

LEGACY

LIVING A LIFE THAT LASTS.



The Village eView

September 8, 2016

Colette Hoff, Editor

We have decided to continue with the topic of legacy in our newsletter. Your thoughts on this topic are also welcome for next week's eView.

The Legacy of one Model

Colette Hoff

As I write about legacy, I am aware of how much more important this concept is to me as I age and as I watch the people around me age and as I watch young people eager to learn from their elders. Reconnecting with old friends, I am also aware of wanting to know the meaning they place on their lives. This past weekend at Sahale, I had the experience of sitting down on Sunday and having three beautiful, young women prepare and serve a wonderful meal full of their creativity! Each of these women were eager to learn new things and try them out from canning to making pickles and massive amounts of applesauce.

More significantly, at the recent Human Relations Laboratory, we used a model offered to the community through John Hoff. Exploring and working with sanity or mental health, maturity, proactivity and creativity wove in and through the experience that



most people chose. While I might have thought we would focus on one of the words at a time, in fact they were woven together in the personal work participants engaged in. This model allowed a more process-oriented experience and long back ground stories were as necessary. And, we were all working together with a similar focus which allowed more connection between all parts: the design team, the small group leaders, small groups and the large group. I also saw people learning from each other in ways that

Coming Up:

Pathwork – Sunday, September 11

Council – Monday, September 12

Third Age – Friday, September 23

Women's Saturday – September 24

On-Line News of the Goodenough Community System:

The American Association for the Furtherance of Community

Convocation: A Church and Ministry

Mandala Resource, Inc.

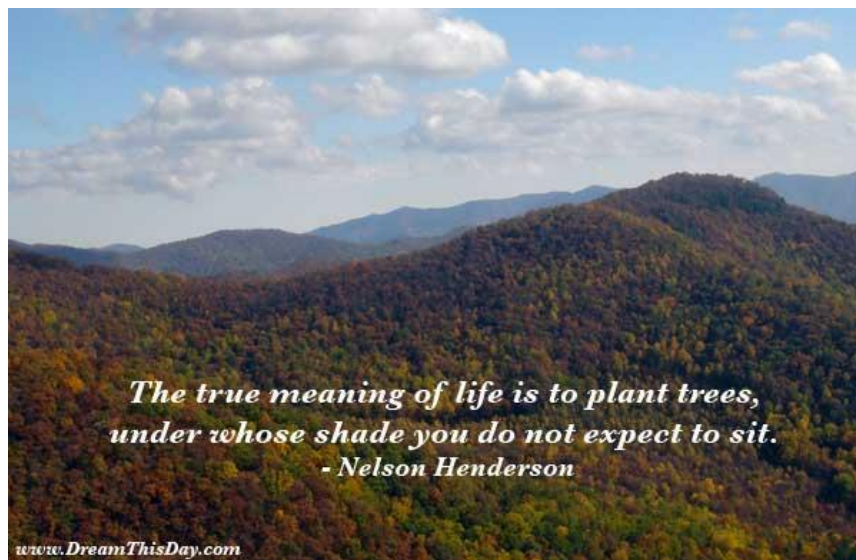
Sahale Learning Center

The EcoVillage at Sahale

can only be caught not taught in the intellectual area. Leaders seasoned and new demonstrated their desire to learn and grow. Many of the post-lab conversations continued the integration to these themes and how valuable they are to development. This model is just one illustration of many of John's teachings that flow throughout his work. A legacy touches many lives and many have received great gifts through John's Lifeswork.

Would you consider writing for the eView about an idea, a model, a teaching that you gained through John Hoff?

An article follows titled *Legacy: What it means and why it is important* that describes the purpose and meaning of legacy.



Legacy: What it means and why it's important

By Connie Matthiessen, Caring.com senior editor

<https://www.caring.com/articles/creating-a-lasting-legacy>

The word *legacy* is frequently used to describe the property that people leave their heirs when they die. But every human being also leaves behind a nonmaterial legacy -- one that's harder to define but often far more important. This legacy comprises a lifetime of relationships, accomplishments, truths, and values, and it lives on in those whose lives they've touched.

Recent research has established that, as people age, they continue to face [important developmental milestones](#). Aging, it turns out, provides opportunities for learning and emotional growth that can be deep and sustaining. Creating a meaningful legacy is a key part of this developmental process.

In his book *How to Say It to Seniors*, geriatric expert David Solie defines a personal legacy as "the unique footprint we want to leave for our time on earth." Physician and gerontologist Gene Cohen describes the same phenomenon in a different way. Older people, he says in his book *The Mature Mind*, are driven by an urgent desire "to find larger meaning in the story of their lives through a process of review, summarizing, and giving back."

There's much you can do to support friends and relatives as they sort through the past and assess the contributions they've made and the memories they'll leave behind. This process can be deeply healing and gratifying.

