



The Village eView

November 6, 2014

Elizabeth Jarrett-Jefferson, 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.
- Sahale Learning Center
- The EcoVillage at Sahale

We are what we think. With our thoughts, we make our world.

--The Buddha

Imagining a Good Enough Future

John L Hoff

When I think of **imagination**, I think of these ideas:

1. Imagining our Self or Inner Person.
2. Imagining our Self as improving and proved.
3. Imagining our relationships stronger.
4. Imagining our family as better or improved.
5. Imagining our community as being better for us and to us.

It is important to be clear about how to use our imagination and understand what it really is. The word *imagination* belongs to the area of life in which we are creating, making or building. In this whole area of function, we are relying on our imagination to point the way toward making something better.

The first thing is to imagine what *better* looks like and feels like. My inner speech about this is, "You will feel better if you..."

Our minds have the capacity to see the thing we want even before we start to make it. Imagination is the force of our creativity; we need to have hope for our own development, dreams for our close relationships, and energy for making the world a better place.

Watchcare News
November 7, Third Age
November 9, Pathwork
November 14, Conscious Couples Gathering
November 15, Women's Cultural Program
December 6, True Holidays Celebration
Imagination Gone Viral

Many of us are engaging a learning opportunity---creating a good enough community. It is time now for using our **corporate** imagination, and we invite you start this process of imagining or reinventing. Notice what you would like to see as improvement in our community life and begin to notice what your contribution might be.

We are gathering on the weekend of **November 21-23** at Sahale in order to imagine the next few years in our life together.

You may also email your ideas for improvement to [Kirsten Rohde](#).

For You, Perhaps, An Important Invitation--Sahale, November 21 to 23, 2014

The Goodenough Community is mostly an idea or vision. Historically our community was influenced by an idea of a British psychiatrist named Donald W. Winnicott. In research he had done in the First World War, he and his staff discovered that orphan children would refuse the help of several caregivers and would fail to thrive until they decided a caregiver was acceptable or “good enough.” In the Goodenough Community we offer a relationship and a social space that is good enough or acceptable to the average member. We are a learning community that is passing forward the wisdom of the communitarian tradition. The community makes a difference in our lives that we can see in the growth and learning in each other. We have found that the Goodenough Community helps us in the measure that we allow it to.

Approximately twice a year, the community invites acquaintances and friends to a formal conversation about what we are trying to do and how you could help us do it. We offer this weekend free of charge although the Donation Jar will still be visible in Potlatch for food donations. Our community is investing in you as a potential friend of our endeavors. Seriously, if you have questions or comments that you would like us to engage, show up at this event! Some presentations will be made about what we are trying to do and you will have an opportunity to question and join us in discussion about the future of the community. What is special about his community is that it has about forty years of history at negotiating about its culture and its mission with a group who gather. We are asking you to join this important discussion.

“The imaginal lives in what we see with our imagination, the vision of the mind’s eye. Most of us have grown up in a culture where the imagination has been grossly underrated. If you want to invalidate a friend’s feelings, you tell them what they are feeling is ‘just their imagination’ or respond with, ‘It’s all in your mind.’ But our minds are all we’ve got. The imagination lets a blind person see: The imagination is where drams are born; the imagination is where healing begins.”

– **Deborah Morris Coryell**

from her book, *Good Grief: Healing through the Shadow of Loss*



Colette and I are approaching retirement and yet we are around for this conversation and a while longer. You are being invited into conversations that will evaluate the past and shape the future. If you are intending to come, please let **Kirsten Rohde know of your plans** (krohde14@outlook.com).



Imagination in Our Community's History

Kirsten Rohde

When we bought property in Seattle to form a cooperative and community center, we imagined a wonderful group living situation, and spaces to have for neighborhood and community gatherings. We imagined a café that served soup and beer and became a neighbor gathering place with good food and good conversation

When we acquired Sahale, we imagined many things about how it would be. We imagined a hot tub from which you could look over the valley. We imagined gathering spaces for ourselves and guests. We realized that the trees that we were planting would be full grown far after any of us were around and we imagined how this would look 20, 50, or more years into the future. We imagined a place where children could enjoy the out of doors and families and friends could gather, where we could retreat from the city and enjoy the wildlife and beauty of the land.

When I bought the neighboring property at Sahale I hadn't imagined living in the country. But then I remembered as a child how much I yearned to live "on a farm." I had a farm play set with a barn, a hay loft, farm animals and our electric train set ran right past it. So as I began living at Sahale I realized this was home for me and I imagined living out my life here with others.

I have learned to honor those with vision. Creating a place of beauty that was also functional was part of a vision shared by a number of us. I realized that there were people among us – John, Pam, Max – as just a few among many, who could envision a transformation of a space into something that met our needs. I had never imagined that it was possible to envision spaces in this way and I'm still amazed at what can be created.

