



**July 8, 2015**

Colette Hoff, Editor

### **Upcoming Events**

[Pathwork, July 19](#)

[Open House, HRL 2015, July 20](#)

[Human Relations Laboratory, August 9-15](#)

1. ardent love or affection
2. a strong affection or enthusiasm for an object, concept, etc: a passion for cooking
3. any strongly felt emotion, such as love, hate, envy, etc
4. intense sexual love
5. philosophy, any state of the mind in which it is affected by something external, such as perception, desire, etc, as contrasted with action
- b. feelings, desires or emotions, as contrasted with reason

*Love is the spiritual essence of what we do. Technique is the manifestation of the preparation and investment as a result of the love.*

— Wynton Marsalis  
*To a Young Jazz Musician*

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## **The Village eView**

### ***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**

*One person with passion is better than forty people merely interested.* ~ E. M. Forster

## Passion

Caren Goldman

In his book, *Learning to Fly*, Sam Keen reminisces about his childhood dream of flying and admits that the qualms that surfaced when finally faced with the possibility generated by his fear that he might now be too old. But despite all of his concerns, an animating life force that Keen calls “passion” ruled.

“Passion is seldom rational and usually blind,” he explains. “You can bet that when you are suddenly swept away—abandon your marriage, take a new lover, quit your job, buy a sailboat, run off with the circus—in due course you will discover that the overt object of your affection is a surrogate for covert longing that you bide even from yourself. Over the years I have discovered that it is hazardous to ignore passing fantasies and emerging passions.”



The root word of the word passion is in the Latin *pati*—“suffer.” If we ignore our deepest passions, we will suffer, because our deepest fears seize that opportunity to move into the driver’s seat. “When passion no longer waters and nurtures the psyche, fears spring up like weeds on the depleted soil of abandoned fields,” observes Keen. In fact, he suspects that the major cause of the mood of depression and despair in our society may be rooted in masses of people who are chained to jobs that do not engage their passion for creativity and meaning. Those who honor their passions, he concludes, rarely get stuck in who they are now. Instead, they begin to blossom into who they might be.



## True Joy

George Bernard Shaw

*This is the true joy of life, the being used up for a purpose recognized by yourself as a mighty one; being a force of nature instead of a feverish, selfish little clod of ailments and grievances, complaining that the world will not devote itself to making you happy. I am of the opinion that my life belongs to the community and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work, the more I live.*

*Life is no “brief candle” to me. It is a sort of splendid torch which I have got hold of for a moment, and I want to make it burn as brightly as possible before handing it on to future generations.*

The above quote summarizes the Lifework of John Hoff. Indeed, a life worth celebrating!

### **We won’t forget this one!**

*Joan Valles*

We celebrated John’s 80<sup>th</sup> birthday on a Sunday at Sahale, and it sizzled. It was one of those occasions where, despite record-setting heat, it came out good: good food, good friends, loving families, lots of laughs and good-natured fun, sharing our love and gratitude for John and celebrating the gift of his birth (actual date, July 7, 1935). And, there were some challenges—such as three hours in the car with kids to get there and cooking lots of food in cooking temperatures, to name a couple—that were met with creativity and flexibility and good attitude (thank you, Colette, and your good helpers.)



Snapshots: Fourth of July night, around the camp fire, with marshmallow roast and excited children lighting the night with sparklers (thank you, Colin). Amie calmly baking cakes and cupcakes (from scratch) and frosting a cupcake tower for John’s birthday cake. The birthday dinner kitchen crew led by Barbara, with Leslie and Jodine up to their elbows in watermelon salad and Tod slathering special rub on the beef to roast. Larry and Amie telling stories about their dad in the Walnut Grove before dinner. Hospitality to visitors who had come camping at Sahale. Amie telling how her friends wanted to come to her family’s house because they always felt welcome and easy there. And why so many of us have wanted to stay around Amie’s parents and the Goodenough Community for these 20, 30, even 40 years.



The celebration began in the walnut grove



Pam and Bruce provided the MC team in the beautifully decorated tent.

## I Really Liked It! John L. Hoff

I am grateful to Colette for “engineering” a wonderful birthday weekend for me. It was more than just a party . . . People began to arrive on Thursday and Friday and by Sunday afternoon at party time, we were fully prepared for a good time—because we were already having one!

