

Village eView

July 17, 2019

Kirsten Rohde, Guest Editor



COMING UP

Human Relations Lab,
August 4-10

RESTORATIVE

[rə'stôrədív]

ADJECTIVE

1. having the ability to restore health, strength, or a feeling of well-being.

"the restorative power of long walks"

synonyms:

[invigorating](#) · [refreshing](#) · [stimulating](#) · [energizing](#) · [exhilarating](#) · [enlivening](#) ·

NOUN

1. something, especially a medicine or drink, that restores health, strength, or well-being.

"herbal restoratives"

synonyms:

[remedy](#) · [curative](#) · [medicine](#) · [medication](#) · [medicament](#) · [corrective](#) ·

In the 1800's certain herbal or otherwise drinks were popularly advertised as "restoratives." Interestingly back then what might have included useful herbal tinctures were also called "snake oil" – ironically actual snake oil contains omega3. While some remedies probably were useless but just as now, "natural" remedies are downplayed by some in the established medical world as useless and yet more and more people are turning back to remedies from the earth. And the word "restorative" is having a comeback.

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

I most recently heard the word “restorative” as a term regarding restoring the earth. “Restorative agriculture” includes re-enlivening soil that has become dead from years of overuse, over tilling, chemicals, overgrazing and mono crops. Restorative practices involve rotating crops and grazing, putting back into the soil fungi and microbes, leaving the soil untilled, diversity in what we grow and planting plants that themselves transform the soil. Some who are studying this even believe that we could get to a place where the need to add in compost and other natural amendments would not be as necessary once the soil and living organisms heal and re-establish their natural rejuvenating processes.

At Sahale one of our accomplishments over all the years since we started has been to build the soil. From rocky, tired out dirt and clay we are creating healthy, alive and satisfying soil. Maybe not as flashy as solar arrays and straw bale houses but something I think we should show to visitors as a demonstration of earth healthy practices. We don’t have any large farm animals but we have lovely chickens and red wriggler worms working away to help us have healthy soil.

Here’s another way we provide restorative practices: the **Human Relations Laboratory**. Humans too can get worn out from overuse. Too much work and not enough play, unhelpful habits, stress, loosening of relational ties, distractions that aren’t of the highest sort, repetitive news stories – most of which aren’t happy - and so forth. At our summer Lab we restore our relationships – with our self and with others. We feel the liveliness of being around others who are eager to learn, play, and have meaningful, satisfying experiences. Like microbes in the soil, love is in the air because we are all remembering how rejuvenating it is to give and receive love and kindness. With a little juice from a collaboratively developed curriculum that I’m hearing is going to be fabulous we have the chance to grow and feel restored.



And.... You can get your toes into some really healthy, happy soil! So now is a great time to register at www.goodenough.org/lab

The Human Relations Laboratory is getting close . . .

Register now!

Our on-line registration process is now working well. Go to www.goodenough.org On the front page, scroll down to the Lab information and push register! We are asking **all** who plan to attend the Lab to complete the registration form. Please use the appropriate button to pay the full amount or at least a deposit. Consider inviting a friend or work colleague!

The Human Relations Laboratory



Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it. Rumi

At this Lab, you will learn how to deal with the three A's: Arrogance, Anxiety, and Anger which are common barriers to relationship.

Lab is a place of spaciousness where anything can happen. It is a week of experiential learning that encourages your development toward being a more mature, integrated person. You can also expect a taste of heaven in a heavenly setting!



