creativity and dreams; help with planning and visioning, work in groups to strategize ways to accomplish goals, enjoy each other's company, and share many appreciations.



## Pathwork

*Joan Valles*

Pathwork, a program of Convocation: A Church and Ministry, meets from 7 to 9:30 p.m. on alternate Sundays as an interfaith circle of practice under the leadership of Colette Hoff.

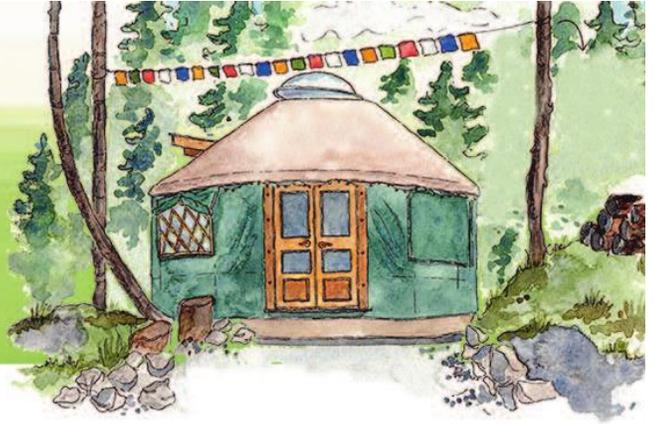
This autumn the Pathwork circle is going to continue working with Lab, partially drawing upon the work of Rick Hanson and his book, *Buddha's Brain*. **Anyone who is interested in continuing work begun at Lab or anyone wishing to explore the idea of using your brain to change your mind and move beyond habitual patterns is invited to join.** You need not have attended Lab to participate. For those who attended it's an opportunity to enhance the experience; for those who did not, it's an opportunity to learn about this transformative work.

The next Pathwork circle gathering is on November 19, with subsequent dates Dec. 3 and 17 in the Community Center in West Seattle. Check the eView for confirmation of these dates or possible changes. For additional information, contact Colette ([hoff@goodenough.org](mailto:hoff@goodenough.org)).

# MUSINGS

FROM MY CORNER OF THE YURT

drai bearwomyn | city girl gone rogue at sahale



## Your perspective of me...

*I have been wondering what your perspective is of ME... (beyond being Andrew Hovenden's Spirit Animal. LOL!) I would imagine you see the most recent machination of my Self...the singing, Earth-mama, wootie-wootie medicine gal. If that is how you see me, that is just grand. And if so, this PERSPECTIVE might make you lean a certain way into how you hear me, consider me, what you ask of me, how you value me. I like that, because I like this part of me very very much. AND...there is more. It has been on my mind lately that you don't really know all of me...and I find I want you to. This is in part because you are my tribe and I want to be not just known but also witnessed; and further because I am carving out my role here and I would like very much for your PERSPECTIVE of me to encompass my history, journey and skill. I might lead, or make recommendations or someday which might be more fully understood if your PERSPECTIVE of me includes all of me.*

A few years ago, I had this same revelation about the Long Dancers PERSPECTIVE of me. I went through an exercise with them to show myself. It was a bit scary, but ended up being really powerful...because, as I suspected, they had NO IDEA all of who I am - *the other side of Drai*. Really, how could they? They were not there for the whole journey. It was a valuable experience for myself and others, so I am opting to share here too, for the sake of growth. It is simple, I offer below, 50 years in quick review of what type of things I have been doing and what has been shaping me and my mind. I thank you for taking the time to get to know me better and as needed, expanding perhaps, your PERSPECTIVE of me.

