

You may think this is a corner of lettuce, but it's really just the tip of the iceberg.



The Village View's Cabbage Leaf Edition

July 14, 2022

Elizabeth Jarrett-Jefferson, Editor

Coming Up—

- General Circle, July 18, 7pm

Hilarity

As an introduction to this edition, the editorial board of the *Village View* thought it timely and apropos that we featured an edition that was intentionally light, in a good way, to help lift our individual and collective spirits. As it turns out, as this week's editor-- and in this moment--I feel totally unshackled: No more being self-disclosing (intimate) and positing learning frames from sage philosophers & teachers of our times! No more lessons on consciousness and help keeping ourselves mindful and steeped in a responsible, joined, & integrated world view! No continuity of Village-View themes and carefully crafted words from my brilliant editor colleagues! What freedom!

A recent article published today (7/14/2022) by Annika Constantino, a digital news intern at CNBC's political desk and a senior at the University of California, Berkeley, tells us about Stanford University experts who maintain workplace humor is the secret to great leadership. I really like the piece about hair combing, but don't let me spoil the article for you! - Elizabeth

"A day without sunshine is like, you know, night."

—Steve Martin

On-Line News of the Goodenough Community System www.goodenough.org

American Association for the Furtherance of Community Convocation: A
Church and Ministry / Mandala Resources, Inc.
Sahale Learning Center / The EcoVillage at Sahale

These Stanford experts say humor is the key to great leadership: 'We can do serious things without taking ourselves too seriously'



Published Thu, Jul 14 2022 9:11 AM EDT

Annika Kim Constantino@ANNIKAKIMC

Marko Geber | DigitalVision | Getty Images

When you think of a good leader, you probably think of a few common traits — like determination, humility and confidence.

But two Stanford experts say the key to great leadership also lies in another surprisingly simple quality: having a sense of humor.

“We can do serious things without taking ourselves too seriously. And in fact, often we can do them better and more fashionably,” Naomi Bagdonas, a management lecturer at Stanford’s Graduate School of Business, said in a [TED talk](#) earlier this year.

Bagdonas co-teaches a course at Stanford on the power of humor in leadership with behavioral scientist Jennifer Aaker. The pair delivered the TED talk together in January, noting that leaders can often use humor to build stronger connections with their team. The approach also helps foster creativity and resilience among all involved, they said.

Their rationale: Laughter accelerates feelings of trust, closeness and comfort. When people share a laugh, their brains release certain hormones — endorphins and dopamine — that emulate the feeling of a runner’s high, or a brief state of extreme joy and delight. This chemical reaction in your brain is what makes you feel bonded with others, according to Aaker and Bagdonas.

Following this logic, leaders who share a laugh with their employees can foster stronger connections with them. Their relationships can go from being “transactional to human,” the Stanford duo said.

“It floods our brains with the same hormones associated with love. And who doesn’t want to feel more joy and love in our lives?” Aaker noted.

The pair cited [a study](#) from the academic journal Social Behavior and Personality, which found that leaders with any sense of humor are seen as 27% more admirable and motivating than those who don’t joke around. Their employees are 15% more engaged and committed, and their teams are twice as likely to solve a creativity challenge, Aaker and Bagdonas wrote in an accompanying Harvard Business Review [blog post](#).

Of course, not everyone finds humor easy to accomplish. Bad, forced jokes are cringe-inducing at best, and can arguably damage relationships at worst.

In their TED talk, Aaker and Bagdonas offered two tips for leaders who want to bring laughter into the workplace. The first, Aaker said: “Just notice what’s true.”

Instead of racking your brain for a funny one-liner, talk about honest things that have occurred in your life. You might, for example, mention how you’ve only been combing the front of your hair since you started working from home.

