

In psychology, an **attitude** is an expression of favor or disfavor toward a person, place, thing, or event (the **attitude object**). Prominent psychologist Gordon Allport once described **attitudes** "**the most distinctive and indispensable concept in contemporary social psychology.**"^[1] Attitude can be formed from a person's past and present.^[2]

ATTITUDE

by: Charles Swindoll

The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home . . . a community.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it.

And so it is with you... we are in charge of our attitudes.



The Village eView

April 15, 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.**

Upcoming Events

Relationship Group – Tuesdays – 7:30pm

[Pathwork, April 26](#)

[Planning Workshop for HRL 2015 – April 17-19](#)

[Third Age – April 24](#)

[Annual Meeting – April 27](#)

[Laughter --Music Event, April 28](#)

Women's weekend – May 1-3

"Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens."

— Khalil Gibran

It Is All In the Attitude

John L. Hoff

Colette and I have enjoyed exploring what we mean when we use the word attitude. The other day a friend of mine made a complement about another mutual friend. The comment was very favorable toward this person. Yet, as the paragraph ended there was one sentence that confessed to having an attitude toward the person he had been describing. The attitude expressed was disrespectful and not intending good things for the person being described. I was emotionally whiplashed. The words spoken had given me one message and the attitude expressed opposed everything else that had been said. I felt confused and distracted into my own confusion. But first let me say what Colette and I and some others have been doing in research into attitude. First there is some agreement that the word attitude needs to be set



over and against such concepts as authentic, congruent, sincere, and clearly positive. Your **negative** attitudes are often expressed as discomfort with the subject or person at hand. This is why we say "he or she has an attitude." When we say such a thing we are identifying our own discomfort with some feature that is inauthentic and confusing in someone else's behavior. As of this sentence we want you to know that we are asking you to invite your friends and partners to point out where (around what subjects and relationships) you become inauthentic or fake. We must refrain from judging each other's inauthentic behavior even though we would all benefit from becoming more authentic and morally expressive of truth and accuracy. If we committed ourselves to such a program of becoming more authentic and integrated in our lives, we would experience our lives becoming more real and trustworthy and our relationships becoming more relaxed and fulfilling.

Next week we will focus on being authentic and consistent and consistently so. You can "get with the program" by allowing yourself to assess your own ability to relate authentically. Ask yourself how you could improve.

A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.

~Anonymous

"You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you." — Brian Tracy



A great attitude does much more than turn on the lights in our worlds; it seems to magically connect us to all sorts of serendipitous opportunities that were somehow absent before the change. ~Earl Nightingale

I have two cents about attitude to share.

Last spring while I was working on a house one day in Iowa, I was having quite the bad day. As I was ruminating in my misery, I got the realization that my attitude was entirely my own decision regardless of circumstances. I have the ability to decide whether or not I am having a good day, and also happy, and frankly circumstances be damned. =Pharoah Kuykendall

Joining As An Attitude

Irene Perler

Once again, I am enjoying the good feelings after a day at Sahale when the work crew showed it true colors – the fine color of joining and wanting to make something fine happen for the whole group. We started the day with a pow-wow to check in about work we were each doing over the last few days and the areas we wanted to continue to focus on and the support that could be helpful. We talked about a longer list of projects needing attention in the next month. Everyone listened respectfully and also contributed a piece of the puzzle that they each represent...but when all that talking was done we prepared to work together in the sunny spring weather and build a new garden area. The fence was completed last month thanks to many and especially Josh and Yako who worked so well together to build it well.

The task today was to continue to build up keyhole style beds that allow the rectangular space of sod to transform into an elaborate, beautiful and highly functional growing space. The design was roughed out a few days ago with Evelyn with rope and straw identifying the locations of paths and curvy soil beds and access spots to reach the hose bib and the row of raspberries at one end. The ideal was to make as much growing space as feasible and yet still be able to walk around for maintenance and harvest of the vegetable and fruits we intend for this space. We wanted an organic feeling, as well as practical access to the spaces and she

accomplished all of this in the design. She even included some very fun elements that seemed to emerge from the process!

