

Legacy: Permaculture

The Village eView

October 12, 2016
Colette Hoff, Editor

Coming Up:

Women's Concert – October 14
Pathwork – Sunday, October 23
Council – Monday, October 24
Men's Weekend – November 18-20

The Permaculture Logo

'The great oval of the design represents the egg of life; that quantity of life which cannot be created or destroyed, but from within which all things that live are expressed. Within the egg is coiled the rainbow snake, the Earth-shaper of Australian & American aboriginal peoples.......

Within the body of the Rainbow Serpent is contained the Tree of Life, which itself expresses the general pattern of life forms, as further elaborated in the chapter on pattern in this book. Its roots are in earth, & its crown in rain sunlight & wind. Elemental forces & flows shown external to the oval represent the physical environment, the sun & the matter from which life on earth is formed. The whole cycle & form is dedicated to the complexity of life on Earth.'

This past weekend, September 8 to 10, the **ninth annual Permaculture Convergence** was held at Fort Flagler. It is a great illustration of legacy as Michael Pilarsky, who has been putting together these gatherings, is passing on his leadership. In 2004, Michael ("Skeeter") introduced the

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

Goodenough Community to permaculture principles offering the first permaculture design course at Sahale. At that time, permaculture as a system was less known than it is now. In 2008, Michael arranged for Sahale to host the first ever Northwest Permaculture Convergence with over 100 people attending.

Kirsten Rohde wrote in the Village eView September 19, 2007: The energy generated by the Convergence made it feel like Sahale was at the center of the world for a while. What I remember the most were the faces of all the new friends I met. Penny and Mark who became residents at Sahale for a year, Bill Opfermann and Mary Abramson come to mind.

Yes, this meeting was very much larger than any other weekend permaculture event. We had over 100 people in attendance. I attended several well-done workshops and continue to learn about permaculture.

In 2009, Sahale again hosted the second Permaculture Convergence.

Mike DeAnguera, in the September24, 2008 eView wrote: This is the second Permaculture Convergence I've attended at Sahale. Would you believe we had over 170 people here? This event has been my most powerful experience yet. History is in the making. And we are right in the middle of it! There were a lot of workshops to choose from and I attended several that were very interesting. We met many of the people who have been teaching permaculture.

In the same issue, Kirsten wrote: This past weekend our community welcomed permaculture practitioners from Washington State and beyond to Sahale for a weekend of learning and sharing. It was truly extraordinary to see how, with organization and goodwill, everyone could be accommodated, fed, housed, and individual's needs met, with something like 170 people there. I want to specifically appreciate Colette who gifted this gathering with her own enthusiasm, skills and communitarian spirit. With help from many, including others in our community, Colette coordinated food preparation, meal service, and some logistics in collaboration with the event planners. Your intention to provide the best experience for all who were present was very evident and helped set the tone for everyone.

Josh DeMers, Evelyn Cilley, and Douglas DeMers represented Sahale and shared their experiences at Fort Flagler over the weekend.

The following represents what we heard:

The permaculture environment was friendly and open and it didn't feel like **600** people were in attendance. It felt warm and cozy! Douglas added, in the opening circle it was discerned that 2/3 of those attending were newcomers. There is a lot more interest and permaculture principles are more mainstream.

On Friday evening the group divided into two groups with permaculture pioneers and millennials. The old pioneers demonstrated a lot of wisdom, Josh appreciated meeting Doug Bullock and many others with lots of knowledge throughout the weekend yet It seemed

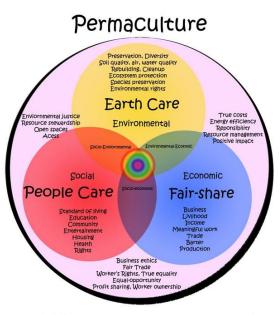
like the pioneers who were present had very little ego. It was clear that young people are catching on and becoming passionate about permaculture.

Some of the workshops included:

Social Permaculture, as presented by keynote speaker, Pandora Thomas, stresses the importance of cross-cultural relationship in connecting with others. She shared that in teaching in diverse neighborhoods, the ability to build relationship was more important than any farm produce that may result. "Cultural competence is the key to ecological competence." Pandora shared some experiences of teaching women to build safe water systems. She experienced the care these women had for their neighbors and that they valued water as aspects of the feminine. She helped the women work together to accomplish the empowerment of succeeding without the help of men.

