

# The Village eView

April 25, 2018

Colette Hoff, Editor

### Coming Up:

**Sociocracy Workshop**, April 26 to 30

**Pathwork**, May 6

**Annual Membership Meetings**, Monday  
May 7, West Seattle Community Center

## The Sense of Taste

Colette Hoff

Each bar at Taste must meet a certain standard of quality ingredients before it can even be considered. We've taken the time to taste each of the bars in our store. Then we taste, sometimes one taste leads to another, and another. Feel confident in what's here, we've worked hard to make sure it's all incredible, it's a rough job but someone has to do it (referring to the candy bar above). <https://havetaste.com/collections/chocolate/dark>

As I began to work on this article about taste, the first thing I did was open a bottle of wine, then reach for some chocolate. Both of these are tastes I appreciate especially if I am mindful when I sip and allow my senses to take in the beauty of the glass with clear red liquid and savor the tastes.

In her book, *The Natural History of the Senses*, Diane Ackerman writes that throughout history, and in many cultures, taste has always had a double meaning. The word comes from Middle English *tasten*, to examine, to touch, to test, or sample, and continues back to the Latin, *taxare*, to touch sharply. So, taste was always a trial or test. People who have taste are those who have appraised life in an intensely personal way and found some of it sublime and the rest of it lacking.

### ***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*

The first thing we taste is milk from our mother’s breast, accompanied by love and affection, stroking, a sense of security, warmth, and well-being, our first intense feelings of pleasure. Food is a big source of pleasure in most lives, a complex realm of satisfaction both physiological and emotional, much of which involves memories of childhood. Food must taste good, must reward us, or we would not stroke the furnace in each of our cells. We must eat to live, as we must breathe . . .

Ackerman continues, we normally chew about a hundred times a minute. But if we let something linger in our mouth, feel its texture, smell its bouquet, roll it around on the tongue, then chew it slowly so that we can hear its echoes, what we’re really doing is savoring it, using several senses in a gustatory free-for-all. A food’s flavor includes its texture, smell, temperature, color, and painfulness as in spices, among many other features.

Some foods stimulate endorphins--morphinelike painkillers produced by the brain—and give us a sense of comfort and calm. This is why, even though we know that salty foods, greasy foods, and candy and other sweets aren’t good for us, we have a taste for them anyway. Neurobiologists suspect that endorphins and other neurochemicals control our hunger for certain kinds of foods. According to this thinking, when we eat sweets we flood our bodies with endorphins and feel tranquil.

What food do you crave? With emphasis on the last word, the answer is bound to be chocolate. First used by the Indians of Central and South America, the Aztecs called it xocoatl (chocolate) and declared it a gift from their god of wisdom and knowledge, Quetzalcoatl, and served it as a drink. Cortes introduced it to Europe in the 16<sup>th</sup> century and it hit the consciousness of Europe like a drug cult! Charles V added sugar and it became an upper crust drink.



Because chocolate is such an emotional food, one that we eat when we are blue, jilted, premenstrual, or generally need TLC, scientists have been studying its chemistry . . . Ackerman points out that it’s possible that some people eat chocolate because it reproduces the sense of well-being like when we are in love.

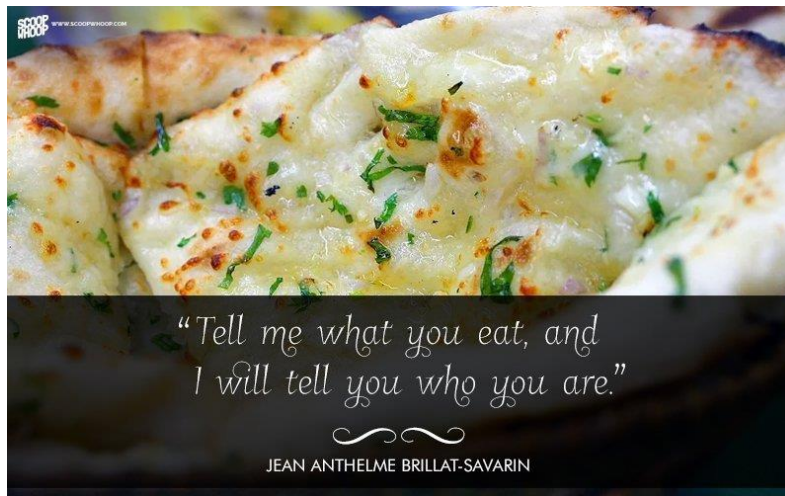
An additional article titled, **Why Does Food Taste So Delicious?** can be found on page 16. It provides another perspective