Some of our visions didn't come true, as with our Seattle cooperative residence. But then again Sahale lives as an example of what people can do with imagination, vision and many willing hands. I'm appreciative of all who have the vision and the implementation skills to create something that is a treasure now to many.



Watchcare News: Community Members & Friends

Sue-Marie Casagrande

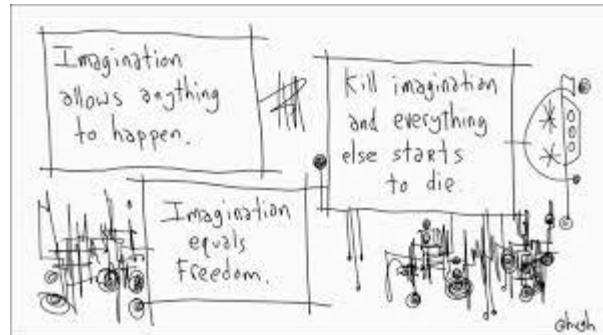
We extend our condolences to Sue Marie on the loss of her mother, Carmen Bier, on Monday, November 5. From Sue-Marie: My sweet mom died peacefully yesterday evening, in home, with her kids, which is exactly what she wanted...I am aware that a Mother's love lasts forever. I am blessed, and so is she!

Tod Ransdell

We are relieved to know of Tod's successful quadruple bypass heart surgery yesterday, November 6, at Providence Hospital in Everett. As of this writing (Wednesday, Nov 6, 1:30 PM), Tod is in good spirits and is expected to be up and walking this evening and discharged on Saturday. Tod will be recovering at home on Mercer Island. Please send your greetings to him, today through Friday, via [Claudia Fitch](#), and Saturday onward via [Hollis Ryan](#).

Barbara Brucker - From CaringBridge: October 30, Next Steps (BB journal entry)

Hope you all enjoyed the MRI this morning. I did. This morning I found myself using the noises to bring your loving energy and support into my body and feel them more deeply. It was a nice trip. I was sort of sorry when the technician said last series of sounds. MRI went without a hitch after the initial scare that the special set-up I need because of my funny little ear canals wasn't going to work on the particular machine I got. Turns out that because my head is a little narrow, something that doesn't work on about 95% of adults worked on me. Proof once and for all that I don't have a fat head! Thank heavens. I did one MRI with unprotected ears and there was ringing in my head for hours afterward.



Dr. Benkers was very happy with the MRI. It looks really good. We have gotten what they call a complete response with the Methotrexate. Now we move on to the next phase which is called consolidation. There are three options. One is to continue with Methotrexate (MTX) with less frequency but essentially forever. She (Dr. Benkers) is not in favor of that option since it is the least effective and I am young enough (get that) and healthy enough to tolerate something more. The other two options both involve hospitalization with heavy duty chemo (heavier duty than the MTX) one culminating in a stem cell transplant, the other not. There is no meaningful data about one being preferable to the other, and really no anecdotal information either. I will be learning what I can over the next period and making a choice in early January.

We have agreed that with the holiday season coming up the best course is to do two more rounds of MTX - one in November & one in December - as a holding pattern. Then I will enjoy another MRI - mark your calendars for Monday, January 5. Following that will be a

decision on which course to take for consolidation and scheduling the admission. I don't know how long post-treatment it is likely to be before I can anticipate returning to usual activities so I'm not sure what happens to ski season. Hoping to salvage some spring skiing at least and do some early season skiing if we just get snow. It will be whatever it is. The priority obviously needs to be my long term health, so I'll keep my focus there.

For now, I anticipate admission for MTX the weeks of 11/17 and 12/15. Precise dates of admission to be negotiated. I am planning to enjoy the holidays and get some skiing in. On the note of the holiday season, one of the events I look forward to is our community's True Holidays Celebration. It's a great time to party a bit, take time to reflect on creating the holiday season you want, perhaps pick up a gift at the silent auction, and kick up your heels with contra-dancing. I am pasting in the Save the Date announcement (sorry graphics didn't copy) at the bottom of this post and hope you can join me there.

Meanwhile, I will post periodically. I am learning that when in a holding pattern there isn't much updating to do, so posting is a challenge. I have begun seeing a Naturopathic Physician as of this week and will be meeting with a dietician tomorrow to learn more about anti-inflammatory diets. This group works closely with the Swedish Cancer Institute so I'm in good hands and look forward to tweaking lifestyle choices just a bit to support my healing the very best I can.

I continue to appreciate all of you and rest in the knowledge that people are thinking of me, sending me good energy and prayers, and tracking my posts and I don't even know it.

Thanks!