The attitude from all was of “let’s do this!”. There were 6 people coming and going and doing a variety of steps involved in completion of the new beds and paths. It really was a graceful and energetic dance to bring soil to the garden with the tractor from the big pile of “fish” as well as from our own composted vegetable matter. We named the soil we had delivered to us “fish”, because it contains some fish emulsion from a local fish processing business. It also contains 4 other ingredients, but we called it “fish” for ease of identification. Pharoah brought this to us in the Kubota as he enjoys honing his skill with the tractor. Yako and Josh shoveled and brought in the soil and they were joined by Evelyn to move the soil into the newly formed labyrinth of beds. It took three of them to lift and dump wheelbarrow into spaces and shovel the mulch as well onto the paths. Raking it all out and working around each other in a fairly small space was much like watching ants work to pass things off to one another or move around back and forth along the same narrow paths. Everyone worked joyously, energetically and intentionally. The beds were still being formed in some areas with a new cardboard technique that we started using last year. It was a technique that I saw used at a Permaculture convergence demonstration garden and last year I experimented with it in the upper gardens and wanted to continue to use this technique. I felt joined by others in adopting this method to the new garden space.

**ATTITUDE
IS THE
DIFFERENCE
BETWEEN
AN ORDEAL
AND AN
ADVENTURE**

More fun of joining came when Evelyn invited us to name the garden. There are some obvious and playful aspects to the shapes of the garden that easily led us to a theme. It seems that the garden spoke to us and has a bi-sexual nature...it has male and female forms in it. It even has a birthing woman form in it. We’ll let you visit and see if you can find the other intriguing forms. We had such a playful conversation that I leave the day knowing that an ease of joining was

You can complain
because
roses have thorns.
or you can rejoice
because
thorns have roses.

ATTITUDE IS KEY

present. I’ll wait and see if someone else tells the outcome of the story of naming the garden...I’m just giving you a teaser and telling you how it was a joining process in my experience. We worked hard together, but there was much play and care present. There was also flexibility and some change here and there, small shifts in the design. These modifications can sometime be difficult when the work gets going, but several modifications were made with seeming grace. I am grateful to work with a group of friends who feel this way about their work and who are capable of joining well.

I am so grateful for this “joining attitude” present in the friends who work together at Sahale. Thank you all for a joyous and successful day. I look forward to going down to the “xxxxx” garden tomorrow for more fun! See other posts for photos...my camera was not available today.



When we cling to thoughts and memories, we are clinging to what cannot be grasped. When we touch these phantoms and let them go, we may discover a space, a break in the chatter, a glimpse of open sky. This is our birthright—the wisdom with which we were born, the vast unfolding display of primordial richness, primordial openness, primordial wisdom itself. When one thought has ended and another has not yet begun, we can rest in that space.

– Pema Chodron



Pathwork: A Circle of Trust

Colette Hoff

If I were to do anything in service in an ongoing way, I want to do a “Pathwork” evening where we talk about our spiritual journey, where the only rule is to not talk about our problems: It’s positively framed. It’s about noticing what is working and why it’s working, why it’s working, and who is helping with that.” John Hoff shared this purpose with a group of people gathered on Sunday evenings.

Pathwork is a commitment to let people matter, and let your own happiness matter: what makes you stronger and wiser, and what (depletes you). And trying to have a life as good as possible is the goal, to be fully alive, to be developing/enjoying.

Pathwork is a commitment to encouraging people to their fullest development. For John and Colette this means encouraging:

1. **Maturity** an awareness of one’s age and the responsibilities to act accordingly or even a little better, being aware of developmental tasks of all ages and being responsible to them including a conscience on fulfilling one’s own intentions.

2. **Sanity** or being proactively responsible for your mental and emotional life. Sanity also has to do with the choice to be in relationship and to care for other people's experiences.
3. **Awakeness** as Self to the energetic quality of life in a body.
4. **Intellectual** preparation or an approach to learning about your own intelligence and how to make the most of your mental capabilities.
5. **Compassion** (learning to feel) and a sense of **service** to others.

The Pathwork Circle meets on Sunday evenings at 7:00 at our new Community Center at 3610 SW Barton St. in West Seattle. You are welcome to join!

Pathwork Schedule for Spring 2015:

No Pathwork Sunday April 19

April 26 Pathwork

No Pathwork May 3, 10 (Women's and Men's weekend)

May 17 Pathwork

No Pathwork May 24 (Memorial Day Weekend Work Party)

May 31 Pathwork

A CIRCLE OF TRUST

by Parker Palmer

Like a wild animal, the soul is tough, resilient, resourceful, savvy, and self-sufficient: it knows how to survive in hard places. I learned about these qualities during my bouts with depression. In that deadly darkness, the faculties I had always depended on collapsed. My intellect was useless; my emotions were dead; my will was impotent; my ego was shattered. But from time to time, deep in the thickets of my inner wilderness, I could sense the presence of something that knew how to stay alive even when the rest of me wanted to die. That something was my tough and tenacious soul.