As someone who has always enjoyed eating, I learned to cook and love good tasting food and all that goes into creating it: love, creativity, gardeners, butchers, farmers, weather conditions etc. I hope you will enjoy your next meal or snack, take your time and allow it to be a fully received,

chewing slowly allowing the awakening of taste buds. Notice the experience and how you feel. Perhaps you were even eating chocolate! Enjoy!



*Health food may be good for the conscience but Oreos taste a hell of a lot better.* Robert Redford; 'The Junk Food Companion: The Complete Guide to Eating Badly' by Eric Spitznagel (1999)



Come savor the taste of the Goodenough Community's  
Annual Membership meetings,  
**Monday, May 7**

**Goodenough Community Annual Meeting is scheduled for May 7<sup>th</sup> in Seattle**

Kirsten Rohde

We have rescheduled the community's annual meeting for **Monday May 7<sup>th</sup> from 6:00 - 9:30 PM** with dinner included. The meeting will be in **West Seattle at the community home, 3610 SW Barton St.**

This year we are having an in-town and brief annual meeting to cover reports and plans for Convocation: A Church and Ministry, The American Association for the Furtherance of Community, and Mandala Resources, Inc. This is a good time for everyone to come. Our community is entering into a new phase of its life. John Hoff, founder of the community has recently died. Colette Hoff has increasingly been assuming the central organizational role for our community life especially over the last two years. As the cofounder of the community,

Colette demonstrates her commitment to community as a healing and activating focus for good lives.

The Community's cultural, financial, and spiritual life will all be brought present at this annual meeting. Sahale is entering into a busy season which include 5 events with a specific focus on community. This includes the **Sociocracy** workshop in April, a retreat by our sister community, Songaia, and a retreat for the **Northwest Intentional Communities Association** (June 1 to 3). In the fall two events are scheduled, one of which is the **West Coast Communities Conference** (Sept. 14 to 16). These are all events that will bring other communities and people interested in community together at Sahale. This will no doubt increase interest in our work as a community.

For a YouTube video about the West Coast Communities Conference go to: <https://youtu.be/Yq9Wu89dDM8>  
This video was created by Elias Serras and Anthony Jepson

Most importantly, we will celebrate our new web site and show it using a monitor. Our bookkeeper, Brandy Bradford, will also be present to answer questions and give a clear financial picture.

On May 7<sup>th</sup> we will also evaluate the program year that concludes with the Human Relations Lab in August and look at the upcoming program year 2018-2019. The Sociocracy workshop will be before this annual meeting and we can use what we learn at the workshop to look at our organizational life and method of governance. Your input on what you would like to see will help us shape our future. Please RVSP and for more information, please contact Kirsten Rohde, [krohde14@outlook.com](mailto:krohde14@outlook.com)

As in cooking, living  
requires that you  
taste, taste, taste as  
you go along

Kathleen Flinn

Intelligence is really a  
kind of taste: taste in  
ideas.

WHAT COULD BE  
MORE IMPORTANT THAN  
A LITTLE SOMETHING  
TO eat? ~ winnie the pooh



Be sure to  
taste your  
words before  
you spit  
them out.

*and delight in the taste of possibility.*  
- Mary Anne Radmache

## Our West Seattle Community Center, 3610 SW Barton St.

Notice the first opportunity is **Saturday, April 21**

Dedicated in March 2015, we are now letting go of our Community Center at 3610 SW Barton St. It has served us well and has held many gatherings. We will need help to clear the house by August 1, 2018, knowing summer is our busy season.



We are asking for all personal items to be removed by **June 3**.