Barbara

Sirens on a Shelf: Claudia Fitch at the Greg Kucera Gallery

Opening reception: Nov 6, 6-8pm



The Greg Kucera Gallery has announced its [seventh exhibition of sculptures and drawings by Seattle artist Claudia Fitch](#). The show, titled *Sirens on a Shelf*, presents a stylized representation of the artist's own female form cast in ceramics and bronze. Claudia's show runs Nov 6 through December 24.

Third Age Gathering, Friday, November 7

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.

Thematically this year, "Talking Things Through" guides many of our Goodenough conversations and gatherings. On **Friday, November 7**, we look forward to another evening of friendship and exploration as we continue conversation begun at our October gathering. (It is not necessary, however, to have been at the October meeting to join us in November.) We will



meet at the home of [Phil, Joan, Barbara, and Jim](#) in West Seattle. As usual, we'll start at 6 PM with potluck supper. We will provide a main dish. Please bring a side dish or dessert to share and beverage of your choice. An RSVP is always helpful – either by phoning us at 206-763-2258 or by emailing me at joanvalles70@yahoo.com

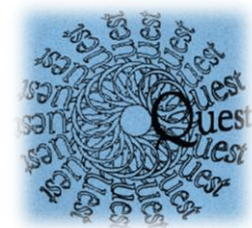


Pathwork - Sunday November 9

You are invited to participate in a “Pathwork Process,” a process of sharing our own faith journeys and problems with development. The focus is on what is happening in our lives *now* and not on earlier history. It is a process in which we coach each other and elicit insights from those who have done psychological and relational work with themselves. John and Colette Hoff have been asked to provide leadership and to resource us thematically. *John and Colette would welcome meeting with anyone interested in attending.* Email John or Colette at hoff@goodenough.org to RSVP and/or if you are interested in attending. Pathwork will be meeting in West Seattle at the [home of Joan, Phil, Barbara, and Jim at 7723 13th Avenue SW, Seattle 98106.](#)

Quest: A Counseling and Healing Center

Our belief is that mental and emotional health are prerequisites 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).**



Where are you working, you might ask?

Currently, John and Colette are doing home visits and utilizing community homes for individual sessions and group meetings. We are especially appreciative to Pam and Elizabeth Jarrett-Jefferson and the West Seattle household of Joan, Phil, Jim and Barbara.



Quest is currently offering a group focused on relationship

Tuesday, November 19, is our next gathering. We will be meeting with couples: Some of these couples will be married, some will be committed, some will be living together, some will be serious friends that want a chance to work with themselves and their personal development yet within a relationship with someone else. If you can think of someone you would like to work on self-development with, let them know. Also let us know (John and Colette Hoff) that you are interested in a relational counseling approach to personal development. This group will be meeting at

the home of Pam and Elizabeth, who have found that their own relationship has deepened in recent months.

Conscious Couples: Friday, November 14

Bruce & Irene Perler

The Conscious Couples Network has its next meeting on **Friday, November 14**. We've been building forward from a very meaningful couples retreat weekend in September and want to carry the good work begun there, inviting others to join in. Our times together center on the real work and joy of partnered life. Our gatherings invite us to share from our own stories and learning, trials and tribulations, celebrations and triumphs and the support that other couples offer creating a safe, nurturing and effective environment - a culture. Some of the themes we've been leaning into in our recent group processes:

- Working with change in our lives
- Making decisions together
- Dealing with stuff, the material things of life
- Parenting our children
- Making room for intimacy in our lives
- Dealing with difficult emotions in relationship

Alongside working with the real challenges and growing edges of partnered life are the equally important values of play, positivity, humor and lightness of being.

Meeting begins at **7:30 PM** at the home of Pam and Elizabeth Jarrett-Jefferson. Consider bringing snacks and beverages to share. Coffee and tea will be provided. [An RSVP to Irene](#) would be helpful. If you have questions feel free to call - (206) 419 3477

We look forward to seeing you there!

Save the Date

I invite you to The Goodenough Community's True Holidays celebration this year on **Saturday, December 6**, 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 beyond the Goodenough Community. I'd love to see you there this year.

During the evening we 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!**

Enjoy having a **Good Enough*** Holiday!

*Good Enough: *Synonym:* gratifying, satisfying, fulfilling, pleasing

Join the Goodenough Community & Friends Celebrate the mid-winter holidays

Silent
Auction!

LAUGHTER!

Contra
Dancing
with
Sherry Nevins!



RAFFLE!

FUN!

Childcare
provided

**Sweet & Savory
Treats + Drinks
for Sale**

A short program to reflect on your upcoming holiday experience-
so you can design it the way you want!

Saturday, December 6, 2014
6:00 - 11:00 p.m.

Mercer Island Congregational Church
4545 Island Crest Way, Mercer Island, WA

7:30 - Contra Dancing ♥ 8:00 - Program ♥ 9:00 - Resume Dancing

For more info, contact Kirsten Rohde: 206-719-5364 or email: office-gec@goodenough.org



Free Admission

Sherry Nevins at the True Holidays Celebration!