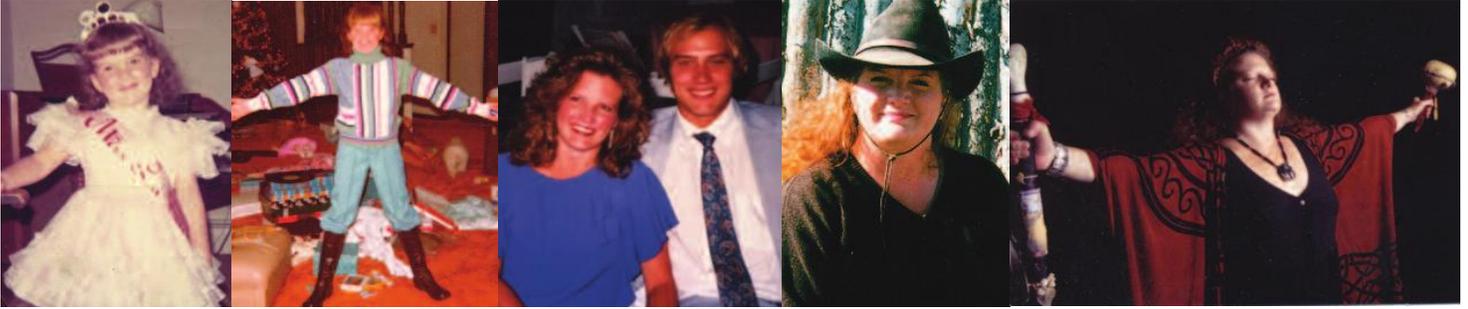
5 years old | **LITTLE MISS COLORADO** | Modeling, TV commercials, movies and plays. 10 year journey.

13 years old | **COLORADO BUILDING SPECIALTIES** | This was my dad's company where I began learning the work force. I started with secretarial, moved to reception, onto inventory control and accounting then finished with a rudimentary knowledge of construction and building products ie: fireplaces, doors and windows.

15 years old | **THE AMBROSIO COMPANY** | **{NOTE: this was the year I met John Schindler!}** This was another family business, it was a showroom where we sold gifts and decorative accessories, wholesale to retail. By 16 years old, I was their top sales rep, bringing in \$4,000/month in commissions, was the first to get contracts with the Denver Department stores, learned and ran our trade shows. At this age, while in High School, I also travelled *alone* to other Merchandise Marts in NYC, LA, Chicago, Dallas, for manufacturing visits and to make existing and new vendor connections. I was responsible for finding the 'hot' new products for us to represent and start those negotiations. I taught myself how to use the very first DOS system and became responsible for the companies accounting, commissions and reporting. This was where I did my very first logo and started merchandising, construction, design and displays.

**I went to COLLEGE for 5 minutes** – triple major...international law, psych, foreign language. I ended up leaving just after first semester because my father was deathly ill and the company 'needed me'...I never went back to school.

19 years old | **ANTHONY ROBBINS** | I was responsible for the Rocky Mountain Region Tony Robbins blast marketing, registrations, customer communications and retention program. I was a Denver Seminar team member and was responsible for his Denver Events management.



20 years old | **PRINTEMPS** | This was cool...Printemps is France's very high-end famous department store, and they brought one, as a test to America. (Leather floors in men's shoes, \$40K men's suits, \$6K Hermes scarves, Baccarat and Lalique crystal displayed on Zebra skins, confections from around the globe, tiny bites all starting at well over \$100 each...Really extraordinary and beautiful.) Very trunk show, couture and boutique. Exquisite building and aesthetics. Out of 6,000 candidates, I was chosen to be 1 of 3 comprising the Visual Merchandising Team. This is where I learned I did not need makeup, or have to do my hair, and every ounce of my creativity was born and allowed. This is where I started wearing French Fashion, opaque calf high black stockings and \$2,000 eyewear?! ha.I did 24 2-story full scale Store Windows seasonally and was responsible for daily merchandising of new goods and product maintenance...one was never to walk into any department and have ONE item not presented perfectly. Talk about PERCEPTION?! To this day, I DO know how to fold towels and shirts! This is, I believe, where I began to find ME and not who I was "supposed" to be. I loved this job and was on the eve of flying to Paris, where we were beginning a 1-year work exchange. I as the American working in the Parisian Printemps and the French Woman taking my job in Denver...Then politics happened, the majority owner found himself in legal trouble and the store closed.

21 years old | **MEXICO** | I moved to Monterrey Mexico and began my negotiations with Ford Motor for my place in Manufacturing. I ended up not choosing the job I was offered and instead took a job as a Spanish/English Teacher. I began dating the son of the 2nd wealthiest man in Mexico. What a social life I had which was reflected in the newspapers, me and my BIG HAIR. All of that started as fun and glamorous and ended with me wanting to be a very different person. I went to Mexico as a Republican and returned to America a year later as a Democrat after learning about slave labor, abject poverty, employer responsibility, class struggle, caste systems and social responsibility. I left only weeks after hurricane Hugo destroyed our city, killing 6,000 locals who lived in the chancy towns in the river bed that flash flooded.