Recognizing someone's legacy will help you understand her better and appreciate her more -- and you may learn something about yourself in the process. For the person you're caring for, it provides the opportunity to celebrate a life well lived.

As David Solie says, "Aging in this culture is seen as a disease and a failure. Older people internalize that message and feel like failures. Our message to them should be that they are not failures. They have a lot to be proud of, and they are loved and appreciated. They can die as they have lived -- with integrity and meaning. That is what the legacy-building process is all about."

Help Your Loved One Search for Meaning

Most older adults are driven to take on the search for their legacy, whether they're conscious of it or not. If you pay attention to someone close to you, you'll detect signs that she's looking back into the past and reviewing her life choices. She's likely to talk about the watershed events that helped determine her life's path as well as the people who influenced them. She may wish to contact old friends, visit the street where she grew up, or take a trip to a place that holds special meaning.

If you want to support her through this process, the most important thing you can do is show up and pay attention. Rather than tuning out or changing the subject, try to really listen to what she has to say. It may be difficult to listen to well-worn memories and anecdotes, particularly if you've heard them before. But the stories she tells over and over often hold a key to the legacy issues she's working through.

You'll find her reminiscences more interesting if you take an active role. Ask probing questions to help your friend or relative view his or her experiences from different perspectives. Think of creative ways to stimulate her memories and reflections.

For example, if your father mentions a buddy he flew with as a bomber pilot during the war, ask him about this friend. Find out if they ever spoke again after the war was over and when he last heard from him. Do a little research. If the friend is still alive, you could help your father write a letter or plan a visit, if possible.

Encourage your father to talk about other wartime buddies, day-to-day life in the military, where he went, and what he saw. Ask to see photos, if he has them, or look at a map together so your dad can show you where he was stationed and the routes he flew.

Exploring Someone's Legacy: How to Start

- **Let your friend or relative take the lead when exploring legacy issues.** For example, your father may have mentioned his Air Force buddy as a way to explore the subject of the war itself and unresolved feelings he may have about his war experience. If you miss the signals and focus exclusively on his relationship with his buddy, you may miss the opportunity to learn more about experiences that hold particular meaning for him. Listen carefully for the underlying themes he's exploring, and ask questions to draw him out.
- **Be open to painful subjects and memories if they come up.** It's natural to wish to spare the person's feelings -- and your own -- particularly if a topic is one that has been taboo for as long as you can remember. But your grandfather's drinking problem, your father's nightmarish childhood, or your mother's infidelity are all a part of your family's history -- and your parents' legacy. Dealing with these subjects isn't easy, but if your discussions are conducted in an atmosphere of love and honesty, these family secrets will lose their terrifying power -- and your conversations will bring you and your family closer.
- **Avoid control issues.** Your family friend is frail but refuses to move out of her house. Your father won't take the medication his physician prescribes. These types of control issues are common between people in midlife and older adults. Because of the many losses they face each day, older adults tend to become rigid and resistant to change. It's important to avoid power struggles when you can because they can strain your relationship and undermine your ability to help them in their crucial legacy work.

If the person you're caring for isn't impaired, it's best to tell her your opinion, give her your best advice, and then drop the issue -- unless it's a critical health matter, in which case you may want to get her doctor to weigh in.

People will forget what you said. People will forget what you did. But people will never forget how you made them feel. ~Anonymous

- **With your parents, accept your own role.** Most parents consider raising their children to be among their greatest accomplishments, so as an adult child, *you* are your parents' legacy. Your relationship with them is very important and it's worth working on if there are problems or misunderstandings that have never been resolved. Just spending time with you is important, too, and something they likely cherish. Grandchildren are also part of your parents' legacy, of course, so these relationships should be nurtured as well.
- **Address a negative legacy with a relative.** What if you have a difficult or practically nonexistent relationship with a parent or another relative? Depending on your history together, you may want to contact her before it's too late, to see whether any kind of reconciliation is possible. In some cases, resolving your differences isn't possible or even desirable and there's no point in forcing it, but people do tend to mellow with age, and

you may find that she's anxious to reconnect and move beyond your differences while there's still time.

Remember that building a legacy isn't a discrete task with a beginning and an end. It takes a lifetime to construct a legacy, and the person you're caring for will continue to work on hers as long as she lives. In the meantime, making the most of your time together will add to the rich tapestry of her life -- and to your memories of her after she's gone.

As David Solie says, helping someone build her legacy may be heartbreaking and difficult at times, and you're sure to hear things you don't want to hear. "But you'll hear wonderful, inspiring, amazing things, too," he says. "This is [her] final debriefing, the end of [her] story, and you don't want to miss it."