Saturday evening, December 6th
Mercer Island Congregational Church.

By Marjorie Gray



*Swing your ma, swing your pa, swing that gal from
Arkansas.....have a whooping good time at the True
Holidays Hoedown on December 6th!*

We are very pleased that **Sherry Nevins** will once again be bringing her lively contra dancing to our True Holidays celebration this year.

Sherry's had great fun calling traditional square dances since 1977 and contra dances since 1980, also occasionally teaching couple dance workshops (waltz, polka, schottische, and beginning East Coast swing). She began coordinating community dances in Seattle in 1979. She especially enjoys calling at Family Dance events where adults and children of all ages participate together (like the True Holidays event). She has taught at several dance camps, including Camp Wannadance, Pinewoods, Chehalis, Suttle Lake, Bear Hug, Let's Dance, and the BACDS and Lady of the Lake Family Weeks. She is particularly adept at calling for weddings and birthday celebrations; school, church, and club parties; festivals, fairs and all kinds of events where dancers with varied levels of experience and inexperience come together. Her informal style and boundless enthusiasm, combined with clear teaching and a varied, lively repertoire ensure a satisfying dance experience for all!

Sherry is looking forward to being with us for the True Holidays Celebration. She says the Goodenough Community is always warm and welcoming. Come join in the fun, Saturday, Dec. 6th! Contra dancing will be from 7:30 to 8:00pm, and then resume again at 9:00, after a short program. Hope to see you there!



Our True Holidays Silent Auction

Elizabeth Jarrett-Jefferson



*We are pleased to announce that we will again be featuring our **Silent Auction** at our annual True Holidays event this year, **Saturday, December 6, at the Mercer Island Congregational Church** (4545 Island Crest Way, MI 98040), beginning at 6:00PM (mark your calendars & note the time). This event*

is a wonderful part of the True Holidays celebration because the spirit of warmth, generosity and creativity that surrounds the Auction is deliciously palpable—and sometimes even edible!

To which I extend my invitation again to you to donate to this very worthy cause, the work of the Goodenough Community, which supports programs that help real people and real lives. We need the work of communities like ours now, these days, more than ever. There will be a bid form included each week with the eView, and [I invite your contribution](#).

Are there things/experiences that you would love to bid on but aren't offered by the auction? [Let me know](#).

Here are some ideas---either for donating or your wanting to see them there. **I know this is the fall, but let these spring-board your creativity!**

- A team to rake fall leaves
- Mosaics class
- Dog sitting, dog walking
- House sitting
- A guided/catered hiking experience for several with your own personal sherpas
- A catered sailing experience with two experienced, talented sailors
- Maid-for-the-day
- Laundry-for-the-day
- Grocery shopping
- Running errands, driving your kids to activities, driving your parents to activities
- Birthday cakes for your family/children for the entire year
- Gardening/potted plants lessons and nursery trip
- Perennial plants
- Holiday linens
- Movie tickets
- Certificate for a massage or the Spa
- Organizing your papers
- De-cluttering your house
- Handy man services
- Scrapbooking, organizing photos, sorting
- Drawing lessons
- Museum tour with your own personal docent
- DIY wine tour with your own personal DD
- Wine and cheese basket
- Knitting lessons
- Knitted items
- Meals and meal deliveries
- Sourdough starter from a famous local restaurant
- Guitar lessons
- Architectural consultations



I look forward to seeing you there. – **Elizabeth**.



A Recent Silent Auction Experience:

Thank You, Lisa & Marjorie

Colette Hoff

Three weeks ago, on a bright sunny day, I was sitting at a picnic table at Discovery Park being treated like a Goddess by each of you, and this was only one of three experiences you both created for me. While the original THC Silent Auction experience you offered was a day hike with lunch, we all decided a day in Seattle would work well. I loved the Chihuly Garden and Glass Exhibit, timed so well that we saw it in daylight and after dark so we saw the beautiful lighting. The dinner at Collections was great with such amazing décor. Thank you both for donating to the 2013 Silent Auction, will you offer something again? Love, Colette



The deAnguera Blog: Harvest Weekend

Mike deAnguera



Our Fall harvest. Apples and pumpkins. On the right you can see Gabe Harshman and Pharoah Kukendall chopping apples for the cider press in the background. Irene and Lilly make such a nice pair. Below is Irene holding one of our pumpkins which had not fully turned orange yet. This pumpkin was later carved into a Jack-O-Lantern.



I spent Saturday chopping apples in the Potlatch kitchen because I didn't want to go out into the cold. It was cold and rainy that weekend. Today it is almost shirtsleeve weather.