"Wilderness itself is the basis of all our civilization. I wonder if we have enough reverence for life to concede to wilderness the right to live on?"
Margaret (Mardy) Murie
Former Wilderness Society council member

The Pacific “NorthWet”

I just found this article in my archives today. It was from nearly 10 years ago. John and I had just moved to Birch Bay, Washington from Denver, Colorado. In re-reading it, I find I STILL feel this way 20fold²... and I pulled it out to share with you. Perhaps some of my thoughts will echo some of your love of the land... perhaps you will be inspired to write your own version and submit it to eView next week :) – Draï



Having moved recently to Washington State, I am frequently asked “How do you like our rainy state?” More often than not, the word “rain” is emphasized with cynicism and regret – I sense folks think I won’t be able to handle it or will choose to run away in “precipitation panic.” I suppose folks who have lived in the rain for many, many moons are understandably “damp.” For me, as a newbie and a four decade inlander...well, I have the luxury to see things with new eyes, because much of what I see IS new to my eyes. It has occurred to me that I have stumbled into the succulent, dynastic empire of verdant green. Food tastes better here. Life masses in droves. Everything grows bigger, faster, stronger. It is in one word “magnificent.” And then it occurs to me that none of this would be were it not for the rain—it is the blessing that births blessings. I have, smilingly, taken the habit of referring to the wet weather as “watering day” which I say often and with deep gratitude. Life here inspires me, touches my deep places, smoothes my edges with a long-awaited quietude and graces me with a new semblance of peace. Perhaps here, I too will grow, back into my Self. I welcome this healing from the house of Mother Nature. And so, for those folks that so kindly inquire after my welfare, here is my answer ...

I smell the birth of leaves intertwined with the curling cues of wood smoke and musky ancestral loam from earthen tomb erected. My tail twitches. Were I Ceredwin my cauldron I should over-fill with blackberry, salmon and evening primrose. I hear the willow weep as her arms reach and strain unfulfilled. The tang of salted water rests heavy on my middle ear evoking whale song in sonorous liquid tribute. Spider dangles in the yard door, spinning tango on wispy legs. Poppy gifts burnt orange petals carried to grass field on meandering breeze. Eagle twitters longingly for flight while stranded on nest eggs laid, mother for a moon-span. Rhododendron teases wasp brother; his wings tickle her with percussive greetings. Lilac bellows cantatas of aromatic sweetness. The stones abide. Roots plunge and pulse, thrusting and nudging at earthworm while jay bobs his blue bonnet searching for lunch. Beats of procreative longing hammer upon hardwood as woodpecker drums awake his mate. Frogs croak. Sun eases tendrils of light and warmth through silken clouds to skate down the crags and cracks of open-mouthed volcanoes. Snow bleeds to waterfall. Stars witness. Rain washes my soul, kisses the Oregon grape and dresses the meadows in diamonds. With unbridled determination clematis climbs, tangles and grasps. Birch holds space and whispers secrets. Sandpiper runs spirals around snail. Shy crab hides in hermit hideout. Cedar sneezes mists of pollen clouds. Mackerel sky canopies fertility. Great mother is pregnant with bounty and abundance, life flooding from her womb. Moon gazes and drifts. Gods smile. Artichoke swells. Mole furrows. Opossum totes wee children. And I begin to thrive.

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The deAnguera Blog: What is Restorative?



Have you ever been in a funk? It can happen to the best of us. I have been feeling a bit depressed lately. Was it my gall bladder operation? The fact I am getting older? Wars around the world? A combination of all three? What to do.

Well along comes Julie Wolf with St. John's Wort, an herbal cure for depression. She picked off the yellow petals and is holding them in a bowl. They certainly smell good. Julie plans to put them into a tincture. Then I will be able to put four drops on my tongue. Bye bye depression.

Julie is growing some nice herbal medicinals on one of our terraces. I remember the herb garden at the University of Washington. It will be great when she is able to get the various plants in the garden labeled. Wonder if it could be a little side business?

Later I joined Julie, Amanda Lovett, and Avi Caswell in singing and strumming my McNalley Strum Stick along with Avi's guitar. It felt great to be appreciated as a member of a band. Before I had no idea really how to play the strum stick. It had been sitting around since 2004 when I bought it from the inventor on Long Beach. Can you believe we will be playing before a live audience this weekend? Where else could this happen for me but Sahale?

I had originally bought two of them intending one for a student. The student never materialized but they enabled me to become Avi's student. Avi has been playing instruments since she was six. The strum stick is a bit like a guitar except it has only the three center strings. It was designed to be played by a novice like me.