22 years old | **KG Men's and Kaufman's Men's Stores** | I was part of a team of 4 for Store Planning, Merchandising and Purchasing for this American 175 store chain. I was inventory control for new stores, traveled around the nation staging and merchandising new stores and set visual maintenance guidelines for existing stores, along with travel for store reviews. Here I learned an immense amount about \$ per square foot, PERCEPTION, customer traffic and the politics of retail.

23 years old | **Got married. Had a baby - Ashley!**

24 years old | **KG Men's...promotion** | I left the merchandising side of the building and moved into advertising as the Assistant Advertising Director. I was responsible for everything related to TV, Radio and print media, model negotiations, photo shoots, and this is where my graphic design career started. I was so bothered by the rude untalented guy who did our ads, I researched what a Mac was, how it worked, did a cost analysis about doing our ads in house...got it approved, taught myself Mac and began doing all our print media myself! SUPER FUN> I SO appreciate they gave me my head! That is how I work best. And it was a HUGE success and money saver!

**GOT DIVORCED.**

25 years old | **DENIM WORKS (KG's hip new company)** | Director of Store Planning  
 Here I was given only a concept, make something "new" with Denim, for all people. I named the store, created the concept, drew the architectural plans, managed the construction, design and merchandising crews and flushed out the new brand identification nationally. It was a VERY man's world between the unionized construction labor and the mall management teams that I had to talk into a very urban, raw mall concept. We were the first to have concrete floors, open HAVAC ceilings, trucks in our stores, oil barrels, and all kinds of "junk" from the junk yard, turned into retail fixtures. We were the precursor to what you know now as Old Navy and Urban Outfitters. Built 10 stores in 8 months on the tiniest retail budget in the history of the world :) My favorite part of this job was getting to work with Levi Strauss Corporate in San Francisco, where I got to be one of few to go into the bowels of the Levi's archives and pull out all their vintage ads for us to print on sheet metal, sand to age and shoot with shotguns to give the impression of old, abused road signs! FUN

## **GOT MARRIED 2ND TIME.**

26 years old | **GAIAM** | The president of Denim Works brought me over to start Gaiam. I was one on a team of 8 to start-up this now thriving international force of a company. I designed the logos and it's brands from the inception. You might recognize some of our products from Seventh Generation to Living Arts Yoga. In the beginning, I ran the national graphics team as Director, designed all 3 of their catalogs InnerBalance, Harmony and Explorations. With my staff of 20, was responsible for all print media and portions of video production support for our offshoot company *Conscious Wave Media*. Later I was promoted to Vice President of Retail Development. I continued to manage graphics + became responsible for rolling out Gaiam Natural Living Centers inside of Whole Foods. Here I took our sales to Whole Foods from \$350K annually to 3.5 Million in 9 months with a 5 year growth plan to see us topple into the Billions. I had to create my own inventory control team, warehouse fulfillment team and sales team, overall managing over 200 people. THIS is where my spirituality grew exponentially...we had an immense spiritual library that I drank in, and I personally learned from some incredible teachers that I was so privileged to work with, folks like Drumvelo Malchizidek, Greg Braden, Robert Lawlor, John Mackey, Colin Andrews, Dr. Dean Ornish, Mathew Fox, Deepak Chopra, Rupert Sheldrake, Paul Rey, Rodney Yee and Graham Hancock. Here is where I GREW UP, TURNED ON MY BRAIN, OPENED MY HEART AND BEGAN TO SEE AND STEP MORE INTENTIONALLY ON THE EARTH. I embodied conscious commerce and the new business paradigm of People, Planet, Profit. And I shifted from being 'one of the boys' (and an angry bulldozing one at that) to my sacred feminine self.

32 years old | **STEP ONTO THE SPIRITUAL PATH** | I met Brooks and Eva BlackTail Swan, one my mentor in women's way and one my mentor in Cherokee teachings which sideby with great similarity to the teachings and philosophies of the Celts.

34 years old | **BECAME A LONG DANCER** | Changed my life...and a few years after that came to Sahale for the first time.