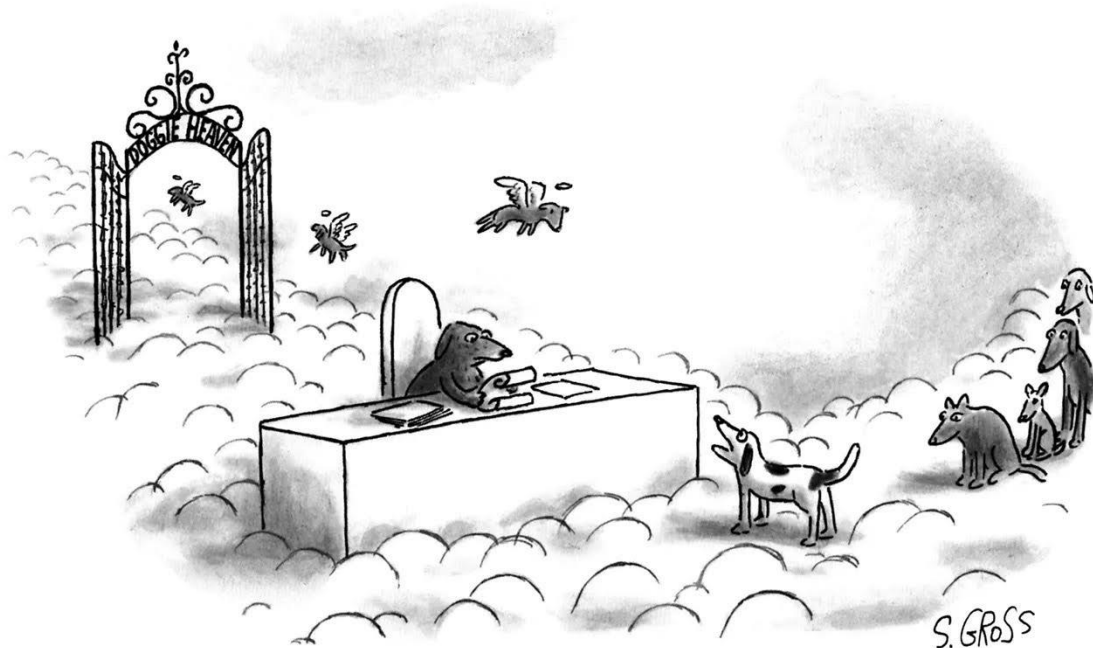
“The actual good news is that our lives are full of humor if we know how to look for it. Here’s the secret. Don’t look for what’s funny. Just notice what’s true,” Aaker said.

The second tip: “It’s not about you.” Or, in other words, be sensitive about how your jokes are perceived — and how others will feel when they hear them. That means never making comments that put your employees or other people down, and avoiding jokes that could feel too personal.

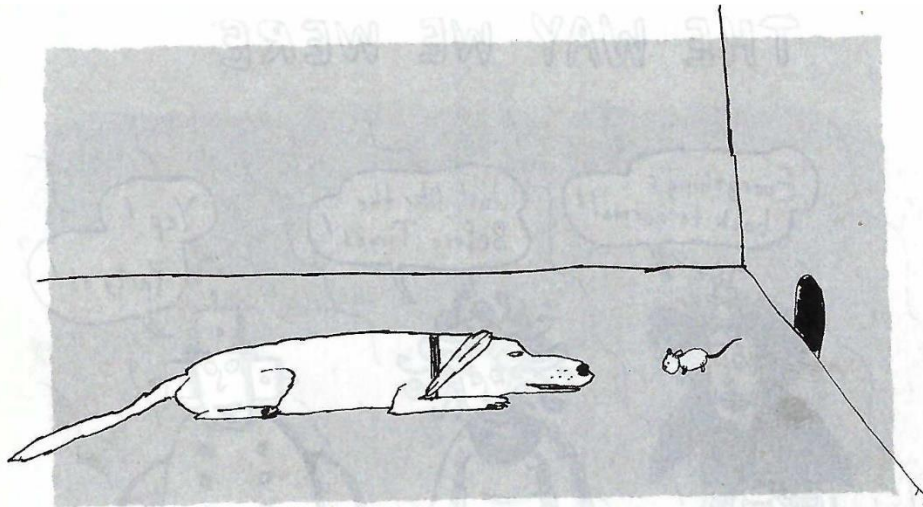
“Don’t ask, will this make me sound funny? Instead, ask how will this make other people feel, which also means never punching down,” Aaker said.