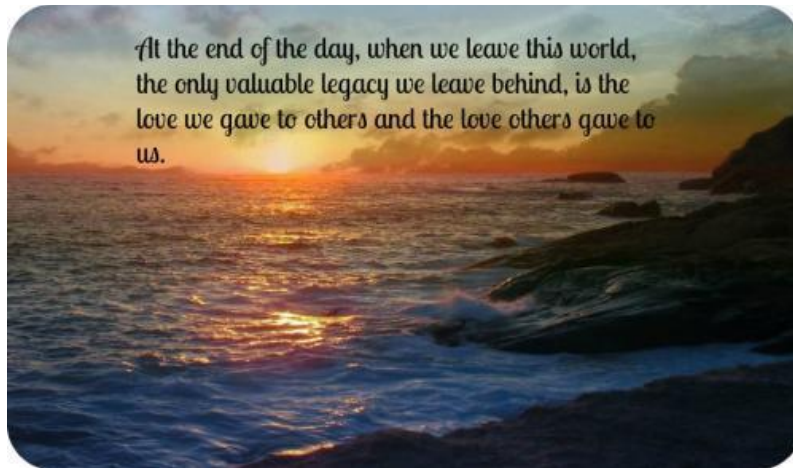
Pathwork, A New Season Begins

Sunday, September 11

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. This is a good way to continue personal work begun at Lab, for example.

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@goodenough.org if you're coming. Pathwork meets at **7:00 p.m.** at the Community Center at 3610 SW Barton Street, typically every other Sunday evening, starting September 11th.



At the end of the day, when we leave this world,
the only valuable legacy we leave behind, is the
love we gave to others and the love others gave to
us.

Third Age: A context for exploring legacy

Joan Valles

Our first Third Age gathering of the Goodenough Community program year is Friday, Sept. 23. We enjoyed our last gathering in mid-July and look forward to get together again. Third Age gives us an opportunity to update each other on our lives and have a good conversation on topics related to aging. Third Age is for people about 60 and older and newcomers are always welcome.

Our gathering will start about **6 p.m.** at the Community Center in West Seattle (3610 SW Barton St.) with a potluck meal. Please bring a side dish or dessert and beverages to share; a main dish will be provided. An RSVP to Joan (joanvalles70@yahoo.com) or phone at 206 819 1089 would be helpful. (And if you forget, we'll be glad to see you anyway.) Looking forward to seeing you and will be sending a reminder closer to the date.



"IT IS UP TO US TO LIVE UP TO THE LEGACY
THAT WAS LEFT FOR US, AND TO LEAVE A
LEGACY THAT IS WORTHY OF OUR CHILDREN
AND OF FUTURE GENERATIONS."

CHRISTINE GREGOIRE

LifeBack Studios



The deAnguera Blog: Labor Day Weekend 2016



Can you imagine a place where people actually choose to work on Labor Day? Can you imagine them actually enjoying it? Sahale is such a place. Many people including Elias and Alikí Serras, and Anthony Jepson came out to help us. They each brought friends and were joined by Norm Peck, Amy Ball, Theresa, Leslie and Jodine, a family friend of Colette's, Micki Barney, Pam and Elizabeth, and some friends of Pam's, Margenta, Hal and Hollis, and Joan Valles as well as the ten residents of Sahale (Douglas and Connie, Josh, Evelyn, Kirsten, Bruce and Irene and John and me.) It was a party! Even Jean, an Airbnb guest from France pitched in and became a fast friend. Now we are beginning to go international!

The Swamp was open Saturday and Sunday night although I drank the last of the Baily's. Sigh. Josh, Doug DeMers, Elias, and Bruce Perler provided great band music. Wish real taverns were like this.

We picked apples off 3 different trees down by Kirsten's place and the Log Building. This year was a bumper crop, the biggest I have ever seen at Sahale. We filled over 9 lined garbage cans with apples. Then we spent hours chopping and grinding apples to make lots and lots of cider, current estimate is over 40 gallons and at least 15 gallons of applesauce in addition to pear and apple butter and dried apples and pears. Also, trees were taken down for firewood by Norm, our new storage shed was leveled, and we all ate very well!

Today Josh DeMers, Evelyn Cilley, and I filled over 14 more cans with apples from the trees around Kloshe.

What was responsible for such a big crop? Well. We sprayed the trees with an organic pesticide. I seem to remember April temperatures as high as 89 degrees F. That certainly had an effect on the apples' development. Also our new bee hives. We harvested the apples over a month early. Global warming? We seem to have a thing with early seasons. I should be thankful for any good crops we have because for most farmers weather can be a big risk factor.

We are not making a living as farmers. We grow some crops but we are not dependent on them for a livelihood. Sahale is a permaculture demonstration site with several hugelkultur mounds as well as gardens. For me Sahale is showing a way of sustainable life. As our world gets taken over more and more by corporate overlords such as Monsanto we lose control over how our food is grown. What are we really eating? You might not want to know!