35 years old | **WILD REDHEAD DESIGN** | I left corporate America behind. My passion was never in running teams and making big money. While I was great at it, it was VERY stressful, I was never home and it was not my passion. Now I started my own graphics business, stepped myself back down the ladder (feeling proud for having 'gotten there') and went back to what I love...creating for people. My small business model is designed to support those who are making a difference in the world. I have had the privilege of designing for some pretty important projects for the World Wildlife Foundation, for Coca-Cola, as they try to improve their water usage in the global factories, Remo Drum Company (for their new science health drumming program), The Discovery Store and Corporate Expresses environmental care program. I have also been so delighted to offer my 'big biz' skills to 'small biz' for a reasonable price. I work for healers, organic chefs, The American Jewish Committee, Sounds True Magazine, Suicide Prevention Network, The Vagina Monologues, Washington Department of Fish and Wildlife, Women of Wisdom Foundation, Fort Logan National Cemetery, The Soldiers Project and more... and now for the Goodenough Community and Sahale wahoo! MY JOY! I have designed myriad CD, DVD, BOOK and VIDEO covers. Just last month, I was contacted by Actress Julia Ormond who is the founder of ASSET - THE ALLIANCE TO STOP SLAVERY AND END HUMAN TRAFFICKING. I am navigating that contract now and would be most honored to be a part of such work. This summer I executed some powerpacked documents about the environment, water and land stewardship, which I later learned landed on the desk of Mark Zuckerberg, Leonardo DiCaprio and Oprah. That was kinda neat. My favorite project this year was working on an incredible water initiative for the XPrize.

## **39 years old | GOT DIVORCED AGAIN**

And the rest, you know. I re-met the love of my life John Schindler, moved to Washington State after living in Colorado for 43 years. Took up again hunting and fishing, remembered how to play in the mud and the rain. Laid down ALL my couture, phew! And now, married to John, am living joyfully with this profound invitation to be an active Eco-Village Member of the Goodenough Community at Sahale. I sort of feel like I am doing my life backwards... I missed family and love in big ways in the beginning, went straight into business, money and time management and am now coming back to family/community and love again. Blessed be indeed.

I thank you for listening, *truly*.

**IT IS MY HOPE THAT I WILL INSPIRE YOU TO SHARE YOUR STORY  
I WANT TO KNOW MORE ABOUT EACH OF YOU!**



## The deAnguera Blog: Perspective



My perspective is the point of view that I use to analyze my experiences.

The 3 photos I took are snapshots of my experience of today. They were taken at 2 different times today. The first two were taken while I was working with Jim Tocher this morning. The last one was taken just a few minutes ago during the afternoon.

What is my perspective as far as the photos go? I am obviously taking these pictures for my Eview article. I wanted to show something of our work lives here at Sahale.

The two top pictures show Jim checking in with Liu about cutting wood and interfacing with Colette about his schedule. We rely in Jim as one of our more experienced people in our community.

Can one tell a lot about a photographer by how he/she takes pictures? Absolutely. Photos always convey the photographer's perspective.

I have to confess my photos are often taken in the moment. I figure out what to do with them later. These are like that. But taking pictures forces me to think about the scenes depicted. There is no such thing as an ordinary scene.

Since we have no events going on this week, writing about a topic can be challenge. So I just start writing something, usually whatever comes to mind. The secret is to have no doubts about my writing.

I see our work out here at Sahale as being part of our practice as a community. This is where the ideals of Lab get put into practice. This where we differ from other groups who emphasize practicing alone what people have learned together. Other groups generally teach their members how to practice their new skills alone when they get "home."

For me home is Sahale. I don't go to live somewhere else alone. I do meal preparation and housekeeping in company with others. That's crucial for my psychological health.

The above two scenes show people I have an ongoing relationship with as a result of living at Sahale. We all need Sahale as a way to practice building our relationships with each other.

Like the salmon in the lower photo we only get a limited amount of time on this earth. What are each of us doing with this time?

We see ourselves as social change agents who are putting forth a way of life as a model for our ideals. We invite others to check us out.

The world as we have known it is falling away. One can sense it in the news every day and in the way society is changing. Where our way of life is an example of what to do.

We are living proof that the necessities of life can be obtained much more easily as a group than as isolated individuals.



Salmon spawning in Tahuya River.  
For these beings, that's part of life.