If you keep these tips in mind, leading with a little humor can go a long way in the workplace, the duo said.

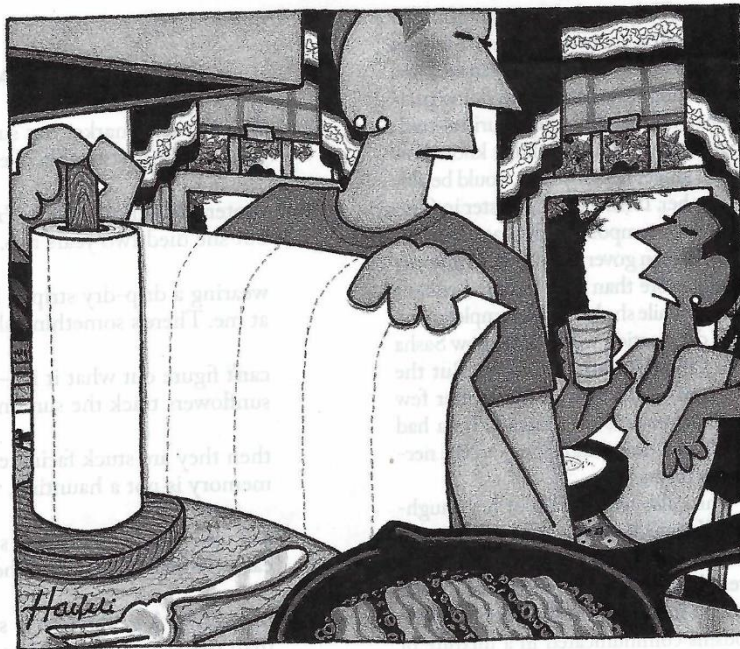
“Start small,” Bagdonas said. “Choose to live on the precipice of a smile. When we do, we create teams, communities and families where joy and laughter come more easily laughing together.”



“What I want to know is if there’s any chance I can get my testicles back?”



"My fight's not with you, I only want information."



"How many trees have died to blot your bacon?"

Kudos to the New Yorker

From Joan Valles

"Before you criticize someone, you should walk a mile in their shoes. That way when you criticize them, you are a mile away from them and you have their shoes."

—Jack Handey

"Clothes make the man. Naked people have little or no influence in society."

—[Mark Twain](#)

"Truth hurts. Maybe not as much as jumping on a bicycle with a seat missing, but it hurts."

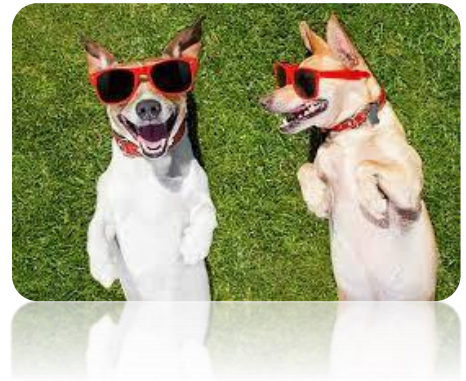
—Lt. Frank Drebin (Leslie Nielsen), *Naked Gun 2½: The Smell of Fear*

"I saw a study that said speaking in front of a crowd is considered the number one fear of the average person. Number two was death. This means to the average person, if you have to be at a funeral, you would rather be in the casket than doing the eulogy."

—Jerry Seinfeld

"Common sense is like deodorant. The people who need it most never use it."

—Anonymous



"There's nothing simpler than avoiding people you don't like. Avoiding one's friends, that's the real test."

—Dowager Countess Violet Crawley (Maggie Smith), *Downton Abbey*

"If I'm not back in five minutes, just wait longer."

—Ace Ventura (Jim Carrey), *Ace Ventura: Pet Detective*

"I'm at a place in my life when errands are starting to count as going out."

—Anonymous

"You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there."

—George Burns

"Accept who you are. Unless you're a serial killer."