Mushrooms can save bees says mycologist, Paul Stamets of Fungi Perfcti in Shelton. Paul spoke of the antifungal qualities of mushrooms in a second keynote address. He noticed that bees were using the mushrooms to combat a specific virus that has been said to cause the collapse of many hives. Fungi are intertwined with the web of life and as we monocrop and take away habitats, the bees sought out the mushrooms for their immune system. Some cancer treatments are now including turkey tail mushrooms in combination with specific drugs to combat cancer. By the way, the agrikon mushroom can grow up to 3 feet!

Larry Korn who has taught at Sahale, introduced natural farming based on the work of a Japanese man named Fukuoka. Having had a near death experience, Fukuoka changed his thinking and approach. He learned to let nature take its course and used a Zen approach.



Sustainability, when we arrive at the center where ethics inform actions in each of three spheres so that a decision in one considers and enhances the others.

Mu: means no mind in Zen, to stop thinking about it and get mind and intellect out of the way. There is not so much planning as in permaculture. Larry used the analogy of indigenous people knowing which plants were beneficial even without science and books. It is actually a system of spiritual farming.

The Dirt Rich School was presented by Kateen Fitzgerald. She spoke of soil being like bones and muscles while the plants are like skin. When we weed nature tries to close it over just as healing occurs in the human body. All that is weeded needs something new right away –seeds, plants. Kateen sent us home with the assignment to get a notebook, observe and list all the weeds, find out about them and choose the weeds you want to keep and those you want eradicate. She also spoke of chop and drop: good weeds can be

chopped and used as mulch and mixed with orchard trimmings and can get tossed around the base of trees.

Tools was the title of a workshop led by the son of Sam Benowitiz who owns Raintree Nursery. Along with Doug Bullock and other builders, Josh appreciated their wisdom. They presented a problem-solving strategy useful when you are fixing any thing or situation. Study it, realize you don't know how and find beauty in the unknowing. Douglas added that whenever Doug Bullock has new people, he tells them to clean something before they try to do something about it. An illustration is a chain saw: get to know it and its parts as the first approach Notice what is really happening. Josh had the opportunity to apply his learnings as soon as he got back to Sahale!

Douglas shared his interest in biochar and went to a workshop presented by Paul Taylor from Australia. According to Wikipedia: **Biochar** is charcoal used as a soil amendment. Like most charcoal, biochar is made from biomass via pyrolysis. Biochar is under investigation as an approach to carbon sequestration to produce negative carbon dioxide emissions. [1] Biochar thus has the potential to help mitigate climate change via carbon sequestration. [2][3][4] Independently, biochar can increase soil fertility of acidic soils (low pH soils), increase agricultural productivity, and provide protection against some foliar and soil-borne diseases. [5] Furthermore, biochar reduces pressure on forests. [6] Biochar is a stable solid, rich in carbon, and can endure in soil for thousands of years. [1] Douglas is interested in experimenting at Sahale because it allows using the substances we usually burn into the air so much more effectively for the soil and growth.

Both Josh and Evelyn shared the value of their experiences and as they worked in our hugelkuturs, (ask them about it), they were more observant and less paying attention to what should be done. With help from our work aways, Haley and Adam, they chose the weeds to pull and planted a cover crop for the winter with a new perspective.

We are so happy to have a second generation here at Sahale wanting to learn and along with Irene Perler, apply permaculture principles.



8. Integrate rather than Segregate
"Many hands make light work"



A note to Skeeter: We hope you can feel our gratitude for your teaching and all the work you do and have done. It seems there is a new generation willing to learn. You are leaving an incredible legacy with seeds sown all over the world. Thank you!