### **Fossil Fuel Free Community**

Belfair Library 10:00 AM on Nov. 18<sup>th</sup>

Kirsten Rohde

I am attending, will you join me on **Saturday, Nov 18** for a Fossil Free library meeting. Meet others in your community who want to organize to build local power and take climate action. Working together, we will end the use of fossil fuels and transition our world to 100% renewable energy for all. Find out what you can do in your city or town to begin to build the Fossil Free future we need -- and connect with other activists equally passionate about this work. Please RVSP so we can send you updates and last minute details.

Can you join me? Click here for details and to RSVP: <https://actionnetwork.org/events/fossil-fuel-free-community>

Thanks and pass the word!

### **The Lex is available!**

Hollis Ryan

Many of you will remember helping us renovate The Lex, our son Sam's home near Columbia City. You helped us clean and paint, and you helped Sam move into his home more than a decade ago.

Now, Sam is moving, and The Lex is for sale. Perhaps you'd like to see it:

Click the following link to view the listing:

<http://www.matrix.nwmls.com/DE.asp?k=3578676XMBFQ&p=DE-87363262-613>

You can help once again by spreading the word that this cozy home is for sale. If you know anyone who would like to live near Columbia City, near public transit, in a vintage home with a large fenced back yard and spacious kitchen ... let them know about The Lex! The home is well suited for group living, with a finished basement and a finished attic.



## Birthdays!

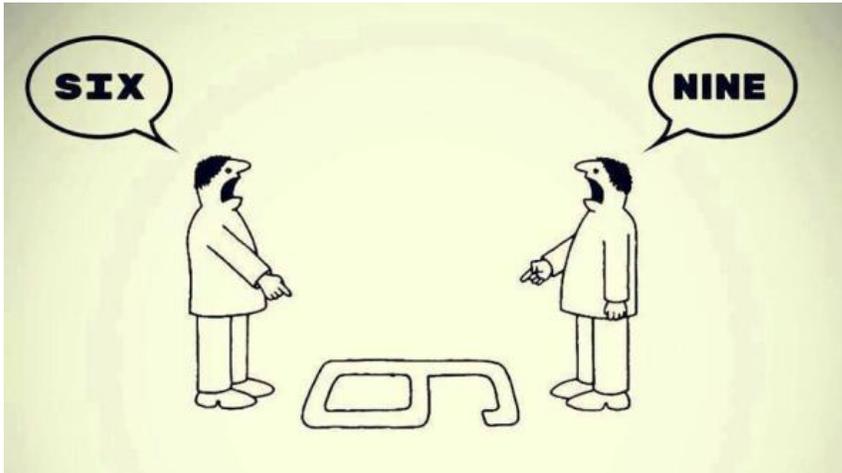
- Colette Hoff** – November 10 – Happy 70<sup>th</sup>!
- Jim Tocher** – November 11 – Happy 83<sup>rd</sup> birthday !
- John Schindler** – November 11 – Happy 50<sup>th</sup>!
- Norm Peck** – November 14. Happy birthday, Norm!
- JR Fulton** – November 14. Happy birthday, JR!



## Happy Fifth Anniversary Logger Bar!

November 17 – Fifth anniversary of the opening of Kate Martin's establishment in Blue Lake, California. Congratulations, Kate, on the success of your dream!

Perspective:



“Humor requires perspective.  
Perspective requires focus.  
Focus requires balance. Balance  
requires attention to the present  
moment. In the 'now' one is freed  
from labels. Success and failure,  
good luck and bad—they're all  
constructs of your mind.”

- Tom Bergeron -

OkDay.com

---

## Calendar of Programs and Events, 2017 - 2018

What makes community meaningful and fun?. The richness of life in community comes in many ways – getting together informally over a meal ... celebrating a significant birthday with long-time and newfound friends ... working together in a creative endeavor ... collaborating in a work party ... thinking deeply with others about what it means to be fully alive and connected with ourselves, each other, and Spirit ... and more.

In the Goodenough Community, we recognize such ways to connect as expressions of living life fully and in communities of all kinds. Throughout the year we offer programs that help you participate in your own development, learn about relating well with others, and discover your potential to have a good time in life and with others.