Yet despite its toughness, the soul is also shy. Just like a wild animal, it seeks safety in the dense underbrush, especially when other people are around. If we want to see a wild animal, we know that the last thing we should do is go crashing through the woods yelling for it to come out. But if we will walk quietly into the woods, sit patiently at the base of a tree, breathe with the earth, and fade into our surroundings, the wild creature we seek might put in an appearance. We may see it only briefly and only out of the corner of an eye - but the sight is a gift we will always treasure as an end in itself.

Unfortunately, community in our culture too often means a group of people who go crashing through the woods together, scaring the soul away. In spaces ranging from congregations to classrooms, we preach and teach, assert and argue, claim and proclaim, admonish and advise,

and generally behave in ways that drive everything original and wild into hiding. Under these conditions, the intellect, emotions, will and ego may emerge, but not the soul: we scare off all the soulful things, like respectful relationships, goodwill, and hope.

A circle of trust is a group of people who know how to sit quietly "in the woods" with each other and wait for the shy soul to show up... In such a space, we are freed to hear our own truth, touch what brings us joy, become self-critical about our faults, and take risky steps toward change - knowing that we will be accepted no matter what the outcome.



Parker J. Palmer, is a world-renowned writer, speaker and activist who focuses on issues in education, community, leadership, spirituality and social change. He has reached millions worldwide through his nine books, including *Let Your Life Speak*, *The Courage to Teach*, *A Hidden Wholeness*, and *Healing the Heart of Democracy*. Above is an excerpt from his book titled *A Hidden Wholeness: The Journey Toward an Undivided Life*

*Attitude is a little
thing that makes a
big difference*
--Winston Churchill

How do you relate to the Goodenough Community?

Kirsten Rohde and Elizabeth Jarrett-Jefferson

How do you see your connection to the Goodenough Community and its related organizations? Do you say, "I'm a member of the Goodenough Community" when you describe your participation to others? What does that mean to you? What would you like it to mean to you and others? Maybe you think of yourself as someone who has attended programs and events, helped out at work parties or on committees, or perhaps you support the community and want to see it succeed yet you live further away or participate from time to time. Do you see yourself as a friend of the community?

We've been studying membership categories since the community development work of the Renaissance Project in 2012. We've looked at ways to invite involvement for the community, its sponsoring nonprofit, the American Association for the Furtherance of Community, and Convocation: a Church and Ministry. Some folks are clear that they want to be involved on a regular basis, take on roles in the organizations, and have a role in decisions. Others care very much for the community and feel a connection while not participating as much on the organizational level. This is how we've come up with terms such as being a

“friend” of the Goodenough Community, and “member” of the Association and a participant in the congregation of Convocation.

At our upcoming annual meeting at our Seattle Community home, Monday, April 27, we will be talking about these issues and others. Please come and share your thoughts about community participation and help us shape levels of involvement. This will help each person who feels a connection to our community choose a clear way to be involved.

We have had our annual meeting at Sahale over a weekend for many years. This year we’re hosting our meeting in town to make it possible for more people to attend. It also honors our community’s presence in Seattle.

Please join us! We want to let you know what’s happening in the Goodenough Community and invite your comments and questions. We always have fun!

Annual Meeting of the Goodenough Community and its supporting organizations **Monday, April 27, 6:30 – 9:30 PM, at the new Community Center in Seattle**

Our annual meetings are integral to our community and formally mandated by the charters of the Association for the Furtherance of Community and Convocation: A Church and Ministry. Our annual meetings are a wonderful opportunity to see members and friends and to lend our energy and good will to the **vision** and ongoing work of our community.

Announcing a Very Special Event
Welcome to the Peace Garden or
A Meditative Tone Journey to Inner Space:
A Laughter & Music Workshop

Presented by Arji Cakorous [Mom of one of our Sahale interns, Yako];
and her partner, Laraaji

Tuesday, April 28, at the Community Center, 7:30 PM

3610 SW Barton, Seattle

This event will be sponsored by Convocation: A Church & Ministry

An open-hearted donation is suggested

[Please RSVP](#)

This experience promises to be an exquisite sound immersion of expansive dimensions. World-renowned innovative Zither/Harp master, composer & sound healing musical presence LArAAji NadaBrahmanada is joined by collaborative partner, sound healing musician/Reiki master Arji OceAnanda, for an evening of celestial sound making. They will transport you on a wave of bliss, emphasizing the beauty of the electric open tuned Zither/Harp, Kalimbas, Chimes, Ancient Wind Gongs, Voice and so much more, in a sound offering that is Celestial and Beyond....



The Inner voyage Nadam experience will also be preceded by an introductory Laughter release segment...part of Laraaji's signature Laughter Yoga Playshops that these two Light Beings have delightedly offered together in many venues world-wide.