Yes, we all agreed: It was a good harvest. This particular day is known by a variety of names. Samhain, Day of the Dead, All Hallows Eve or Halloween. This is the time where people bring in the harvest and prepare the food for the winter. We certainly did our share with the processing of apples into cider and apple sauce.

This is also said to be the time when the boundary between worlds is the thinnest allowing ghosties and other beings to be present. Of course, we didn't wear any Halloween costumes. I found myself wishing we had. The evening could have then been spent with John telling us the story of Samhain like he does with Solstice. The approaching winter must have

filled people with a lot of anxiety in the old days. The question lingers once again: Are we going to make it? People in northern lands know winter is always a time of testing. Fall is the time to get ready.

I find myself spending a lot of time raking barrels and barrels of leaves which I then haul down to the leaf composting pile. We are beginning to fire up the boiler once again. A bunch of us have been busy stacking wood in the shed next to it. Saturday evening a bunch of us spent playing train dominoes. No, I did not win. It had been a long time since I actually won this game. Those doubles get me every time. Of course, the worst is when I never get a chance to start a train. If I am not able to get rid of my pieces early, that usually hurts me in the end.

Our events always represent opportunities for connection which deepen friendships. When such opportunities don't exist, we remain strangers to each other. That's how it was for me when I lived in Bellevue.

Opportunities for connection can also serve to tune up ourselves and our relationships



A symbol of our bountiful harvest. The squashes and apples are all from Sahale. A good way to stay mindfully connected to our Earth Mother.

with each other. I find myself needing such opportunities otherwise I can really get run down. Sahale needs times where we recognize the connection we

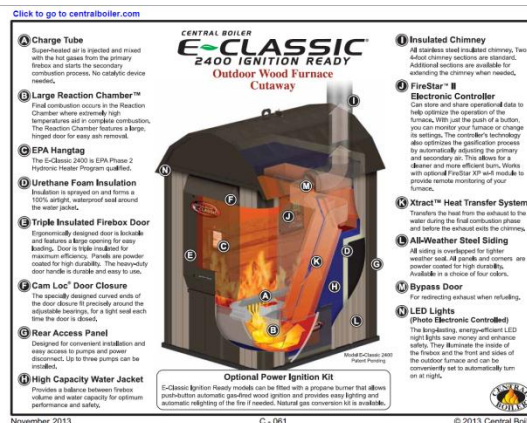
have with her land. Now she is bringing new people to us helping construct the Ecovillage step by step.

I am glad we have a harvest festival where we get to process apples. In our society where almost all the food comes from the supermarket, it is nearly impossible for me to feel any connection with how commercially grown food is produced. Without our harvest, I don't feel connected to the earth. This connection is something needing to be nurtured over time otherwise it dies. The consequences can challenge our world's ability to survive.

The Den - A Place for Manly Thoughts

Bruce Perler

This last weekend, while the Sahale Fall Harvest Festival was flowing with apple juice and sauce, Josh (DeMers) and I were up to our elbows in wood boiler guts. This project, one that we'd been waiting for just the right time to do, was smoothly executed with almost no mishap. And although I'd estimated 4 hours and it took 7, it all went well and was a great time to work together.



I'm so enjoying working with Josh as apprentice / side-kick. He's such an avid learner and top notch project helper as well as providing me a valuable chance to pass on many of the finer points I've gathered over years working with electrical mechanical systems and all that great coaching that my dad had for me as we worked together in his shop, since I was a boy.

- * Hold the tip of the screw driver and screw like 'this' when inserting a screw into a blind hole
- * Be careful to cinch the stainless hose clamps just enough to begin compressing the rubber
- * When tapping threads, be careful to use adequate oil and to alternate clockwise and counterclockwise turns to break the chip of cut metal so it doesn't block the cutting edge.
- * Etc.

This project entailed uninstalling the old, then rewiring and re-plumbing for a new upper gas burner. Imagine a foot long jet of propane flame that is driven by the computer controls of the boiler system, automatically re-lighting the fire if it goes out. Pretty cool, huh?

Passing forward the skills and project thinking processes I've learned over my 50+ years is a great value to exercise here at Sahale. I finished the day feeling full of appreciate for Josh and for my father, Bob Perler, a man whose passion for thinking, building and creating inspires me to this day. What a joy to pass along!

Announcing: Fundraising for the Next Hot Tub

Elizabeth Jarrett-Jefferson



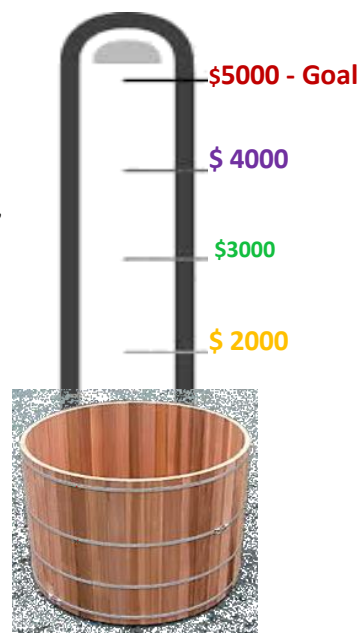
Jim Tocher & Wesley Boone,
10/20/2001

Thirteen years ago we installed the first hot tub at Sahale! Our beautiful cedar hot tub has served our community and the many Sahale guests for a long time. In the early years, community members traveled from Seattle to Sahale daily to insure that it was locked up and cared for well; and many who have come and gone from Sahale since then have commented on how good is end the day (or begin the day!) with a hot tub.