Immediately after playing with Avi's group, I was invited to help Russ Puskavcik, Julie's husband carry ten 12 foot long sheets of drywall into his house. As you can see in the right hand photo he showed me how to use a pair of orange lifters to lift and carry each sheet of drywall. He used one to carry the front end and I carried the back end with another. We carried each sheet into his house and dropped it down onto the floor, one on top of the other.

Inside Russ and Julie's house I saw an old radio from the 1930's playing classical music. I love seeing such things now like museum pieces. There was also an old piano he got from a neighbor. Could I play it someday? I have visions of playing along with Rimsky Korsakov's

Procession of the Nobles. The music always made me think of old ferry steamers on Puget Sound since I was six years old. I am a ferry boat nut.

After it was all done, I realized I was feeling much better. My depressive fears were gone replaced with joy. Thanks Russ and Avi!

It seems Sahale has something for each of us. The Human Relations Lab gives us skills and relationships powerful enough to connect to new friends. I wanted to strengthen this connection to see what more we can share together as individuals and as community.

Friendships are social capital. That's the kind of wealth I am after. Wealth I can share with others.

The more I share, the more I have. The same is true for all of us.

We can have a network of relationships arising from the Human Relations Lab spanning the globe. In fact we already know people from the UK and Israel. Perhaps this is a really good way to address global warming and wars.

Our present civilization is based upon the exchange of money and does not have much of a future.



Restorative? Where else can I get this close to a cute deer?

“We who are gathered here may represent a particularly elite, not of money and power, but of concern for the earth for the earth’s sake.”

***- Ansel Adams
Photographer***



SOUL FOOD

From the hearth of LongDancer Grammy Pammy



Quinoa Almond Muffins

1 C Quinoa flour
 1 C White spelt flour
 1/3 C Turbinado sugar
 2.5 t Baking powder
 1/4 t Salt
 1 Egg
 1 C Almond, rice or soy milk
 1/2 C Canola oil

- ❶ Preheat oven to 400 degrees.
- ❷ Prepare muffin tins using butter, oil or paper liners.
- ❸ In one bowl combine all dry ingredients.
- ❹ In another bowl beat egg.
- ❺ Add almond OR rice milk and oil and stir until blended.
- ❻ Add liquid ingredients to dry, stirring quickly until just mixed.
- ❼ Add dried currents and or dried cranberries (Optional)
- ❽ Fill tins to almost full.
- ❾ Bake 15 to 20 minutes.

SOUL FOOD is a new addition to eView. It will have favorite Sahale recipes, per your request, our special gluten-free 'test kitchen' successes as well as tried n' true, yummy recipies we enjoy. To submit a recipe, please email goddessdrai@earthlink.net!

Taitneamh a bhaint as díbh féin!
 "Enjoy Yourself!" – Draí

INFORMATION ABOUT QUINOA

Pronounced keen-wa. The tiny quinoa seed contains germ with far more protein than any other grain, and of higher quality. Its amino acids are more balanced than those of other grains, with high levels of lysine, methionine and cystine. Not really a grain at all, quinoa's genus can be found in the herb family. It was a sacred food of the Incas for centuries. It ideally complements beans for a complete protein meal. Among its many recommendations, quinoa is a source of iron, magnesium, zinc, copper, potassium, riboflavin, thiamin, niacin, and phosphorus. Quinoa has reemerged from obscurity and is finding its way

into more people's diets every day. Quinoa's high protein and low gluten contents, nutty flavor, and crunchy texture make it a worthwhile addition to anyone's diet.

INFORMATION ABOUT SPELT

A nonhybridized wheat that was a staple in biblical times. Spelt contains more protein, amino acids, B vitamins and minerals than does its distant cousin, hybridized wheat. It is worthy of noting for its nonallergenic properties and great nutritive value.



Editor's note: This event is open to anyone interested and is being held at Sahale!



5 pm on Wednesday Aug 28th, to 2 pm on Sunday Sept 1st.

Would you love to have more close, connected, juicy relationships?

Need some inspiration and renewal?