We welcome your interest and your participation, and hope that you will join us at any – or many! – of this year's events. More information about programs and upcoming events can be found on our website: [www.goodenough.org](http://www.goodenough.org)



**The Third Age:** Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle.  
**Future meetings: January 19, March 2, June 1.** Contact Kirsten Rohde for more information:

[krohde14@outlook.com](mailto:krohde14@outlook.com)

**The women's program** is a long-established and ever-growing way for women to enjoy each other's company, learn about themselves as women, and even perhaps to experience the

Divine Feminine. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: [hollisr@comcast.net](mailto:hollisr@comcast.net). Dates: **Saturday 10 – 2 in West Seattle: January 20, March 3, June 9. Womens Weekend: April 13-15 at Sahale.**



**The men's program** is an expression of the best wisdom men have gathered from their life together—about what is a good man and how he could best express that in his own life. The fall gathering at Sahale will be combined with the white tent take down and continue into the rest of the **weekend as a men's gathering. October 6-8, June 8-10** at Sahale. Contact Bruce Perler for more information: [bruce\\_perler@hotmail.com](mailto:bruce_perler@hotmail.com)



**Pathwork, a program of Convocation: A Church and Ministry.** On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 p.m. under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service.

In the spring of this year, we studied the religion of Islam in our desire to understand this major world religion that is in the news so much. Our intention in studying Islam has been to help counter the negativity sometimes expressed towards Muslims by gaining understanding of their faith.

**Gathering are at the Community Center in Seattle: Nov 5, 19, Dec 3, 17, Jan 7, 28, Feb 11, 25, Mar 11, 25, Apr 8, 22, May 6, 20, June 3, 17.**

Contact Colette Hoff for more information: [hoff@goodenough.org](mailto:hoff@goodenough.org)



### **True Holidays Celebration, Saturday, December 2, 2017**

Be part of this fun-filled family-oriented evening, and prepare yourself for the winter season (whatever faith tradition you follow) that fills your heart.

Contact: Kirsten Rohde, [krohde14@outlook.com](mailto:krohde14@outlook.com)



### **Winter Solstice Bus Trip, Saturday December 16, 2017**

Board a bus, play in the snow, shop in Leavenworth, have a horse-drawn sleigh ride and enjoy an abundant dinner.

Contact: Colette Hoff [hoff@goodenough.org](mailto:hoff@goodenough.org)



**New Year's Eve at Sahale, 2017 – 2018.** Sunday will be New Year's Eve and Monday will be New Year's Day. This is a time to honor the year's passing and the new year to come. It is a combination of playing and reflecting together. Games, poems, music, good food, laughter, relaxation, and thoughtful conversation are all usually part of our time at Sahale as the new year arrives.



**Friends of Sahale Annual Weekend, January 12-14,**

**2018.** The *Friends of Sahale* are people who enjoy and care about Sahale and are interested in helping shape Sahale's life, culture, and future. See more description of this weekend in this eView or contact Kirsten Rohde,

[krohde14@outlook.com](mailto:krohde14@outlook.com)

**Work and Play Parties throughout the Year.**

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (May 25 – 28, 2018), as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together.

We often gather at Sahale on the Labor Day weekend to enjoy the end of summer and you are welcome to join. This is also a great time for those who attend the Human Relations Laboratory to reconnect. We will have good meals together, relax, and possibly do some early harvesting of apples or other produce depending on what is ripe. To confirm your plans to come out to Sahale contact: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)



**Summer Camp for Youth, June 24 – 30, 2018**

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Contact: Irene Perler, [Irene\\_Perler@hotmail.com](mailto:Irene_Perler@hotmail.com)

**Human Relations Laboratory, August 5 to 11, 2018**

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 49<sup>th</sup> year! Contact: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)

**Lab Leadership Training**, February 16 to 18, 2018



**Annual Community Day at Sahale: March 17<sup>th</sup>, 2018.** This gathering is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde [krohde14@outlook.com](mailto:krohde14@outlook.com) for more information.



**Politics:** In 1912, Emmaline Panhurst went to prison 12 times in her fight to gain universal suffrage for women. “We are not here because we are lawbreakers; we are here in our efforts to become lawmakers,” she said.”

**Sex:** “Being with a woman all night never hurt no professional ballplayer. It’s staying up all night looking for a woman that does him in.”

**Art:** “Art is a lie that makes us realize the truth.” – Picasso

**Prison:** “I felt that I could go and have a vacation,” said Martha Stewart describing her attitude on serving five months in prison, an incarceration that forced her to slow down and smell the roses, even if they were behind barbed wire.