It is also true that many people (20 +) called or emailed to let us know they would not be at the party, yet they were sending greetings. The weather was sunny and although hot, a keg and ice water kept us cool. I was “touched” by receiving so much warmth and feeling coming towards me. I also appreciated the comments of my children and their perspective on life in community. I want you all to know that I feel blessed by living in community in the last 40 years.

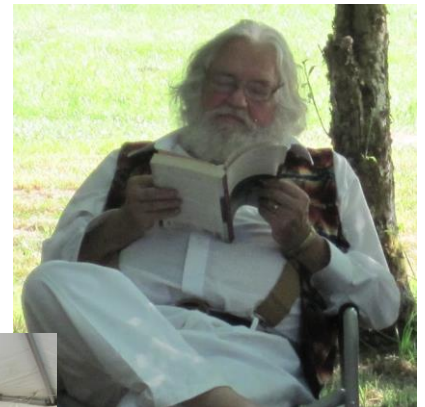


This weekend in addition to the party certainly aroused my feeling and helped me conclude that life-in-community was a good thing for me and for my family. I admit I was surprised at the energy to celebrate my 80<sup>th</sup> birthday and by the intensity of appreciation I felt. Below is the Chinook Blessing read by Hollis Ryan and all present.

Sahale looks at her best these days. After being here 14 years we have learned how to keep the land looking good, the buildings ready for people and the garden with abundance. This has been the best job I have ever had as I have served some of the best people and finest communitarians that I have ever met. How can I keep from singing? Colette and I are going to be away

for a few days while we visit the Oregon Country Fair and many friends who gather annually on that occasion—I’ll tell you about it next week.

Love and appreciation to all! *John*



Cupcake tree by Amie Aylward





### **Chinook Blessing**

This blessing originally sent to us by Bill Kohlmeyer added to the meaning of the experience.

We call upon the earth, our planet home, with its beautiful depths and soaring heights, its vitality and abundance of life, and together we ask that it:

Teach us and show us the way.

We call upon the mountains, the Cascades and the Olympics, the high green valleys and meadows filled with wild flowers, the snows that never melt, the summits of intense silence, and we ask that they:

Teach us and show us the way.

We call upon the waters that rim the earth, horizon to horizon, that flow in our rivers and streams, that fall upon our gardens and fields, and we ask that they:

Teach us and show us the way.

We call upon the forests, the great trees reaching strongly to the sky with earth in their roots and the heavens in their branches, the fir and the pine and the cedar, and we ask them to:

Teach us and show us the way.

We call upon the creatures of the fields and forests and the seas, our brothers and sisters the wolves and deer, the eagle and dove, the great whales and the dolphin, the beautiful Orca and salmon who share our Northwest home, and we ask them to:

Teach us and show us the way.

We call upon all those who have lived on this earth, our ancestors and our friends, who dreamed the best for future generations, and upon whose lives our lives are built, and with thanksgiving, we call upon them to:

Teach us and show us the way.

And lastly, we call upon all that we hold most sacred, the presence and power of the Great Spirit of love and truth which flows through all the universe...to be with us to:

Teach us and show us the way.

~ Chinook People (Family of native peoples inhabiting the lower Columbia River in Washington and Oregon). From: Love is the Only Reality All Else is an Illusion





Here is a birthday greeting from an old friend in a note of regret, **Kathleen Notley** wrote John the following: "The teachings that you and Colette have lived, demonstrated, and taught live in me; I celebrate ways to bring folks together to learn from and with each other in honest, joyful realness." Thank you Kathleen for your words.



## The deAnguera Blog: John's 80<sup>th</sup> Birthday



We celebrated John's 80<sup>th</sup> birthday over the Fourth of July weekend. What do I remember most of this birthday? The heat. The temperature was in the 90s most of the time and all any of us could think to do was go cool off in the river like Sophie Hoff on her turtle. 80 years is a long time for anybody to be alive on this planet. Several of our elders have already crossed the line at 80 and more are to follow.