Arji "OceAnanda" Cakouros, is a Sound Healer, Musician, Usui Reiki Master, & Dreamwork Teacher with a private counseling/healing practice based in Niskayuna, NY. Over the last seven years, she has enjoyed the deep joy and honor of collaborating Laraaji NadaBrahmananda in many venues worldwide, offering Healing Sound events and Laughter Immersion experiences, as well as a great variety of musical performances in conjunction with other artists.



Lights, Camera... Relationships!

Yako

Here at Sahale Ecovillage, bees are buzzing, birds are chirping, and hundreds of seedlings are growing in the greenhouse. A couple of turkey vultures has been spotted circling above, which according to Kirsten is a sure sign that spring has truly arrived. Despite the allure of these beautiful surroundings, I've been spending much of my time happily holed up in the Homestead Cabin to read, write, and brainstorm. The reason being that I am in the midst of preparation for a film project that will focus on the remarkable story of The Goodenough Community and its members. I'll be working in collaboration with a fellow Evergreen student and Ecovillage enthusiast, Anthony Jepson. Anthony is an aspiring documentarian with more than 10 years of experience behind the camera, and a background in traveling to and documenting community projects around South and North America.



We are given this wonderful opportunity by means of an academic contract, through which we'll be presenting research of Ecological, Social-Economic, and Cultural-Spiritual elements that contribute to communal resilience. Through our film we hope to tell the Goodenough story by utilizing both new footage of workshops, gatherings, and interviews, as well as archived materials and historical research. Inspired by a request from John, a big part of the filming will be focused around the Human Relations Laboratory. In addition to serving as a promotional and educational resource, we hope that this project can help to draw out meaningful reflections that will serve the community during this time of transition and reinvigoration.

We invite you each to contribute personal experiences, learnings, and memories from your time with The Goodenough Community, to help us build a rich and multi-perspective narrative. We intend to proceed with lots of transparency and sensitivity to individual comfort levels, so that this project feels good for everyone involved. We are very excited to get the camera rolling, and will begin filming during the upcoming training weekend. We'd love to start scheduling interviews as soon as possible. Also, please feel free to bring or E-mail any pictures, videos, or writings that you think might add to this evolving project! My E-mail is ThisIsYako@gmail.com.

Editor's note: This is a wonderful gift and we want to take it seriously.

Lab Planning

April 17 to 19, 2015

Sahale Learning Center



Dear Friends,

In the leadership training this weekend, we want to prepare ourselves for designing our human relations laboratory this summer. Colette and I want you to understand the process from selecting a theme and a date all the way to how to utilize small groups in the Lab. We will be looking at the various roles we need people to fill and design a method of coordinating the Lab on a daily basis.

All of us can prepare for this weekend by:

- Noticing where you have questions and particularly where you find yourself confused or opposing current ideas or practices. A human relations laboratory is a design that allows people to apply the concept of laboratory or “a place to formally do work” and, to receive evaluation and re-training.
- Becoming clear about what your work is. For instance: What is the focus of your own development at this point in your life? Where do you get in your own way, where are you stuck? This laboratory is a place to work with your own development and, if you are not clear, we encourage you to ask some friends how they would like to see you grow and change. If you are in a marriage or family, your object is to make it easy for other people to give you feedback or make suggestions for your

development. Since this is a human **relations** laboratory, you could ask people around you for feedback on how it is for them to relate to you. Attending a human relations laboratory is a decision to be more visible and to invite others to let you know how they see you and how you could change for the better. Many people tell us that attending a human relations laboratory was life-changing for them and that the process of change began before the lab as they made a decision to be more open and attentive to relationships.

1. We will start with the goal of bringing people together for a single purpose: for each person to develop him or her self. We will accomplish this by having a purpose (human-development) and a theme (*A Path from Stuckness to Wholeness*) to avoid mis-take learning and instead accomplish something creatively together.

2. To give time and attention to recruitment:

- What persons would most appreciate what we have to offer?
- We will be talking about the use of social media and other methods of getting the word out.

3. We have the opportunity to teach some younger people the basic method of a human relations laboratory.

4. The small group process will be given attention in order to deepen our understanding of the role of small groups at the Lab.

As we propose this to you we are remembering that the task of creating a lab is quite similar to the challenge of creating a community over a much longer time. It could be said that in this training we will be learning about: community, motivating people, design, and the human relations laboratory we will be attending together this summer.

Colette and I are promising you a very rich learning experience and we are getting this note to you now in order that you can prepare to join us in this work. We will begin promptly at 8:00 p.m. on Friday evening. Each person who attends a human relations laboratory comes with the intention to develop themselves This includes you and one of our tasks this weekend will be to begin sharing what our professional and personal work is in attending and leading at this 2015 lab.