This 4-day festival offers conscious movement, ceremony, respectful touch, relationship and communication skills, and tantric meditations all in a lovely rural wooded retreat center near Seattle.

Step into an open, caring community of like-minded souls, and come play with us! These events are potent moments for increasing hope, vitality and joy, carrying us all forward on our paths.

Our Workshops will focus on

- Tantric Arts
- Communication
- Personal & Spiritual Development
- Movement Meditations
- Aware Touch and Consent

Note: Goodenough Community friends and members will not have to pay room and board. Contact Colette at hoff@goodenough.org

Go to www.cascadiatantrafest.com/



At the “OUR” Ecovillage – in
British Columbia
September 13 - 15
Friday 2:00pm - Sunday 5:00pm

<https://ourecovillage.org/5th-annual-west-coast-communities-conference/>

This conference is an intentional experience of community. Whether you live in an intentional community / ecovillage / co-housing and are interested in joining or starting one, are a networker or organizer, or are new to intentional communities, this conference will have something for you. Come learn about the intentional communities of western North America, gain skills and understanding for living in and developing intentional communities, and find mutual support and camaraderie with others involved with intentional community. Come celebrate the diverse types of community that exist, expand the potential of increased inclusiveness, and explore Intentional Communities and Ecovillages and Co-Housing as a model for impacting wider social change. The Goodenough Community is a sponsor for this event!

Spatialist for Hire

Pam Jefferson



Do you need help with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at **206 372 9801**.

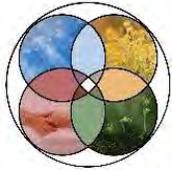


Programs and Events of the Goodenough Community

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

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

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



The **General Circle** meets Mondays at 6:30 for light dinners & business at hand. Fall schedule to be announced.

The Women's Program is a long-established and ever-growing way for women to enjoy each other's company, learn about themselves as women, and even perhaps to experience the Divine Feminine. For more information, contact Hollis Guill Ryan, hollisr@comcast.net



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. Stay tuned for the next meeting date! Contact Kirsten Rohde for more information: krohde14@outlook.com

The Men's Program

Our **Men's Circle** is an expression of brotherhood and practice with wisdom, gathered from own lives, other men's work advocates and the founders of this circle.

For more information, contact: bruce_perler@hotmail.com



Pathwork, a Program of Convocation: A Church and Ministry On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 PM under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service. **Gatherings are in Seattle.** Contact Colette Hoff for more information: hoff@goodenough.org

Summer Camp for Youth

New dates for Summer Camp 2020 will be announced. Summer Camp is a wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Contact: Irene Perler, irene_perler@hotmail.com



Human Relations Laboratory, August 4 to 10, 2019

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music dance, song, drama and more. This summer we will celebrate 50 years! Contact: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 7, 2019

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



Work and Play Parties throughout the Year

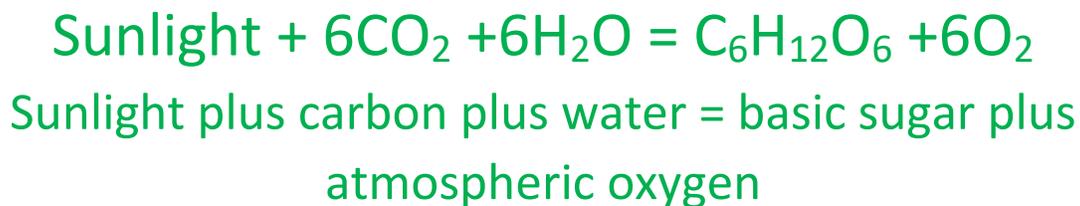
Traditionally, the Goodenough Community sponsors work parties over **Memorial Day weekend** as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Please email hoff@goodenough.org with information about what may be coming up. It is a great time to bring friends to share Sahale!

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 more effective in relationships. Call Colette (206-755 8404) to make arrangements.



Photosynthesis



Everything that grows starts with sugar. Soil microbes eat sugar. Feeding soil microbes through plant and tree roots builds soil and sequesters atmospheric carbon in the ground at a rate previously thought impossible.