What does turning 80 mean? Well it might be similar to passing 60 which I am destined to do in September. I might tend to think in terms of what I have accomplished but I like to think more in terms of life experiences. What did I experience in the years I have been on this planet? Do I necessarily have to accomplish anything? What am I to be? Somehow I don't like framing my life by what I have accomplished. Life is about experiences and what if anything I gain from them. Do I have to gain something? Maybe a better question is what kind of person am I?

Any lifetime is affected by experiences good and bad. There is usually a defining theme. In John's case that theme was set by his childhood experiences with the Tlingits who taught him about Native life. What struck him was the contrast between that life and the life with his parents in White society. This experience meant so much to him that he used it to frame the rest of his life and his ministry to others.

It took John many long years as a church pastor and community leader to figure out how to expose his followers to the Native way of life. John's path has not been an easy one but I am convinced that nothing worthwhile is easy. John and the Goodenough Community were challenged many times because of the radical difference of his teachings. What has been the major theme of my life? Isolation and transition. I have some challenges in relating to others as we all do. Intimacy is hard to find and so is trust. That is the nature of the culture we all live in.

All of us have made John's ministry possible. We listened to him, drew him out and tried to follow his teachings. John has fully developed as a teacher. I would say even a Master. As a Master John is about drawing people out and helping them find what works best for them. Unlike a religious person John is not about just telling a person what formula to follow. Of course like any Master John's work is incomplete. That's because John's primary job is to lead each of us to the Inner Master residing within us.

The Inner Master knows the story each of us is leading. But how many of us know this Inner Master? Religion can actually be a block to this kind of knowledge and I know from experience just how costly that can be.



This is the Story John doll made by Amie Hoff for one of her school projects. Pictures of John at a variety of ages were a conversation point of interest.

**A note from John:**

I'm delighted with the gift of new outdoor furniture. Here is a picture:



Thank you all for the wonderful gift!

*What are you passionate about?*

**Themes for Village EViews, Voice Your Opinion and Passion**

We have been putting out this on-line newsletter for many years. We have agreement among us that it could be improved by having more stories and personal information from our lives. We are encouraging you to help us by suggesting *words* that might serve as useful anchors in your life, something to help you ponder and reflect on your own thoughts. For instance, we will appreciate your ideas, dreams, brief messages and concerns you want us to know about. The Village eView has a purpose to encourage communication among us and to make sure that ideas and concerns get talked about in our everyday lives. Many of you have appreciated having themes published ahead so you can think and write about them. As a community we continue to learn that the path to a better community involves communicating more. Help us! Consider taking a pause and write out words you would like more clarity about. This summer we are going to be talking about words that are key in describing our community and its purpose in our lives. We welcome your contributions. Thanks for helping! Here are some suggested themes:

July 15, Risk

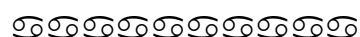
July 22, Whole

July 29, Truth

August 5, Listening

August 12 is the Human Relations Laboratory and no eView is published

August 19, Self





## Using the eView theme

Kirsten Rohde

I'm appreciating our use of themes for each eView. I do find it entertaining to think about the theme for a day or two and see where it leads me. This week I've been walking around Sahale and noticing all the weeds. Pretty soon all I see are the weeds. I don't notice the birds, the trees, the sky, nope – just the weeds. This leads me to realize that I really do choose what to see and this is often because of my thinking and it can lead to more thinking about the same subject ("I've just got to get out there and weed.") So then I've realized that it is up to me how I see my environment. I can choose where to rest my eyes and if I allow my vision to be more expanded I will see the sky, rainbows, trees in the breeze, wildlife and people too! My feelings and my thinking can lead my eyes and if I let it happen, my eyes can choose the best views for me too.

If you enjoy the eView, I encourage you to play with the themes and see what you may find to contribute.

*Every civilization is, among other things, an arrangement for domesticating the passions and setting them to do useful work.* — Aldous Huxley

*What are you passionate about?*

## July 20<sup>th</sup>: an evening to learn more about the Human Relations Lab

Kirsten Rohde

There was a time, 1960's and 70's, when events such as the Human Relations Laboratory were happening all over the country and beyond. The "human potential movement" was active amongst people seeking to grow, change, and perhaps resolve issues in their lives. Learning happened through exploring the perennial wisdom carried forward through the teachings of contemporaries such as John Huston, Virginia Satir, Frances Vaughn, Alan Watts, Fritz Perls, Joseph Campbell, Robert Bly, Richard Alpert and many more.