Well, our beloved hot tub has run its course and we want to replace it. This eView article is our first public announcement that we want to raise \$5,000 in support of a new tub.

If you have appreciated the hot tub or look forward to the new one, you may be an early investor! Some of us have ordered the new hot tub in the faith that together we will find a way to pay for it.

Let [Colette Hoff](#) know of your desire to donate or simply give her your contribution to the New Hot Tub Fund.



Birthdays

- [Colette Hoff](#) – November 10. Happy birthday, Colette!
- [Jim Tocher](#) – November 11. Happy birthday, Jim!

The eView Is for Everyone!

Kirsten Rohde

Do you enjoy reading the eView? I know I like the feature articles – I read them as a kind of meditation for the day. I love photographs, Mike’s stories, news from other groups, the Watchcare section. I refer to the calendar of Goodenough events in the back pages for dates and times of events and gatherings.

If you know of others – family, friends, others interested in community – who might enjoy this weekly newsletter, offer to add them to the mailing list by sending their email address to Colette. Let them know that every Thursday morning they will receive an email with a link to the Community website from which to download it.

The eView is always made up of contributions from a variety of people – you could be one! Contributions are welcome as are your comments and suggestions. Send yours to [Colette Hoff](#), [Kirsten Rohde](#), or [Elizabeth Jarrett-Jefferson](#).



Imagination Gone Viral

We all need to re-think “out of the box” about how we organize ourselves politically and economically. Obviously the old systems are not working well for all of us. Are there any corollaries in the US?

Contributed by Bill Kohlmeyer

[ECONOMICS & INNOVATION](#) / 30 Oct 2014



Rhiannon Colvin, co-founder of new organisation AltGen, at a university careers fair Photo © AltGen

With young people trapped between unemployment and underemployment, the political response is too paternalistic, says new organisation AltGen. Launching an award for new co-operative enterprises, it is encouraging 18-29-year-olds to shape their own futures

“I’m glad there’s an economic crisis.”

It’s not something you hear very often, but 25-year-old Rhiannon Colvin believes that the global economic crash of 2008 and its aftermath have presented the perfect opportunity for her generation to start creating a new economy.

“I’m not glad that people are unemployed,” she continues, “but I don’t believe in this economy and how it works. It’s very unsustainable, very unequal and young people are exploited.”

As co-founder and director of start-up business [AltGen](#), that’s what Colvin hopes to change. Launched in May, AltGen is helping 18-29-year-olds set up their own worker co-ops – businesses owned and managed by their employees – in an effort to help tackle the UK’s youth unemployment crisis.

Although employment figures released in October suggest that such an approach might not be necessary – UK unemployment fell to less than two million for the first time since 2008 – the headlines arguably failed to reveal the full picture. The same data shows that since 2008 the type of employment people are in is shifting, with now nearly one million more people in part-time work and almost one million more freelancers than there were six years ago.



“When you look at the kind of jobs being created, barely any of them are full-time, secure and with rights,” says Colvin. “It’s not just unemployment, but it’s underemployment.”

“It’s not just about solving youth unemployment. We see it as a really exciting way for us to create a more equal and sustainable economy.”

AltGen is focusing on young people in particular because, since the financial crisis began, it is the under-30s that have been hit hardest. According to a 2014 [report](#) by the Institute for Fiscal Studies, employment among 22-30-year-olds dropped by four percent over the past five years compared to no overall change for 31-59-year-olds. Currently, 18 percent of 16-24-year-olds are unemployed, compared with the overall national figure of seven percent.

Colvin believes that the government is partly to blame and hasn’t done enough to help young people: “All of the political parties are so uncreative and short-sighted in their policies – all they’re thinking about is getting more young people into work, but they’re not thinking what kind of work and what future that will lead to. It’s paternalistic instead of empowering.”

Through co-ops, AltGen – itself a workers co-op – intends to give young people the power to create their own work. “Co-ops give us ownership, they give us a say over our life and our work and most importantly they allow the freedom of freelancing but with job security, workers rights and the support of a team,” says Colvin. “And it’s not just about solving youth unemployment. We see it as a really exciting way for us to create a more equal and sustainable economy.”