—Ellen DeGeneres

"There is one word that describes people that don't like me: Irrelevant."

—Anonymous

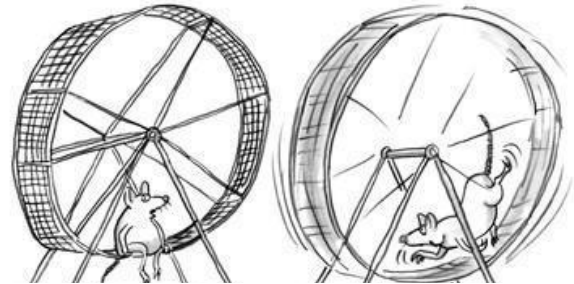
Kitty cat goes to heaven and is greeted at the gate by St Peter. Peter explains that God is disappointed with the lack on Earth therefore wants to make heaven especially special for everyone by gifting them something they really wanted in their life. St. Peter asked Kitty Cat what that might be.

KITTY CAT: Oh, that is easy, I want a plush, luxurious bed that I can nap and roll around in, spacious, soft and furry.

ST. PETER: Wonderful. Just go over there and you will find it. I will check in with you this afternoon to be sure you are satisfied.

Then a group of mice show up at the gate and are given the same question.

MICE: Oh, that is easy. We have spent our entire lives running, we would LOVE to have roller skates!



"I need an epiphany."

ST. PETER: Wonderful. Just go over there and you will find them. I will check in with you this afternoon to be sure you are satisfied.

In the afternoon St. Peter goes "over there" and finds Kitty Cat rolling on his back, stretching, yawning, kneading, purring... and asks...

ST. PETER: Hello Kitty Cat, do you find your bed satisfactory?

KITTY CAT: Satisfactory? NO! It is Prrrrrfect, I love it, it is beyond my expectations. And by the way, those meals on wheels were totally unexpected! Thank you!



"Can I call you back, Ed? I'm in the moment here."

The Groaner Section – from Russ Pogemiller

Q. Why do birds fly South?

A. Because it's too far to walk.

Q. Where was the Declaration of Independence signed?

A. At the bottom.

Q. When Brutus asked Caesar, "How many hot dogs did you eat at the Forum today?"

What did Caesar answer?

A. "Et tu, Brute"

Q. What has eighteen legs and catches flies?

A. A baseball team.

Q. Which is faster: heat or cold?

A. Heat. You can catch cold.

Q. What are the hardest kind of beans to raise on a farm?

A. Jelly beans.

Q. Why is a traffic cop the strongest person in the world?

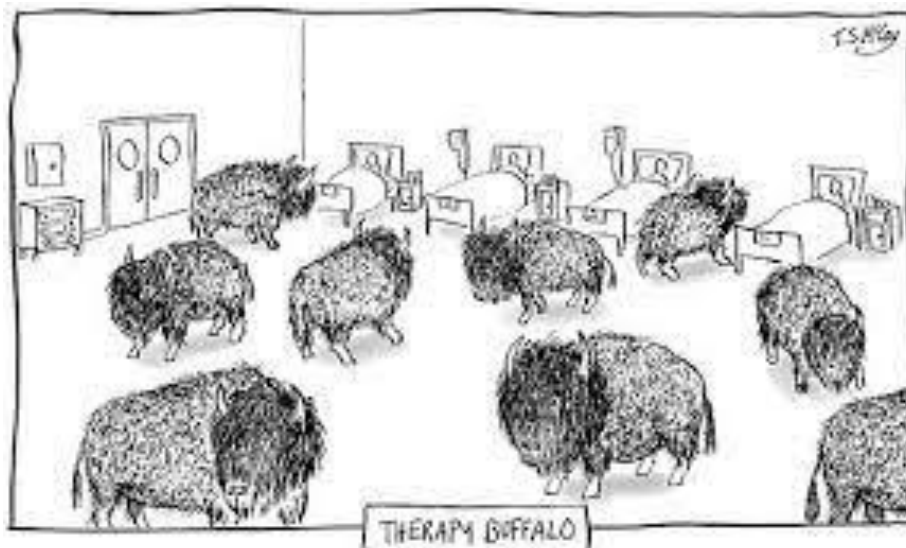
A. Because they can hold up a ten-ton truck with one hand.