Please let Pam and/or Colette when you can help: Pam, [adventuredog@hotmail.com](mailto:adventuredog@hotmail.com); Colette, hoff @goodenough.org

### Work Party Schedule for Barton St Move

Phase 1: Packing, sorting, staging, dump

**Sat May 5** (pre-poker) Car loading for personal items especially for those going to the THC poker party

**Mon May 7** Annual Meetings People attending will be asked to take boxes to Sahale

**May 19,** as many as possible

May 20 Pathwork 4 to 5 people

May 21 Monday as necessary

**June 3** Please remove all personal items

June 16, Saturday, packing as many as possible

June 30, Saturday, cleaning, truck rental

July 16, Monday, as needed for cleaning and what's left

Unlike beer,  
love doesn't  
taste good  
when it's  
**cold.**



## The deAnguera Blog: Taste



Taste usually refers to the sense represented by our taste buds. They allow me to taste what I eat. Eating would not be much fun if I could not taste. Almost everything else around me can be tasted as well. If I were a one year old I would certainly be exploring what I could get my mouth into. Tasting many things such as dirt and wood might be a passion of mine. Mom of course would do her best to discourage me. Exploring the world in this way might be a bit dangerous.

I must have done the necessary exploration because I know what dirt tastes like even if I have never eaten any since the age of two. Metal and cement as well as wood. I have a pretty good idea of what these elements might taste like.

Sahale means lots of good tasting food. That's part of the experience of living here. That's why folks like Pedge Hopkins and Irene Perler can be happy as they plan things together.

Our Work aways Matthew, Tyler, and Jimmy are getting terraces ready to plant some goodies on. Here we eat what we plant. It sure beats super market food.

I know what the smell of spring around Sahale is like. We are getting some right now. Taste does not necessarily agree with smell though the right odor can add to the taste of tea.

Is it possible memories of past physical tastings can help each of us form a taste picture of a place like Sahale? I believe so.

In fact I believe all 5 of our senses work together to give each of us a clear composite picture of what's out there. I know I can taste everything out there but I don't need to.

What would Sahale taste like to me? Images of apples, pears, grass, and water come to mind. Maybe even flowers. Dandelions? I have had a few in my salads. We have the freshest water I know of. Actually just tasting certain things from Sahale such as fruit can bring memories of Sahale experienced via the other 4 senses. How about oysters? John Schindler and Tyler dug up a few around Hood Canal. Scrumptious! Especially when done on a grille. I even had one raw! First time ever for me.

Taste brings me into contact with the physical world in a way no other sense can. I wonder if that's how bees sense most things. Buzz. Yum. Yum. Make some honey. Unfortunately we have no more honey bees. We do have mason and leaf cutter bees and we

have been working to augment their populations. This should be a lot easier than trying to raise honeybees. We don't need their honey. I have only tasted honey from our bees once. It was good! But Irene would agree they were a lot of work and maybe not the wisest choice.

Want another opinion on how Sahale tastes? Ask Ned, our faithful watch dog.



Ryan Zebold's friend, Jules is meeting Ned. Is it possible for the two to share the same tastes?

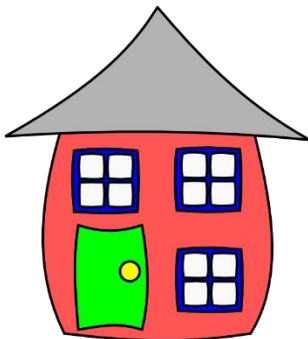


## Pathwork

Our Pathwork Circle will meet again on **May 7..** Due to the nature of the time we are in, all are encouraged to come. Pathwork provides many with a feeling connection so necessary for a good life. We will continue to talk about our work with our selves as provoked by John's teachings. Please consider joining if you are a little curious. Tom Gaylord will join us on **May 20**, offering the Buddhist teachings of the three poisons.



We meet at the Barton Street community home, 3610 SW Barton, West Seattle from 7-9:30.



### Looking for a place to live!

Steve Steele

Having been a renter at Barton St., I'm needing a new home.

A couple of possibilities:

1. Do you know a couple who might want to share the Barton St. house?
2. Do you have a room to rent with kitchen access?
3. Any suggestions?