John and Colette Hoff

Anyone interested in shaping this multi-layered learning event is encouraged to contact Colette Hoff at hoff@goodenough.org

Human Relations Laboratory

August 9 to 15, 2015

A Path from Stuckness to Freedom

Seven rich days of experiential learning and social creativity within a community environment

Sahale Learning Center

Kitsap Peninsula

Register soon at www.goodenough.org (Space is limited)

360-275-3957



Useful for your marriage, a resource for your family and a kick in the pants for your personal development.



A bit of exercise for the writing muscles, mostly.

Josh DeMers

The recent (late 17th century) [etymological roots of attitude](#) have to do with the positioning or posture of figures in art. I was just remembering that, of the seldom times in my life that I've experienced a profoundly straight-backed posture filled with bliss, two have been substance-free. One of these was HR Lab 2011, and as I've been thinking about the upcoming HR Lab 2015, I've been wondering what it was about that particular week that it induced what could be called a very nearly religious experience in myself; and more importantly, might it be reproducible?

The moment in question was Friday at dinnertime. After grace, with everyone lining up for dinner, I took a moment by myself behind Mamook. I was having a conversation with my Self, saying essentially, "Self, I'm going to project you onto this John character pretty soon here, " because I had agreed within my small group to have a conversation with John (which would have been our first), "and this is what I'm going to say, 'John, I get it now. I can't do this alone.'"

The response from my Self was immediate and unequivocal, “You are never alone.” At this point I started sobbing uncontrollably. I was worried the dinner crowd might hear me but nonetheless, I let myself just let it out. And after some minutes the tears turned to laughter - the laughter which a good psychedelic trip can engender, where everything seems so trivial and feels so light - and I just let it go on for a good 45 minutes. Following this experience, I found (and even reported to the large group later, though admittedly not the whole story), that my posture was naturally upright and relaxed, and that I felt filled with an attitude of love and joy and peace. Most of all it felt familiar, as if that was my original nature.

So what was it about Lab that brought this experience out of me? Was it the compassion and acceptance of a group of strangers creating an environment which melted away guilt and shame in me? Because that was certainly true. Embarrassment, guilt and shame are my enemies, and yet I felt great making a complete fool of myself in front of Swamp audiences and White Tent circles alike, that year. And in small group, I felt uninhibited in a different way - more serious and conversational, but equally unabashed in a new and unfamiliar way, thanks to the particular, compassionate attention paid to me (and to all) during our times together in Kopet Wawa.

So perhaps that’s the aspect of the experience that’s most reproducible - that is, creating a loving environment conducive to change, similar to the therapeutic method of Carl Rogers, on the part of the whole. And on the part of the individual, well, for myself, I came into that Lab firstly *needing* a change, secondly *believing* in the process, having seen what it could do to effect change, and finally *choosing* to really go for it, to give it all I could.

This year, I find myself in a similar situation, with a similar need, and a similar belief, but (I’m almost ashamed to admit) still working on that choice to give it my all. Yet I trust that the attitudes of compassion and acceptance I experienced then will be present at HR Lab 2015 (as they are at Sahale day-to-day), and I intend to help create that supportive environment for others as much as I am able. Not expecting a repeat of that experience which shook me to the core, but when I shared some of this story earlier tonight at dinner, the response I heard was something like, “Yup, that’ll happen.”



Watchcare & Member News

Agnus of God

We are sad to report that Agnus, beloved Irish wolfhound of Kate Martin, passed away on Saturday, April 11. Agnes crossed the rainbow bridge to join the other clan beloved pets; we'll miss you. Condolences to Kate & Gillen.



Berlin and a Residency in Ceramics, Anyone?

More Pictures (Pankow) from Claudia Fitch



Happy Birthday!

- Sarah Boone, 25 years old on April 20. Happy birthday, Sarah!



Hello Everyone! If we haven't met yet, I'm an intern at Sahale and have been participating in meetings and workshops for about a year. There is a class this summer that I would love to take; it is a course that provides students with the tools and information for self empowerment and healing with the use of energetics. "Heal the self, Heal the World" is their motto. I completed Level I this march and cannot wait to take Level II. I have arranged a work trade for the prep that is needed for this class, but still need coverage for the class itself. And so, I am reaching out to *you* in order to meet the cost!