All over the world people are being exploited by Big Business and this is particularly true for agriculture. The disappearance of community is what makes this possible. Work

changes from a collective endeavor into a means to enrich others. Poverty also appears as a result.

We are forced to compete with each other for our sustenance. Did this just happen or was it planned? Because of the way Native tribal communal economies were broken up by the Federal Government, I believe it was planned. Tribal support was replaced by the Rugged Individual as an American ideal. I certainly bought into it.

I am hoping we can replace the Rugged Individual with the Community. Tribes once gave us a world with no locked doors and no hungry people. I believe our move towards community will one day do the same. I live for that day.



Josh is holding up an apple for Anthony to photograph. But I see from the picture that the apple is too small for me to see!

Some additional pictures from Labor Day weekend:



Amy and Alik make beets au gratin

Josh, Evelyn and Mike just emptied the 9th garbage can!



The last 10 apples! For now!



Douglas managed the Cider press two entire days!



The "friendship throne" finished by Bruce and Leslie!



Community News

By Elizabeth Jarrett-Jefferson

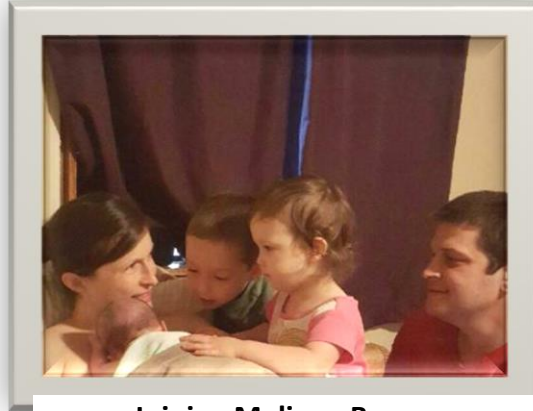


Congratulations to Aaron & Melissa (Gossett) Woldeit & Family

...On the birth of their newest member of the family, Deric Ato Woldeit, born Tuesday, August 30, 2016 at 6:40am, 8lbs 9oz, 21" long. Welcome, Deric! Congratulations Grandma Rose and Grandpa Leo!



Deric Ato Woldeit



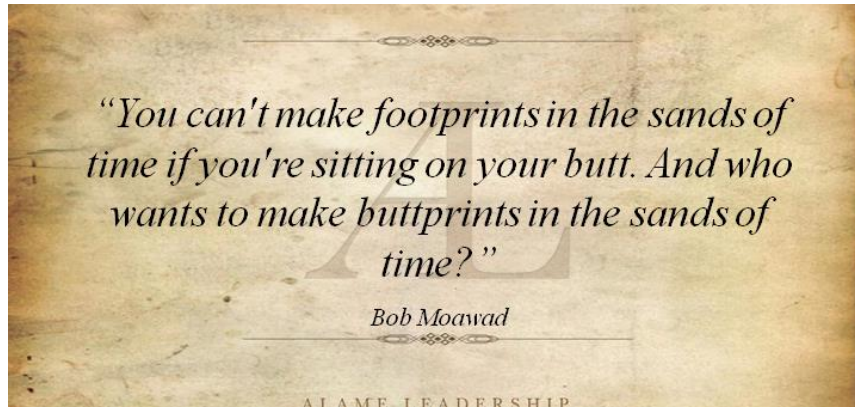
**Joining Melissa, Baron,
Carissa & Aaron**

Birthdays and Anniversaries

- ☐ **Happy birthday, Elizabeth Jarrett-Jefferson – September 6**
- ☐ **Claudia Fitch – September 11. Happy birthday, “Claudette”!**
- ☐ **Happy 4th Birthday, Cooper Roosevelt Jarrett-Jefferson- September 12**

Our wishes for a speedy recovery to Ryan Zebold, who suffered a mild heart attack on Monday. Ryan tells us he’s resting at home and learning how to take it easy. Please send well wishes to Ryan at rezebold@yahoo.com
Take care Ryan!





The 9th Northwest Permaculture Convergence.

NORTHWEST PERMACULTURE CONVERGENCE

Fort Flagler, Nordland, WA (near Port Townsend)

October 7-9, 2016

This event will bring together hundreds of people from around the Pacific Northwest who are practicing, or interested in, permaculture. The Convergence will feature workshops, keynote presentations, round-table discussions, Expo, Skillshare Village, Fruit & Nut Show, entertainment and much more.

For more information contact:

Michael Pilarski

360-643-9178

friendsofthetrees@yahoo.com

[Northwest Permaculture Convergence](#)

Cultural Programs & Events in 2016

Third Age – Friday, September 23 @ Barton Street

Women's Saturday – September 24 @ Barton Street.

Watch for new dates for the other cultural programs coming soon!

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.