Steve Steele (stevesteele31@gmail.com)

## A Taste of Cuba

Barbara Brucker

The trip to Cuba was rich and full. It was an amazing adventure and I returned to Seattle feeling a bit like I had just gotten home from Lab. We were blessed with a group of 22 travelers with no difficult people. We all enjoyed each other, and were healthy and able bodied (for older people). We spent time in rural areas, and the last three days in the city of Havana. One of the most striking things I have come away with is an understanding of how misinformed I have been. There is another side to the story, and it's not much heard here in the states. Cuba has done some amazing things, has survived some very difficult conditions, and has pulled together through it. As I observed the culture, it is color blind. There are people of Northern European descent, African descent, Asian descent and all combinations of the above living and working side by side. In Cuba, everyone has a basic income and a basic food ration each month. Basic is the operative word, and it's enough. It seems to me that this frees the people a lot to their creativity in a way that isn't possible when a creative of any type must worry about basic needs. The pace is necessarily slow – can't do much else in a tropical climate. Cubans are resourceful. Things are recycled, repurposed, jury-rigged. Art of many kinds is made with found items and creatively assembled, and items repurposed, and natural materials used in unique ways. Old cars are kept running, as are old tractors, trucks, and every mode of machinery. When replacement parts can't be found, other parts are adapted. Creativity abounds.

Additionally, the people are genuinely warm and friendly. They understand the difference between the government and the people. They, too, have lived it. AND it's safe! There is essentially no crime of any significance. We felt safe walking on the streets of Havana at any time of day or night, in any neighborhood.

I'd love to go on and on, however; time presses. I'm going to add some pictures for a bit of an overview. Please ask me more if you're interested. I'd love to talk more about the experience, and I've many more pictures. I think it's the most interesting and eye opening trip I've had the privilege to take.



From left

8 A building on a plaza in Camaguey – Che is everywhere

A local character





Left: The courtyard of our hotel in Remedios.

Below: the plaza in Remedios – our hotel is the green building at the back



Above left is the fishing village that is the setting for Hemmingway's *The Old Man and the Sea*



Above right we are getting into classic old cars (used as taxis) for a ride along the Malecon in Havana

Transportation and a traffic jam Cuban style (bottom right) Sometimes it was a horse cart slowing traffic!





A street scene in Trinidad



Turn around and there's "progress" in Trinidad



A restored street in Havana



Cuban countryside



One of the things Road Scholar encourages is taking “gifts” for unmet needs in the country. Gifts were often given to groups where we had cultural exchanges – simple things like toiletries, dance leotards, crayons, pencils, etc. Here we are outside our hotel in Remedios and our guides are presenting baseball equipment brought by some of our tour members to a youth team. It was a satisfying part of the program to be able to gift back to our hosts.



### **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.

**Free  
FRUIT  
TASTING!**

**MarketFreshFruit.com**  
**eat healthy at work**

*Seattle's local office fruit delivery service*

**Junk food would be a lot easier to avoid if it actually tasted like junk.**

## Calendar of Programs and Events, 2017 - 2018

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](http://www.goodenough.org)



**The Third Age:** Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings: June 1.** Contact Kirsten Rohde for more information: [krohde14@outlook.com](mailto:krohde14@outlook.com)

**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. Contact Hollis Guill Ryan for more information and directions to our West Seattle community home: [hollisr@comcast.net](mailto:hollisr@comcast.net). Dates: **Saturday 10 – 2 in West Seattle: June 9.**

**Women’s Weekend: April 13-15 at Sahale.**



**The men’s program** is 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. The fall gathering at Sahale will be combined with the white tent take down and continue into the rest of the **weekend as a men’s gathering. October 6-8, June 8-10** at Sahale. Contact Bruce Perler for more information: [bruce\\_perler@hotmail.com](mailto: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 p.m. 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 at the Community Center in Seattle: Apr 22, May 6, 20, June 3, 17.**

Contact Colette Hoff for more information: [hoff@goodenough.org](mailto:hoff@goodenough.org)



**Summer Camp for Youth, June 24 – 30, 2018**

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](mailto:Irene_Perler@hotmail.com)

**Human Relations Laboratory, August 5 to 11, 2018**

This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 49<sup>th</sup> year! Contact: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.org)



**Annual Goodenough Community Meeting in Seattle: Monday, May 7, 2018.**

This gathering is foundational to all programs and events within the community. We will meet from 6-9 with dinner provided. A time to learn and to share your views about our community. Come and be curious! Please contact Kirsten

Rohde for more information. [krohde14@outlook.com](mailto:krohde14@outlook.com)