Colette Hoff, editor



More about Permaculture

Permaculture is a system of agricultural and social design principles centered on simulating or directly utilizing the

patterns and features observed in natural ecosystems. Permaculture was developed, and the term coined by Bill Mollison and David Holmgren in 1968.^[1]

It has many branches that include but are not limited to ecological design, ecological engineering, environmental design, construction and integrated water resources management that develops sustainable architecture, regenerative and self-maintained habitat and agricultural systems modeled from natural ecosystems. [2][3]

Bill Mollison has said: "Permaculture is a philosophy of working with, rather than against nature; of protracted and thoughtful observation rather than protracted and thoughtless labor; and of looking at plants and animals in all their functions, rather than treating any area as a single product system."^[4]

Three Core tenets and principles of design

- Care for the earth:
 Provision for all life systems to continue and multiply.
 This is the first principle, because without a healthy earth, humans cannot flourish.
- Care for the people:
 Provision for people to access those resources necessary for their existence.



• Fair Share/Return of surplus: Reinvesting surpluses back into the system to provide for the first two ethics. This includes returning waste back into the system to recycle into usefulness. [12] The third ethic is sometimes referred to as fair share to reflect that each of us should take no more than what we need before we reinvest the surplus.

Permaculture design emphasizes patterns of landscape, function, and species assemblies. It determines where these elements should be placed so they can provide maximum benefit to the local environment. The central concept of permaculture is maximizing useful connections between components and synergy of the final design. The focus of permaculture, therefore, is not on each separate element, but rather on the relationships created among elements by the way they are placed together; the whole becoming greater than the sum of its parts. Permaculture design therefore seeks to minimize waste, human labor, and energy input by building systems with maximal benefits between design elements to achieve a high level of synergy. Permaculture designs evolve over time by taking into account these relationships and elements and can become extremely complex systems that produce a high density of food and materials with minimal input.^[13]

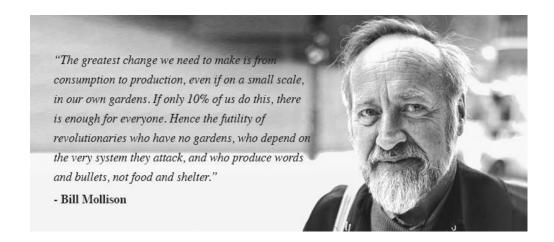
The design principles which are the conceptual foundation of permaculture were derived from the science of systems ecology and study of pre-industrial examples of sustainable land use. Permaculture draws from several disciplines including organic farming, agroforestry, integrated farming, sustainable development, and applied ecology. Permaculture has been applied most commonly to the design of housing and landscaping, integrating techniques such as agroforestry, natural building, and rainwater harvesting within the context of permaculture design principles and theory.

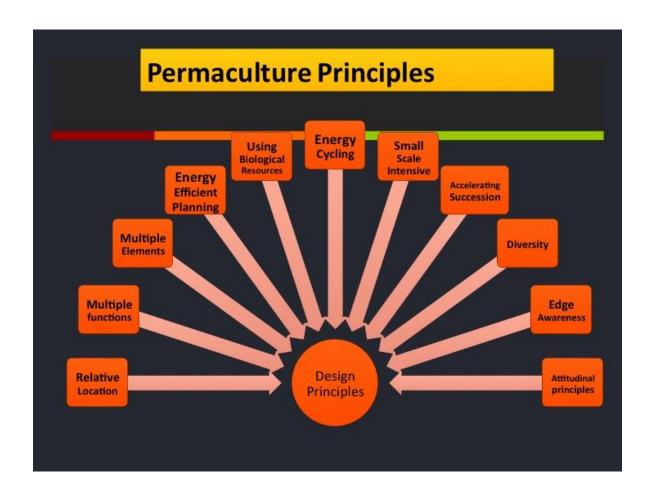
Twelve design principles

Twelve Permaculture design principles articulated by David Holmgren in his *Permaculture: Principles and Pathways Beyond Sustainability*:^[15]

- 1. *Observe and interact*: By taking time to engage with nature we can design solutions that suit our particular situation.
- 2. Catch and store energy: By developing systems that collect resources at peak abundance, we can use them in times of need.
- 3. *Obtain a yield*: Ensure that you are getting truly useful rewards as part of the work that you are doing.
- 4. Apply self-regulation and accept feedback: We need to discourage inappropriate activity to ensure that systems can continue to function well.
- 5. Use and value renewable resources and services: Make the best use of nature's abundance to reduce our consumptive behavior and dependence on non-renewable resources.
- 6. *Produce no waste*: By valuing and making use of all the resources that are available to us, nothing goes to waste.