**Jail:** Ralph Waldo Emerson went to visit his fellow transcendentalist, Henry Thoreau in jail. Thoreau was protesting slavery by refusing to pay a poll tax. “Why are you in there?” Emerson asked. “Why are you out there?” Thoreau replied.

**Raising Money:** Be a professional fun – raiser.

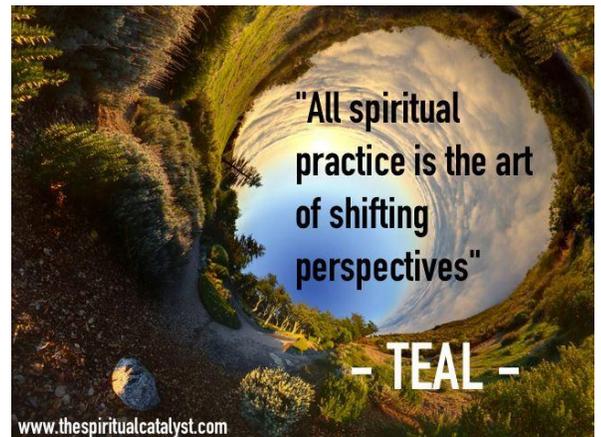
**Pessimism:** A man asked his rabbi why is it that a slice of bread with butter on it always lands with the buttered side down. The rabbi had never heard this before, so they tried it. The rabbi buttered the bread, dropped it and it landed with the buttered side up. The rabbi pointed to it, and said, “Well?” The man protested, “But rabbi, you buttered the wrong side.” Understand that some sour pusses will never change, so there’s never a need to be angry at them. See what perspective can do.

**Negativism:** An optimist and a pessimist went goose hunting. The optimist shot down a big goose overhead. His dog leaped out of the boat, ran on top of the water, picked up the goose and ran back all the way on top of the water. The positive farmer said, “What do you think of that? The negative farmer shook his head in disgust. “Just what I thought,” he said, your dog can’t even swim.”

**Sales:** Instead of saying, “If you have any questions, please do not hesitate to contact me.” Try, “I will follow up with you in two weeks, but in the meantime, feel free to call with any questions.”

**Economy/Education:** “Girls, when I was growing up, parents used to say to me, ‘Tom, finish your dinner; people in China and India are starving.’ My advice to you is: ‘Girls, finish your homework; people in China and India are starving for your jobs.’ From Tom Friedman, author of “The World is Flat.”

**History:** Resisters in France were called Freedom Fighters. When Sioux warriors defeated U.S. warriors at Little Big Horn, the press called them butchers. When U.S. Cavalry gunned down



unarmed men and women and children at Wounded Knee in South Dakota in 1890, the soldiers were called heroes and were honored with more Congressional Medals of Honor than in any previous battle.

**Business:** Don't focus on profits; focus on the factors that produce the profits.

I'm not saying you have to be a contrarian, but you do need to ask the contrarian question or see the contrarian view. It will help round out your perspective and help guide you to the truth.

Nor can you always take things at face value. Lucy wasn't always a loveable redhead. Before she hit it big, she was a blond and chestnut brunette. People and things aren't always what they seem. The sun may appear to move across the sky each day, but it's actually the earth that's moving.

If we don't continue to seek fresh perspectives, pretty soon we won't know what's real. You'll be like the old man with the limburger cheese attached to his mustache. Everywhere he went he thought the world stunk, when it was he who was the malodorous one.

So brush away the cheese crumbs. Recall the wisdom of Alexander Pope, "All seems infected that the infected spy, all looks yellow the jaundiced eye."

The world doesn't have to be yellow, it can be clear and bright and beautiful. It just depends on your perspective.

Take a new way home tomorrow, walk through a section of campus you've never seen before. There's a whole universe of knowledge and wisdom that needs your attention. See the world with fresh your eyes. I know one who did.

In 1896 Col. Griffith J. Griffith donated most of the 4,100 acres that make up L.A.'s Griffith Park, and later funded the public observatory that was constructed after his death and bears his name today. He had been moved to make his bequest after peering through the telescope at Mt. Wilson, then the most important research observatory in the world. An observatory, after all, is a tool for helping one observe and gain new perspectives.

He said, "If all mankind could look through that telescope, it would change the world."

*This essay was inspired by Cary Grant*

<http://www.laverneonline.com/2010/08/10/life-is-a-matter-of-perspective-an-essay-by-peter-bennett/>