The history of the Esalen Institute describes it in the following way: *"They come for the intellectual freedom to consider systems of thought and feeling that lie beyond the constraints of societal norms. They come to re-discover ancient wisdoms in the rhythms and tides of the body, and poetry in the pulsing of life itself. They come to rediscover the miracle of self-aware consciousness. Often they come away inspired by a fierce desire to learn and keep on learning through all of life, and beyond."* (esalen.org)

Now there are only a few Lab type experiences that we can find around the country. The Goodenough Community's Human Relations Lab, in its **46<sup>th</sup> year**, is one

of these. We believe that learning is always available to us and often happens best in a supportive community of others who are equally eager to learn more about ourselves and life.

**On July 20<sup>th</sup> from 6:30- 9pm we invite anyone interested in this year's Lab (August 9-15<sup>th</sup>) to join us for dinner and an evening that will help you learn about and prepare for Lab. The evening is for anyone planning to come, thinking of coming, or brand new. Invite some friends, no obligation — a great chance to ask questions. The evening itself will have learning value. Join us Monday, July 20<sup>th</sup> at the Seattle Community Center, 3610 SW Barton Street. Call Elizabeth (206) 313-9803 for more information and to RSVP.**

## **Preparing for Lab**

Bruce Perler

I think it was winter of 2003 when John and I had a first direct experience with the Integral Institute's workshop series, Integral Life Practice. We went to the all day Saturday and Sunday event as much to meet the people as to have a taste of the approach. Looking back I remember feeling comfortable and at home with like-minded, warm hearted people awake and aware of the process of becoming ever more alive. And as an approach, the Integral Life Practice was intriguing. I'd been reading a few of Ken Wilber's works and enjoying his breadth and depth or knowledge and feeling for human development; all lines, all levels, all states and stages. I even bought the ILP Starter Kit, a set of booklets and DVDs presenting the organizations first effort at a packaged approach to orientation and ILP design for the individual and, an on-line support group system. Irene and I still use the Three Body Work out DVD; a great guided experience that exercises gross, subtle and causal levels. It feels good and works to prepare me for the day; mind, body and spirit.

In meeting to prepare for Lab 2015 a few times this spring, thinking together about "The Pathway from Stuck-ness to Freedom", I kept remembering the ILP. I'm now reading a next volume, published in 2008, that presents the entire ILP theory, approach, methods and design process in a [single volume](#), Integral Life Practice: A 21st-Century Blueprint for Physical Health, Emotional Balance, Mental Clarity, and Spiritual Awakening. Its a great review and has been updated from the ILP Starter Kit with more exercises and a broader, more inclusive, all traditions approach to practice.

The ILP consists of 4 core modules and 7 ancillary ones. The core is body, mind, spirit and shadow. The shadow module covers the area of personal growth that is generally psychological, interior, and often unknown to the individual, or at least unexplored. Insight and changes relative to shadow liberate energy, unblock creative aspects of being and free us to more authentic responses in daily life. The Shadow



Module chapter begins with a careful outline and examples of the 3-2-1 Shadow Process, an Integral Institute creation can be used to increase the potential for insight into one's own shadow. We learned and practiced this at lab several years ago and also at that first workshop in 2003. It involves noticing something that is a disturbance in one's awareness (positive or negative) then taking time to look at 1st, 2nd and 3rd person perspectives as a writing exercise; face it, talk to it, be it. The chapter goes on to look more deeply at the life energies and potentials that are covered up and/or distorted by our undone shadow work.

- \* The Strange Logic of the Psyche
- \* Transmuting you Authentic Primary Emotions
- \* Evolving your relationship with your emotions
- \* Integrating light and dark, spirit and shadow
- \* Shadow work is forever

I'm appreciating this chapter for the ideas, guidance and motivational aspects for more subtle work with shadow. As a fine example of how learning about work with subtle energies and the shadow is, Monday, I again chewed a couple perfectly good finger nails to painful nubs - caught in my own reactive response to stresses in the workplace - a Monday thing in my world. Another approach would to have been for me to be more interested in the energies (thoughts, feelings, body sensations) of stress response and compassionately allowing those, even in discomfort, rather than react and "waste" the energy in a reactive impulse - biting my nails. I'm curious what will happen the next time Monday rolls around and believe, after writing this article and the insight behind it, I'll have a better chance to responding differently. See you at Lab!