- 7. Design from patterns to details: By stepping back, we can observe patterns in nature and society. These can form the backbone of our designs, with the details filled in as we go.
- 8. Integrate rather than segregate: By putting the right things in the right place, relationships develop between those things and they work together to support each other.
- 9. *Use small and slow solutions*: Small and slow systems are easier to maintain than big ones, making better use of local resources and producing more sustainable outcomes.
- 10. *Use and value diversity*: Diversity reduces vulnerability to a variety of threats and takes advantage of the unique nature of the environment in which it resides.
- 11. *Use edges and value the marginal*: The interface between things is where the most interesting events take place. These are often the most valuable, diverse and productive elements in the system.
- 12. Creatively use and respond to change: We can have a positive impact on inevitable change by carefully observing, and then intervening at the right time.





Save these Dates! True Holidays - Dec 3:

e invite you to The Goodenough Community's **True Holidays celebration** this year on **Saturday, December 3,** 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.

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 again we are happy to be led in contra dancing by Sherri Nevins and her musician friends!

<u>Can you hear sleigh bells?</u> <u>Winter Solstice Bus Trip - Saturday, Dec 17:</u> With your

friends and family, enjoy this day-long journey that embraces the longest night of the year.



We will board a chartered bus and travel over Snoqualmie and Blewett Passes to the beautiful Bavarian Christmas village of Leavenworth. Then we'll head to Eagle Creek Ranch, just outside of Leavenworth, where a horse-drawn sleigh ride awaits us, followed by a buffet dinner. <u>Please register with Elizabeth now</u> Additional information coming soon.



You are invited to a weekend of self exploration!!

Evelyn Cilley

We (the "youngfolk" of Sahale Learning Center) want to invite you to a weekend of Self exploration through conversation, creativity, ceremony and service in the community context! Our intention is to foster an environment where Heart-felt Connection, Authentic Selfhood and Real Talk are the norm. There will be opportunities to meaningfully interact with other super awesome people our



age as well as Community elders. We'll also have time to play music, make art, have conversation, share in circle, dance, celebrate, and give back to Sahale in service work. This is a weekend for YOU! We are open to your ideas for activities, desires for specific conversation, and skills you'd like to learn or share.

There has been a growing interest in holding an intentional weekend gathering for people in our generation, and it's easy to dream (talk) about a project, event, or even change I want to make in myself -and it's just as easy for it to get dropped. But in this case, people kept asking about it, and new people who heard about it seemed interested. I found myself telling people that this event was going to happen, and at a certain point I realized that it really better happen! So here we are, inviting you to laugh with us, cry with us, share your story, and co-create a beautiful and inspiring weekend!

Things to think about while preparing for the weekend...

What do you want to contribute? (A song, a workshop, your cooking skills, a listening ear...)

What does your deepest self need out of a weekend like this? Is it fun, real conversation, creativity, relaxation, feeling physically productive or something else?

We've been speaking a lot about the theme of personal story. How do I relate to my own story? Am I proud or frightened, empowered by or detached from it? Does it make sense, can I find meaningful threads in it? Are there parts of it that I've been avoiding, or that are negatively affecting me currently? Are there parts of it that need to be spoken, sung, danced, or let out for me to live a more free life?

We've acknowledged the power of speaking personal story to others who are listening deeply, the power in finding resonance with the story of another, and the power in community when attitudes, beliefs, and thought patterns are reflected back to you by people who care.

This weekend can be as powerful as we cooperatively make it. We encourage you to sit with your story and notice what is calling your attention.

Practical stuff

When: October 14th, 5pm until October 16th, 4pm

Where: Sahale Retreat and Ecovillage. We will send address and directions in response to RSVP.

It will cost \$150 to host and feed each person. The community recognizes that money is not necessarily something that people of our age have in abundance, and so we are asking for a donation. If you cannot afford \$50 or more, please consider staying late or coming a day early to volunteer at Sahale.