**The Goodenough Community Council** meets alternate Monday

evenings in Seattle to discuss the day-to-day activities of the community and engage in planning, evaluation, and more. Contact Colette Hoff if you are interested: [hoff@goodenough.org](mailto:hoff@goodenough.org)

**Council meetings are Apr 23, May 7, 21, Jun 4, 18**



**True Holidays Celebration, Saturday, December 1, 2018**

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: Kirsten Rohde, [krohde14@outlook.com](mailto:krohde14@outlook.com)

## Work and Play Parties throughout the Year.

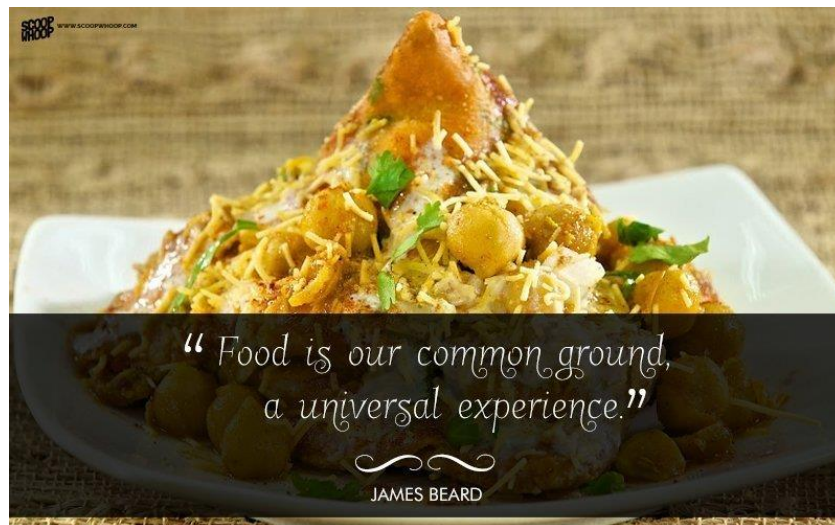
Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 25 – 28, 2018**), as well as other times throughout the year, to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together. Time to make plans for Memorial Day weekend. Please email [hoff@goodenough.org](mailto:hoff@goodenough.org) with names and when you plan to arrive and leave. Great time to bring friends to share Sahale!

We often gather at Sahale on the Labor Day weekend to enjoy the end of summer and you are welcome to join. This is also a great time for those who attend the Human Relations Laboratory to reconnect. We will have good meals together, relax, and possibly do some early harvesting of apples or other produce depending on what is ripe. To confirm your plans to come out to Sahale contact: Colette Hoff, [hoff@goodenough.org](mailto:hoff@goodenough.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 more effective in relationships. Call Colette (206-755 8404). In Seattle, Colette meets with clients at the community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.



## Why Does Food Taste So Delicious?

By Michael Moyer on September 1, 2013

Food is a primal, everyday part of our lives—yet rich with mystery

Taste is not what you think. Every schoolchild learns that it is one of the five senses, a partner of smell and sight and touch, a consequence of food flitting over taste buds that send important signals—sweet or bitter, nutrient or poison?—to the brain. Were it so simple.

In the past decade our understanding of taste and flavor has exploded with revelations of the myriad and complex ways that food messes with our consciousness—and of all the ways that our biases filter the taste experience. Deliciousness is both ingrained and learned, both personal and universal. It is a product of all five senses (hearing included) interacting in unexpected ways, those sensory signals subject to gross revision by that clump of nerve tissue we call the brain. Let's start at the beginning: Food enters your mouth, meets your teeth and begins to be broken down by enzymes in your saliva. The morsel soon moves over your papillae, the few thousand bumps that line your tongue. Each papilla houses onionlike structures of 50 to 100 taste cells folded together like the petals of a young flower about to bloom—taste *buds*, we call them. These cells have chemical receptors attuned to the five basic tastes—bitter, sweet, sour, salt and umami, the last a word borrowed from Japanese that describes the savory flavors of roast meat or soy sauce.

These five tastes are enough to help determine if the thing we just put into our mouth should go any farther—if it's sweet or savory and thus a probable source of nutrients or if it's bitter and potentially poisonous. Yet they can't get close to communicating the complexity of the flavors that we sense.