### Conversations Are Happening

John L. Hoff

Sahale is an intentional community in its own right with visitors appreciating the warmth they feel and joining in with us to create one fine experience after another. Of course many were commenting on the HRL 2015 event which starts August 9.

If you have not seriously considered being at the Lab for the week, please remember that many of us have found Lab **not only a tune-up for our souls but an effective intervention as we approach the problems of living**. If you have questions feel free to contact Kirsten Rohde, Elizabeth, Colette and/or Bruce.

Our community has developed a supportive environment for people developing themselves and most of our events contribute to self-evaluation and self-improvement.

John and Colette Hoff   hoff@goodenough.org

Kirsten Rohde   krohde14@outlook.com

Bruce Perler      bruce\_perler@hotmail.com  
Elizabeth Jarret-Jefferson who is registrar for the event  
elizabeth.ann.jarrett@gmail.com

By the way you can help our planning for Lab by **registering** at  
[www.goodenough.org](http://www.goodenough.org).

## Human Relations Laboratory

August 9 to 15, 2015

*A Path from Stuckness to Freedom*

**Seven rich days of experiential learning and social  
creativity within a community environment**



**Sahale Learning Center**  
Kitsap Peninsula  
**Register soon** at [www.goodenough.org](http://www.goodenough.org) (Space is limited )  
360-275-3957

**Passionate about  
Camp**  
*Irene Perler*

This year was the 10<sup>th</sup>  
Annual Sahale Summer  
Camp. Sahale Summer  
Camp has earned it's  
ten year marker due to  
the passionate and  
creative investment of  
many people who care  
about kids and want to  
enjoy putting together  
a fun experience for  
them that will help  
them grow up and  
learn about themselves



and enjoy the work of friendship. Camp has evolved over these 10 years and has  
included over 30 adults bringing their passion and collaboration. I am very grateful



for all these friends of family life and for their investment in Summer Camp. **THANK YOU ALL!** I especially want to acknowledge these passionate friends that contributed to camp this year:

***John Hoff, Colette Hoff, Bruce Perler, “Songjay” Eddie Williams, Elizabeth Jarrett-Jefferson, Carla Geraci, Joan Valles, Phil Stark, Josh DeMers, Evelyn Cilley, Pharaoh J., Mike Deanguera, Kirsten Rohde, Tom O’Connor, Marcus Hellstern, Molly O’Connor, Elizabeth Nelson, Brynn Zebold, Melody Watson and Sophie Leis-Altaras.***

This year, as John, Colette and I met before camp, we were naturally appreciating the growth of this program and found ourselves in a conversation that begins to answer the question: “What is the mission of Sahale Summer Camp” now?

The following is our current statement and represents some aspects of our passion and mission in creating camp.

**The *mission* of Sahale Summer Camp** includes:

**Helping children to learn about themselves**, their inner life and outer life at the age they are. Learning to share thoughts and feelings with others who are adults and with children approximately their own age. Such sharing is the essence of intimacy.

**Teaching children about human development** and the developmental tasks of their age zone through story, ritual, programmatic themes and learning games with an emphasis on fun.

Teaching children **skills of relationship** by focusing on developing friendship among individual campers, their small group clans, and applying these skills for living in a family back home.

Teaching children the value of **reverence for the natural world** through enjoying the out of doors; through identification of the native people of this region; and by teaching from metaphors in the natural world.

As we work on this statement, I hope we communicate the heart and passion that we bring to our unique camp that cares for the development of the 9 to 12 year old, for the older youth, teen and young adults that offer their developing leadership and for the entire family life of each camper. We are proud to offer this program at Sahale and as we evaluate this year’s camp, we are envisioning future camps to come. If you have passion for family life and children and would like to join this growing and collaborative team, please let me know of your interest. It is a wonderful experience to put this creative week together and to quote a favorite camp song...”Tis’ a gift to come down where we ought to be, and when we find

ourselves in a place just right, we will be in the valley of love and delight"! Passion creates delight.