A little more about why I would like to take this class:

I take this class on my path to being a better person; One who remains centered in times of turmoil, one who speaks her truths, one who has let go of past hurts, one who can help to heal others, and one who acts with love and compassion- especially when the odds are against her! You can help by either donating in the next 17 days by following this link:

<https://life.indiegogo.com/fundraisers/evelyn-s-education-and-growth>

And/or by sharing this link with others, or liking/sharing my posts about it on facebook.

Thank you!

Evelyn



The deAnguera Blog: Attitude



Ted Snyder is somebody I truly admire. The breadth of his knowledge about electricity is amazing. He is a member of my church. Here you can see him in his safety helmet and vest. He loves his work.

Last week he gave me a tour of the Georgetown Power Plant Museum. The steam power plant is the only operational plant of its kind in the country. Ted knows every detail about this plant and its operation and proudly showed me everything. His positive attitude about his work really showed.

How important is my attitude with regard to my work? I would say it is extremely important. It can determine how well I get my work done.

My attitude towards somebody can determine how well I work with that person. The basis for it might be entirely illogical but there will still be an impact. I need to make sure I am as open and free of preconceptions as I possibly can be. Growing up in a racist society can sometimes cause me to view black folks unfavorably though I am working on it. I am glad I had some black supervisors while in the service. This is definitely a growing edge for me.

Years ago when I entered the U.S. Navy the only reason for my doing so was to gain work experience as a computer person for the business world. The Navy was a very challenging place for me and I developed a bad attitude towards it. As a result I was never at my best and was frequently in conflict with my supervisors. I always hated the Navy and this colored all my experiences in the service. It took me years to see anything positive about my service life.

With the experiences I have had it is easy for me to have a chip on my shoulder. That does not make for good relations with me or anybody else. I have to see something positive in life otherwise there is no way I can do anything constructive.

While at the power plant I came across a table with working steam engine models put- putting away. The engines ran on propane. Their friendly owners were very proud of their machines. Some of them explained how their models worked. I realized that I never used to feel as passionate about anything like these men felt about their machines. They actually built their models from scratch. I wondered about the tools and resources used. Now that really took some creative digging around!

The first time in my life I was passionate about anything was when I first went to Lab. I loved it so much that I wanted to live at Lab.

Now I live and work at Sahale. I am living full time at Lab. I love my work here and the others know I am a good worker. I have the same passion about Sahale that Ted has about the Georgetown Power Plant. I get along with just about everybody here. I am willing to be open to different people. As a result my experiences are mostly good. Irene Perler sure knows how to manage the work around here.



If you have a steam engine imagine what you could do with it. The only difference is size.





Canoe the Mighty Tahuya

Bruce Perler

Since moving to Sahale nearly four years ago I've been broadening my experiences of the local terrain; forest, rivers, lakes, and salt water bodies but, I'd never really considered canoeing from Sahale on the Tahuya River to Hood Canal until Evelyn suggested it a month or so ago. Why would anyone want to try, with a canoe, to overcome logjams, sand bars and "rapids" for such a trip. Well, it turns out that Evelyn thought this was a great idea and, the flash of her smile told me this could be fun, if a bit adventurous.

On a Wednesday sunny afternoon, after the work day, we selected Sahale's smallest aluminum canoe, grabbed a couple life jackets, paddles and water bottles and headed for the Sacred Cedar Grove, carrying the 14 foot aluminum boat. Never having done this before I thought it time to ask a few more questions about river navigation and what Evelyn's thoughts were about negotiating the anticipated twists and obstacles of this approximately 2 mile river trip. She'd clearly done this kind of thing before and, as a person generally unafraid of a little adventure, I was eager to learn.



At the first submerged snag, I got to practice a new skill, back ferrying; a technique of using back-paddling and the current to move, in a controlled way, across the flow of the river. It was a great maneuver to avoid river-side logs and snags and, after a few tries, I was beginning to get the hang of it. Evelyn made the navigational calls; which side of this or that obstacle to try and I did my best to

follow. There were three or four places where a pile of down trees forced us to pull our canoe out, explore ahead, then push through the woods carrying the boat. Then we'd find a suitable place to put in and continue the journey.

Eventually we reached the more open waters of the lower Tahuya, meandering through open meadow and marshland as we neared the estuary and the bay that leads into Hood Canal. The bird life in this part of the river is amazing; herons, plovers and several kinds of ducks, mostly accepting of our presence, although cautious. We arrived at the Tahuya River bridge about a half hour before the time we'd arranged for Josh to come pick us up in the blue pickup so took a few extra minutes to explore further out into the bay. There we found more herons, bald eagles and many oysters encrusting the banks and bottom of the shallow bay. The Tahuya, still one of five unspoiled rivers in Washington State, is a truly amazing place.