Food: RSVP with any Dietary Restrictions and Preferences. Also please include how much of a donation you'll be able to contribute (this will help us with menu and food planning). Please include your transportation plans or needs for possible rideshares.

We are looking forward to spending the weekend with you!

Please rsvp and send any questions to cilleyevelyn@gmail.com

With love from Sahale-Evelyn, Elias and Josh



Pathwork, Sunday, October 23; November 13, 27, December 11 and 18.

On Sunday evenings for many years, John and Colette Hoff have invited individuals interested in personal growth and sharing their spiritual journeys to join in a process of "Pathwork." These evenings provide good opportunities for individual exploration in

relationship to others. It is a process in which we coach and share insights with each other. This fall our focus will be on what is happening in our lives in relation to the themes of sanity, maturity, proactivity and creativity. All are welcome!

Pathwork is sponsored by Convocation: A Church and Ministry, which promotes an interfaith exploration of the journey of life. Individuals share practices that have worked for them and we often spend some time in meditation together.

Colette Hoff provides guiding leadership to the evenings and is joined by John in helping each person deepen their understandings. Email Colette at hoff.org/hoff.org/hoff.nc/hoff.org/hoff.org/hoff.nc/hoff.org

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 or Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957. In Seattle, John and Colette meet with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.





Men's Weekend

I'm looking forward to a **fall men's gathering on the weekend of November 18 to 20**. We'll be having a mix experiences together including; hang out time, conversation about our real lives, some outdoor work and free time to enjoy Sahale's fall gifts.

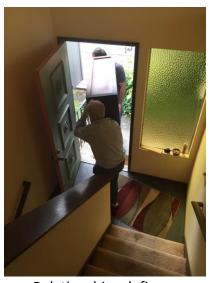
There will be a hot meal to welcome you on Friday evening, followed by a time together to catch up and re-connect. We'll enjoy Saturday and Sunday in a mix of experiences and will close our weekend on Sunday afternoon by 3 PM.

RSVP Please let me know if you are able to attend for our meal and space planning by **November 1**st.

Warmly,

Bruce Perler bruce perler@hotmail.com 206-419-8361

The deAnguera Blog: The Legacy of Relationship





Relationships define so much of our lives. Last weekend I helped my brother Paul move furniture downstairs into the basement. Dave, a friend of Paul's helped us out. You can see Dave and me struggling with a large bookshelf out the front door. It was the only way we could get it into the basement via the basement sliding glass door. As you can see everything had to go down this set of stairs. I could not imagine myself carrying this bookcase alone. It might ruin my back.

Afterwards Paul and Pat treated us to a nice pizza at Pegasus on the West Seattle waterfront at Alki. Yum.

On the right Doug DeMers and Hailey operated the apple cider press one more time. We still have not processed all of our apples. Adam and Hailey are two more Work Away folks sharing their time and talents with us. The Goodenough Community was the first time I really thought consciously about relationships. Most of the time relationships just happened and were often not good quality. I never understood just how important relationships were to one's success in life. I figured if I went to school and did all the right moves that I would have it made. The amount of time I spent on learning an employable skill was considerable. The amount of time I spent on relationship was zero.

My friendships came and went. They were usually shallow. Why did I never value my friendships? Was it just me? Or was I programmed this way?

As I have said before, friendship is not valued in this culture. "Getting ahead" is. So I focused on getting ahead.

I had a number of good friends at Lake Washington Technical College. Why didn't I stay in touch with them? We all lost contact with each other after graduation.

Likewise I never made any friends at work. That may have been because we were competing against each other.

Lately I read an article about "elder orphans", people who like me are in the age range 45-63 who never married nor had children. We are over one third of the folks in this age group. We were warned to plan for our elder years as soon as possible. It is never good to approach these years alone without family to rely on. Luckily I have my Community friends. If you are in a similar situation I invite you to come check us out. What could we do with our older years? Our imagination is the limit. We can take care of each other.



Tarzan the rooster is out with the hens. They are definitely in relationship with each other.