## Sahale Summer Camp 2015

### **The New Community Center—3610 Barton Street**

We have only been in our new center for a few months yet already it is feeling like a home to us and a place where we can get a lot of work done in a beautiful setting. If you have not had a chance to visit us in this new setting, plan to do so soon! Most of us are enjoying the location in West Seattle. Sometimes we have several visitors sleeping at the center (yes, sometimes we even have to put a mattress on the floor). Parking is adequate around the center and there is usually a place to park within a block, streets are well-lit and West Seattle is **not** a wild side of town.

You may be interested to know that we have replaced renters and have a 6 month contract with a couple of women who are enjoying the suite upstairs.

*If passion drives you, let reason hold the reins.*

— Benjamin Franklin

## News from Members and Friends

By Elizabeth Jarrett-Jefferson

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### News from Sue-Marie Casagrande

I had spinal surgery yesterday. It went well. I was scheduled for two procedures but after the first one, I didn't need the second one cuz my spine cooperated with the doctor. I have surgical pain but less of my chronic back pain already and my right leg no longer feels like it is dying. This was very scary-- I'm so glad I survived!! Feeling great appreciation for my neurosurgeon Timothy Steege at Swedish in Seattle. Feeling deeply privileged to be able to do this thanks to my health coverage and being able to take time off work to heal. Feeling grateful for my social work career since it doesn't require heavy lifting! Thank you [Denise Clair](#) for coming up with good astrological times for surgery. Thank you Ace [Ace Haynes](#) for taking good care of me at home!

### BirtAdays & Anniversaries

- Dyanne Harshman – July 8. Happy birthday, Dyanne!
- Neale Huggins - Happy #83, Neale! July 11<sup>th</sup>.
- Hal Smith – Happy birthday on July 15.
- Bill Scott – Happy birthday on July 16.

*Without passion man is a mere latent force and possibility, like the flint which awaits the shock of the iron before it can give forth its spark.*

- — Henri Frederic Amiel

## Cultural Programs & Events in 2015

*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.*

## Programs & Events in 2015

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*Third Age Gatherings*

*The Conscious Couples Network*

*Family Enrichment Network*

*The Men's Culture*

*Women's Culture*

*Human Relations laboratory*

*Sahale Summer Camp*

*Relational Weekend, page*

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### Third Age Gathering

**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.



Sept 18, October 23, and November 20 are the remaining 2015 dates.

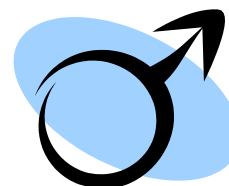
Third Agers meet at the home of [Phil, Joan, Barbara, and Jim](#) in West Seattle. Gatherings start at 6 PM with potluck supper. An RSVP is always helpful – either by phoning us at 206-763-2258 or by emailing me at [joanvalles70@yahoo.com](mailto:joanvalles70@yahoo.com)

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### Men's Program

**Theme: Friendship among Men**

The men of the Goodenough Community had a great weekend this spring and are planning a weekend this fall October 9 to 11. Please let [Bruce Perler](#) know of your interest.



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## Human Relations Laboratory

August 9-15, 2015

*A Path from Stuckness to Freedom*

**Sahale Learning Center**

*On the Kitsap Peninsula near Belfair*

Register soon (Space is limited)

[www.goodenough.org](http://www.goodenough.org) (360) 275-3957

*Sponsored by*

**The Goodenough Community –**





## An event designed to encourage human development

- This event can inspire your own desire to be a better person.
- Whether you are focused on personal mastery or trying to improve your relationships, you will find this learning/training event will facilitate your growth.
- The Lab context provides opportunities to practice interpersonal skills and experience community formation.
- Former attendees have referred to the Lab as transformative and rejuvenating.

*We offer the opportunity for social creativity in play, drama, dance, music, song and conversation. Each day will include time to explore the magical land of Sahale.*

**To register:** [www.goodenough.org](http://www.goodenough.org) or call (360) 275-3957 to discuss your interest.

### Quest: A Counseling and Healing Center

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and be more effective in relationships

**. Call John (206 963-4738), Colette (206-755 8404).**

Currently, John and Colette are now visiting with clients at the new community center, 3610 SW Barton Street, Seattle 98106 as well as Sahale.