Back at Sahale, washing off the canoe and equipment and putting things away, we were savoring the trip, the adventure of unknowns and that moment when we knew there was no going back, only forward. I'm so appreciative of Evelyn's initiative and invitation to canoe the Tahuya, and am eager to go again although I understand this is really a spring time activity, when the river is high enough to make the passage. Maybe next spring?

A Time to Gather as Men



(Liberally paraphrased and shamelessly plagiarized from Ecclesiastes 3)

To everything there is a season, and a time to every purpose under the heaven:

A time to be born, and a time to die; a time to plant, and a time to reap;
A time to kill, and a time to heal; a time to break down, and a time to build up;
A time to weep, and a time to laugh; a time to mourn, and a time to dance;
A time to cast away, and a time to gather together; a time to embrace;
A time to get, and a time to lose; a time to keep, and a time to let go;
A time to keep silence, and a time to speak;
A time to love, and a time to hate; a time of war, and a time of peace.

May 8, 9 & 10

Hosted at Sahale Learning Center

Sponsored by the Goodenough Community

Contact

Bruce Perler

bruce_perler@hotmail.com

206.419.8361

Community is an organized social response to authentic human life. Last year a number of men asked to begin gathering again in the context of the Goodenough Community, an intentional learning community. Bruce Perler, Douglas DeMers and Norm Peck have agreed to organize a response to that request, with the help of our consulting elder John Hoff. We are inviting the men who made the request and others we would like to share time with as men, and others who have expressed interest.

For as long as bands, clans, tribes and cultures have been, it's been true that men have gathered together with men, and women with women. In the larger American culture, some traditions such as this have faded or become splintered. We believe there is merit in the perennial wisdom, which encourages us to gather as men, that is worth exploring and enlivening in our modern context.

*Somewhere there must be **a balance that organizes around the goal of men supporting men in becoming the best version of ourselves, facing what our lives present us with, and learning better ways of being while moving through life's circumstances.** That is the kind of men's culture I seek to support in this community.*

~ Norm Peck

This week end gathering is a time to spend talking, catching up with each-other's lives, working together and designing together a Men's Culture we want and need in our lives.

We'll be gathering first on Friday evening around 8:00 PM, and closing our weekend at around 3:00 PM on Sunday.

New to gathering as men? See if it's a fit by talking with Bruce. [206-419-8361](tel:206-419-8361)



A Celebration of Gratitude

with **Barbara Brucker**, who is grateful...

...just as we are for her!

Sunday, May 17, 2015 - 3:00 PM to 6:30 PM

The Goodenough Community Center, 3610 SW Barton Street, Seattle

Please **RSVP** by emailing Elizabeth Jarrett-Jefferson

Elizabeth.ann.jarrett@gmail.com

Upcoming Events

15th ANNUAL

Fairy & Human Relations Congress

Communication & Co-Creation with Nature Spirits, Devas and the Faery Realms

JUNE 26-28, 2015

Skalitude Retreat, Twisp, WA.

<http://www.fairycongress.com/>

Michael Pilarski's North Cascadia Workshop Tour, April 2015

April 22, North Seattle, Wildcrafting Edible and Medicinal Plants. Wednesday 9:00 - 5:00. At Discovery Park with

special afternoon guest Arthur Lee Jacobson. Directions to the meeting place will be sent upon registration.

April 22, North Seattle, *The Emerging Alliance between Humans and Nature Spirits*. Tuesday. 6:30 – 8:30 pm.
Dandelion Botanical, 5424 Ballard Ave. NW (*to be confirmed.*)

April 23, South Seattle, *Wildcrafting Edible and Medicinal Plants*. Thursday, 9:00 - 5:00. At Seward Park. Contact Laurie Horne, 206-856-1396. emberglow8@hotmail.com Directions to the meeting place will be sent upon registration.

April 23, South Seattle, *The Emerging Alliance between Humans and Nature Spirits*. Thursday. 6:30 – 8:30 pm. At Horneholdia Urban Permaculture Homestead, Seattle, WA. Contact Laurie Horne, 206-856-1396. emberglow8@hotmail.com

April 24, Tacoma, *Wildcrafting Edible and Medicinal Plants*. Friday. 9:00 - 5:00. Swan Creek Park Food Forest. 2820 Pioneer Way, Tacoma, WA 98404. Contact Kelda Lorax, kelda@riseup.net

April 24. Tacoma, *The Emerging Alliance between Humans and Nature Spirits*. Friday. 6:30 – 8:30 pm. At Crystal Voyage, 3802 South Cedar Street, Tacoma, WA 98409.