Thinking of Our Legacy

Kirsten Rohde

We hope that these last few issues of the eView focusing on legacy might inspire you to think about your personal legacy as well as the legacy of our community. This might be a good time to reflect on whether you would like to remember the Goodenough Community by making a gift through your will or a revocable living trust. This is one way that some of us are ensuring that the community continues its work long after we're gone. If you are considering naming the community in your



estate plans or if you have already done so, please let us know of your plans so we can say thank you!

Both Convocation: A Church and Ministry and the American Association for the Furtherance of Community can be named in your will as a beneficiary. Please contact Kirsten Rohde, krohde14@outlook.com or 206-719-5364 for more information.

On Friday, October 14, Jami Sieber and Nancy Rumbel are performing at the Vashon High School on Vashon Island. Their performance begins at 7:30 p.m., and the women of the Goodenough Community will be there! We hope you will be, too.

Jami Sieber is an electric cellist and vocalist, and Nancy Rumbel plays more instruments than we can list here (oboe, English horn, and ocarina are a few). Together, their music is lush and timeless.

This event is sponsored by our good friends, the Women's Way Red Lodge. Visit these websites to find more information and to purchase tickets:

http://www.brownpapertickets.com/event/2586017 www.jamisieber.com

You may also purchase tickets at Vashon Intuitive Arts and Vashon Bookstore.

Get your ticket and let Marjorie know if you are coming. We'll consider getting together after the concert. Hope you will join!

I knew Jami decades ago when we were both nurses on the same floor at a Seattle hospital. I knew she played cello then but imagine my surprise to hear her on the radio recently! I look forward to seeing and hearing her at this event on Vashon. Always great when someone realizes their dream to do what they really want to do.

~Kirsten Rohde

Community News By Elizabeth Jarrett-Jefferson

- ☐ Happy birthday Darlene Finney October 13.
- ☐ Happy 7th birthday Liliana Hoff October 16
- □ Happy birthday Jodine Hatfield October 19

Community News

We were saddened to hear of the passing of Kim Hart's father, Lawrence "Larry " Arthur Hart, Sr. **on** September 25, 2016.

You and your family are in our thoughts, Kim

Cultural Programs in the Goodenough Community are created for visitors and they are developed as opportunities for our members and friends to practice our lifeways and apply them to contemporary issues and problems in our lives. For instance, the men's program must be 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. Similarly, women must return to the essentials of being a good woman in this day and age.

Calendar of Programs and Events, 2016-2017

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 ...

In the Goodenough Community, we recognize such ways to connect as expressions of *community culture*. Throughout the year, we offer *cultural programs* so that you can engage with the community, participate in your own development, and have a good time. We **welcome your interest** and your participation, and hope that you will join us at any – or many! – of this year's events.

Human Relations Laboratory, August 6 to 12, 2017

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually for more than 40 years.



Focal Person: Colette Hoff, hoff@goodenough.org

Men's Culture

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Men's Weekend, November 18 to 20

Focal Person: Bruce Perler, bruce_perler@hotmail.com

Women's Culture

Concert, Friday October 14; Saturday November 19 Mark your calendar: Women's Weekend, May5-7, 2017

Women of the Goodenough Community have been gathering intentionally and regularly since 1983 to discover in themselves and each other the essence of womanhood at any age and the presence of the Divine Feminine. Focal Person: Hollis Guill Ryan, hollisr@comcast.net



Third-Age Gatherings

Next gathering will be in November 11. Joan will pass on the date to all.

Focal Person: Kirsten Rohde, krohde14@outlook.com

True Holidays Celebration, Saturday, December 3



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

Focal Person: Kirsten Rohde, <u>krohde14@outlook.com</u>

Winter Solstice Bus Trip, Saturday December 17, 2016

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

Focal Person: Colette Hoff

New Year's Eve Weekend at Sahale, Saturday December 31

Work Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 26 to 29, 2017**), 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.

Focal Person: Colette Hoff, hoff@goodenough.org

Summer Camp for Youth, June 25 to July 1

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership. Focal Person: Irene Perler, Irene Perler@hotmail.com



Watch this page – or visit our website at goodenough.org – for information about these and other events and programs. Some are in town at our Community Center in West Seattle, and others are held at Sahale, our rural retreat center near Belfair, Washington.