Working together, not fighting for jobs

But before founding AltGen, Colvin felt, like many graduates, that her only path into a career she wanted was to undertake unpaid internships. And it was in 2012 following an unsuccessful application, for an unpaid placement with a youth empowerment organisation, that Colvin had a revelation.



“I was one of 150 young people who wanted to work on empowering other young people and because this one job existed only one person was going to do that,” she says. “I realised that we’re all fighting each other for unpaid work and noticed that a lot of young people’s energy was going to waste in this process and thought: why aren’t we working together to create our own work?”

Colvin then took a break from endless applications and decided to pursue her idea further. In the autumn of 2012 she embarked on a three-month trip to Spain, where youth unemployment was then around 55 percent. “I was looking at what alternatives were emerging out of that crisis,” says Colvin. “Co-ops in Spain were my inspiring answer.

“They’re really big in Spain, so lots of young people were turning to them as an alternative. They were going back to the land, taking over old buildings, producing their own food, making furniture and setting up book shops as co-ops. I hadn’t even heard about co-ops until I went to Spain.”

After returning home Colvin discovered that things were very different in the UK. Despite British business the Rochdale Pioneers, founded in 1844, being widely considered the first successful co-operative enterprise and the UK currently having nearly 13 million members of co-operatives, Colvin was disappointed by what she found. “People’s perception is that the co-operative movement is just a supermarket and a bank – not the diverse and interesting sector it really is,” she says.

She believes that the sector is particularly failing to attract young people. “The movement has a vast amount of knowledge and resources on how to create a more equal and sustainable economy, but no idea how to communicate with young people – that’s what we do.”

Ed Mayo, secretary general for [Co-operatives UK](#), the national body for co-ops, agrees: “The co-operative movement needs to be more open and less insular, reaching younger generations,

which we need to support in every way possible. The work that AltGen is doing promoting co-ops as a viable business model is to be applauded.”

A prize for youth-driven co-ops

To get its first co-ops off the ground, AltGen is working with Co-operatives UK and 10 partner universities across the country to run a competition called the [Young Co-operators Prize](#) (YCP). Launching on 1 November, five winners will receive a £2,000 grant, skills training and connection to a mentor co-op in their sector and region.

“We want to make it as easy as possible for a young person to set up a co-op,” says Colvin. “We want it to be that co-ops are seen as a viable career pathway and if you choose to take it, you know where to go to get start-up capital and who can help you with your business plan. It needs to be a supportive process and right now it’s really hard.”

But even with this support, Colvin says that getting a business up and running will be no easy task. As well as working on the YCP, AltGen currently generates income by running workshops in universities. But although the aim is to expand their services to carry out consultancy work for other co-ops, at present they can only employ three people part-time.

“It’s a social business so it’s not about making a huge profit, but we need to be able to live from doing this,” says Colvin. “It can’t support us fully yet and that’s the most likely way all these co-ops will happen. People will have to have other jobs for a while before it gets to that point.” However, with the UK’s co-operative economy growing by 21% since 2008, compared to just 3.4% for the economy overall, Colvin sees the setting-up of the five YCP co-ops as just the beginning. “We want a network of young people that are creating this different economy, that are sharing ideas and maybe trading with each other,” she says.

It’s an exciting prospect, and one that perhaps wouldn’t be happening without the economic crash. “Without the crisis I don’t think I would have been pushed to start my own organisation in the same way – it was that experience of fighting and trying to get a job. It’s pushed people to look at different options out there, it’s made the space for us to create a better economy and for us to be leading the way and it should be my generation at the forefront of this,” says Colvin.



“AltGen is the alternative generation – we aren’t the generation without a future, we can create a different one.”

Entries for the Young Co-operators Prize are open from November 2014 – March 2015. For more details and to apply visit: www.y-c-p.co.uk

http://positivenews.org.uk/2014/economics_innovation/16529/i-network-young-people-creating-economy/?utm_source=Positive+Newsletter&utm_campaign=00ef84d7e0-Positive_Newsletter_2_November_2014&utm_medium=email&utm_term=0_3a293415a0-00ef84d7e0-312911817

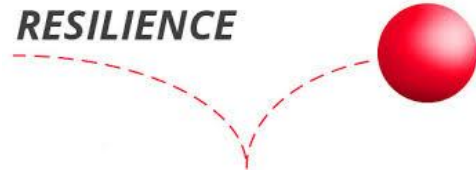
What is Community Resilience?

Community and Regional Resilience Institute (CARRI)

Repeated from Last Week's eView

Resilience is the ability to anticipate risk, limit impact, and bounce back rapidly through survival, adaptability, evolution, and growth in the face of turbulent change.

RESILIENCE



Resilient communities minimize any disaster's disruption to everyday life and their local economies. Resilient communities are not only prepared to help prevent or minimize the loss or damage to life, property, and the environment, but they also have the ability to quickly return citizens to work, reopen businesses, and restore other essential services needed for a full and timely economic recovery.