April 26, Oakville/Olympia, *Wildcrafting Edible and Medicinal Plants*. Sunday. 9:00 - 5:00. At Wild Thyme Farm, 72 Mattson Road, Oakville WA 98568.

April 27, Olympia, *1000 Crops for Northwest Growers*. Monday, 10:00 - 5:00. At The Woman's Club of Olympia, 1002 Washington St SE.

April 27, Olympia, *The Emerging Alliance between Humans and Nature Spirits*. Monday, 6:30 – 8:30 pm. At The Woman's Club of Olympia, 1002 Washington St SE.

For further details (unless indicated otherwise) contact:

Michael Pilarski, friendsofthetrees@yahoo.com
406-493-4691 cell

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"Greening Our Neighborhoods With Permaculture."
Permaculture Convergence, the weekend of August 28, 29 and 30.

This year's Convergence will be in the River Road Neighborhood, 3 miles northwest of downtown Eugene, Oregon.

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LARAAJI's Laughter Meditation Work/Play Shop

[Saturday, April 25](#) at 5:00pm [Urban Yoga Spa](#)

1900 4th Ave, Seattle, Washington 98101
(206) 420-0222 info@urbanyogaspa.com

Known globally for his awesome healing Laughter and Celestial music presentations Laraaji offers this Interactive, playful, educational, empowering and Deeply inspirational Laughter work/play shop to transport us inward to refreshing states of Energization, Hilarity and Meditative Attunement. This experience will include guided laughter-cises for Stimulating the brain, heart, abdominal organs, immune system, positive hormones and for expanding lung capacity, oxygenation, blood circulation, and for reducing stress, tension, and negativity.

There will be some creative movement, singing and deep relaxation to live music. Dress comfortably and expect to have some serious fun.

\$25 / \$20 with Elevator.9 ticket



*"The greatest
discovery of all
time is that a
person can
change his
future by
merely changing
his attitude."
- Oprah Winfrey*

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 April 24, 2015

Joan Valles

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.



April 24, Sept 18, October 23, and November 20 are the remaining 2015 dates.

Third Agers meet at the home of [Phil, Joan, Barbara, and Jim](#) in West Seattle. Gatherings 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 Gathering: May 1 to 3, 2015

Hollis Ryan



The Women's Culture meets on Saturdays, and our upcoming dates are **September 11, October 24 and November 21, from 10am to 2pm.** There will be a weekend **May 1 to 3.** *Mark your calendars!*

Spring is 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.

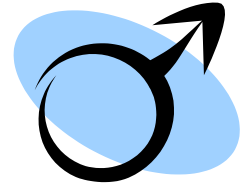
As we look around our circle of friends, we see that change and transition abound in our lives. Some of it is planned, some of it is not. As we move more fully into spring, what changes are taking place in your life?

Our meetings will take place at our new community center, 3610 Barton St 98126
Come join us!

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.



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 9-15, 2015

A Path from Stuckness to Freedom

Sahale Learning Center

On the Kitsap Peninsula near Belfair

Register soon (Space is limited)

www.goodenough.org (360) 275-3957

*Useful for your marriage, a resource for your family,
and a kick in the pants for your personal development.*

Sponsored by

The Goodenough Community –

An event designed to encourage human development

- This event can inspire your own desire to be a better person.
- Whether you are focused on personal mastery or trying to improve your relationships, you will find this learning/training event will facilitate your growth.
- The Lab context provides opportunities to practice interpersonal skills and experience community formation.
- Former attendees have referred to the Lab as transformative and rejuvenating.

We offer the opportunity for social creativity in play, drama, dance, music, song and conversation. Each day will include time to explore the magical land of Sahale.

To register: www.goodenough.org or call (360) 275-3957 to discuss your interest.

Family Enrichment Network Parent Group

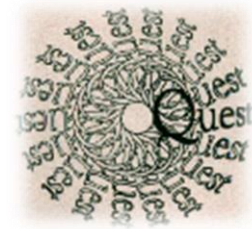
If you are interested in developing a supportive parent circle for study and conversation about family life, please contact *Irene Perler* at 206-419-3477 or email irene_perler@hotmail.com. Topics could include simplifying and organizing life, creating a family culture, development stages and sibling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

Quest: A Counseling and Healing Center

Our belief is that mental and emotional health is a prerequisite 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).

Currently, John and Colette are now visiting with clients at the new community center, 3610 SW Barton Street, Seattle 98106 as well as Sahale.



**A HAPPY PERSON IS NOT A
PERSON IN A CERTAIN SET OF
CIRCUMSTANCES, BUT RATHER
A PERSON WITH A CERTAIN
SET OF ATTITUDES.**

-Hugh Downs