For that, we turn to the nose. As you take in a piece of food, a little air is forced up passageways at the back of the mouth, where scent receptors in the nasal cavity detect thousands of volatile chemicals that add up to complex flavors [*see interactive*]. This retronasal olfaction, as it's called, has almost nothing to do, physiologically, with the act of sniffing your food. Your brain knows where your smell signals are coming from—through your nostrils or from your mouth. And in the case of the latter, it ropes them together with the signals from the taste buds. Retronasal olfaction produces a completely unique sense—neither smell nor taste alone but a



hybrid that we call flavor. It's a process as transformative and irreversible as turning fuel and oxygen into flame.

Our sense of taste doesn't end at the mouth. In recent years scientists have found taste receptors all over the body, discoveries that have solved some long-standing mysteries. For 50 years scientists had been trying to figure out why eating glucose produces a much sharper insulin release than injecting the same amount of glucose directly into the bloodstream. In 2007 they discovered that cells lining the small intestine also contain taste receptors. When these intestinal sweet sensors detect sugar, they trigger a cascade of hormones that ultimately ends with a squirt of extra insulin into the bloodstream.

Our sense of taste isn't just limited to the gut. For example, your nose is lined with cells that sense bitter chemicals. If there's poison in the air, they reflexively stop you from pulling it into your lungs. If the poison does get to the throat, bitter detectors in the trachea trigger cilia to help clear the airway.

This physiology may explain what we mean by flavor—but anatomy doesn't much help us understand what we like. Our flavor preferences take shape over a lifetime, beginning while we are still in the womb. Babies whose mothers consume garlic while pregnant are more likely to enjoy the flavor of garlic in breast milk. Pregnant women who drink carrot juice are more likely to have kids who like carrots. The evolutionary justification is simple enough: If Mom ate it, it's safe.

Indeed, we use our friends and loved ones in much the same way that medieval monarchs used food tasters—let them try it first, then let's see how they are doing in 20 minutes. The principle holds all the way down the food chain. Rats hate the taste of cocoa, yet some enterprising scientists recently separated a rat from its brood and coaxed it to eat some anyway. The rat then returned to its group. When the other rats smelled the cocoa on its breath, they changed their minds and suddenly couldn't get enough cocoa.

Children are harder to convince—they have to try an unfamiliar food about nine times, on average, before they begin to like the taste. As any parent will attest, so much of the eventual

enjoyment rests on how well Mom and Dad sell it. Moreover, the same holds true for adults, as decades of increasingly sophisticated food-marketing campaigns have demonstrated.

The environment sends many cues about how food should taste. In one experiment, researchers connected volunteers' tongues to a low-voltage electrical device, showed them pictures of food items and then sent a mild shock across their taste buds—a sensation not unlike licking a battery. The shock was supposed to impart a neutral taste. Asked afterward to rate how pleasurable the shock was, those volunteers who saw photographs of sweet or fatty foods rated the stimulus far more pleasurable than those who saw a low-calorie food.

The visual and auditory triggers can be so obvious as to appear comical. Potato chips taste crisper if you hear a crunch over headphones. White wine with a drop of red food coloring tastes like red wine—even to experienced wine tasters. People will eat less food off of a red plate. A block of cheese with sharp edges tastes sharper than one with round corners.

It's not all from our mouth, or our mouth and the back of our nose, or our mouth, and nose, and taste cells in the intestine. Deliciousness comes from our mother, our childhood, the room we are eating in, the plates we are eating on and the friends we are eating with. It's mental as much as chemical.

This hunger, this quest for deliciousness, has effects that reach far beyond our taste buds (and our waistlines). In this special issue of *Scientific American*, we have set out to explore some of the amazing ways that food continues to transform the world. We have organized the articles into three sections. The first, Feast, celebrates our love for eating and our long-standing ingenuity in making food taste delicious. The second, Fuel, examines the ongoing revolution in our understanding of how food changes us, from the surprising causes of the obesity crisis to the ancient rise of cooking that perhaps fueled our evolution into big-brained *Homo sapiens*. The third, Farm, profiles novel ideas for intelligently expanding the food supply.

As you'll see in these pages, we have learned much about food. Yet there is always so much more to know.

*This article was originally published with the title "The Food Issue"*