Our approach to resilience is based on a simple economic rationale: communities have a quantifiable level of functional capacity. In a crisis situation, that capacity declines at a rate and to a depth that is largely dependent upon the nature of the disruption, the community's level of preparedness for that specific disruption, and the rapidity and effectiveness of that response. More importantly, the recovery rate depends on those same factors.

What is community resilience?

According to the Australian Government's Social Inclusion Board:

Community resilience means the capacity of communities to respond positively to crises. It is the ability of a community to adapt to pressures and transform itself in a way which makes it more sustainable in the future. Rather than simply 'survive' the stressor or change, a resilient community might respond in creative ways that fundamentally transform the basis of the community.

Key features of resilient communities are social learning, adaptiveness and flexibility.

Why do we need community resilience?

Australia is vulnerable to a variety of shocks and natural disasters. The severity of a disaster is determined by both the scale of the disaster and the level of community preparedness.

Community resilience is critical in minimising the effect of these disasters and contributes to a quicker, more effective response.

How do we build community resilience?

There is no hard and fast rule for how to build community resilience however it is best strengthened continuously, not just in times of crisis. It involves people getting together to create sustainable links within their community.

Resilient communities are able to integrate their resources and capability to respond positively to crises. Resources can range from first aid kits and torches to communication systems and the

goodwill of the local community. Capabilities are the means to make use of your resources and these can be anything from trade skills to motivational and leadership abilities. Resources and capabilities can be integrated throughout and beyond the community using social networks and cooperative decision making.

How do I know if my community is resilient?

Community resilience comprises 4 different, overlapping environments:

1. Built *e.g. buildings and infrastructure (roads, sewers, etc.)*
2. Natural *e.g. hills, bushland, wetland, etc.*
3. Social *e.g. community groups*
4. Economic *e.g. businesses*

There are many different ways you can strengthen your community's resilience, for example do you know your neighbours? Are you actively involved in the local community?

Does your community know what to do before, during and after a natural disaster?



The Goodenough Community:

Cultural Programs & Events in 2014

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.

Third Age Gathering, Friday, November 7

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.



Thematically this year, “Talking Things Through” guides many of our Goodenough conversations and gatherings. On **Friday, November 7, 6:00 PM**, we look forward to another evening of friendship and exploration as we continue conversation begun at our October gathering. (It is not necessary, however, to have been at the October meeting to join us in November.) We will meet at the home of [Phil, Joan, Barbara, and Jim](#) in West Seattle. As usual, we’ll start at 6 PM with potluck supper. We will provide a main dish. Please bring a side dish or dessert to share and beverage of your choice. 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 Next Gathering: **Saturday: November 15, 10 to 2pm**



We will meet at the home of Rose Buchmeier: **9033 13th Avenue SW, Seattle, WA 98106**
For directions, call Rose 206 764 0193



The Conscious Couples Network presents: **An Evening for Committed Couples** **Friday, November 14**

We will explore the joys, challenges, and effective processes for committed relationship and offer the kind of support that can only come from a network of couples. This group will meet at the home of Pam and Elizabeth Jarrett-Jefferson on Mercer Island.



Mark your calendars for 2015! **Human Relations Laboratory** **August 9 to 15, 2015**

The best event to experience the Goodenough Community

Seven Fun-filled Days of Social Creativity & Experiential
Learning about Friendship and Effective Relationship

Sahale Learning Center

A 68-acre retreat on the Kitsap Peninsula

Family Enrichment Network Parent Group

If you are interested in developing a supportive parent circle for study and conversation about family life, to begin this fall, 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.



True Holidays Celebration - Saturday, December 6

Our annual celebration will be held on Saturday,
December 6, 2014, 6 to 11PM.

This event has more than 25 years of history and is set early in the holiday season in order to deepen and enrich the winter holidays for people of all faith traditions. This interfaith celebration will again be at the **Mercer Island Congregational Church** and commences at 6:00pm.
Kirsten Rohde will be our host and guide.



Register Now:

Winter Solstice Bus Trip – Saturday, December 20

Old fashioned fun for all ages. 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.



New Year's Eve Weekend at Sahale!



This year New Year's Eve is on **Wednesday** night. You are invited to come to Sahale for the weekend to bid farewell to 2014 and to greet 2015. You may arrive as early as Friday. We plan to have our usual times in good conversation, winter walks, hot-tubbing, making meals together and celebrating the change of year. **Dinner will be served at 7:30pm** on New Year's Eve. Of course, we will have our **7th annual** Train Dominoes Tournament. Time will also be given for serious reflection and joyful celebration.

Email Kirsten or Elizabeth: krohde14@outlook.com, elizabeth.ann.jarrett@gmail.com