Q. What's the difference between a tuna fish and a piano?

A. You can't tune a fish.



"Is Covid the most consistent thing I'll experience in my 20s?"





Mindful Mike's Blog: Humor

Mike de Anguera

What's humor for? To prevent me from taking life too seriously. Otherwise, I tense up and grind my teeth making them shorter. I may in fact shorten my life. Humor is the medicine to dull the pain.

How about laughter? I frequently make myself laugh while driving alone. It makes the journey go faster. Laughing at the world helps me release any stored up anger over world events.

No humans ever want to be chickens but do chickens want to be humans? Chickens mostly live in the present and have no worries. Their food appears without any effort on their part.

In fact, other creatures don't have to use the resources we use. They have no houses and don't have to worry about zoning regulations. Bears poop while they eat and never take a bath. They have no use for bathrooms.

We humans pride ourselves in being so smart but I have been outwitted by dogs and horses.

Other animals just eat and sleep without paying room and board to anybody. Just ask our deer. I'm sure they love all the fruits and vegetables we plant for them. At least they think we do and they feel no obligation to share with us.



Humans are the only creatures who have to use money. Sahale makes its way by hosting other groups and we appreciate support from our friends.

We are gearing up for a busy summer. Here are a set of chairs I just power washed. I got good and wet and had to change all my clothes. Don't they look beautiful? Power washing strips all the gunk off. Please don't let any bears sit in them. They will wear them out in just one sitting.

We also finished up the trench project. Sam Staatz, Pam Jarrett-Jefferson, Niles Burton, and I got the outfall pipe finished so water collecting in the trenched pipe in front of Potlatch will have someplace to go.

I doubt we will ever see any albino crocodiles in the trench because the pipe is simply not big enough. It is rumored that they have been found in the New York City sewer system. Urban legend?

Here you can see Sam digging the outfall trench by the Khlawi Guest Cottage. We both shoveled rock into the trench to cover the outfall pipe. Might frogs move in? Imagine hearing their croaking coming up from the buried pipe. My folks once had a frog croak underneath a bathtub. Was he loud!

Drai Schindler has been working the pea gravel around the flagstones making sure they don't pose a trip hazard.

Next, we have a mound of dirt shown on the left to haul away. Do you suppose any of the local bears might be able to help us? They are big and strong so it should not be a problem for them. But they have no social skills. Maybe our two hunting cats Matlock and Mindy? They are too small though they are nice and silky. Plus, they catch mice.



Matlock definitely showed interest in our digging project. Here he is inspecting our work. What did he have to say? Nothing. I wonder if he might crawl through the pipe looking for mice?



"I was a dog in a previous life, but I came back as a god."

Programs and Events of the Goodenough Community

Community is about adapting to change, and that has been the case with the pandemic as we have adapted many of our ways to connect, most of which are held on Zoom. This has enabled people from outside our area to participate in community events. Throughout the year we offer programs that help you participate in your own development, learn about relating well with others, and help you discover your potential for having a good time in life and with others. Information about programs and upcoming events can be found on our website: www.goodenough.org



"That's strange. I remember it differently, in a way that aligns with my world view and casts me in a positive light."



Human Relations Laboratory, August 7 – 13, 2022

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. In 2022 we will celebrate 53 years! Contact: [Elizabeth Jarrett-Jefferson](#) or [Kirsten Rohde](#)



The Goodenough Community's governing body, the General Circle,

currently meets weekly on Monday evenings, 7 PM on Zoom. **Summer Dates:** Weekly in July.

For additional information, contact [Elizabeth Jarrett-Jefferson](#)



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 Ryan](#).



The Third Age - Those age 60 and older have been gathering monthly, Friday evenings, 7 PM by Zoom. Contact [Kirsten Rohde](#) for more information.



The Men's Program - Our Men's Circle is an expression of brotherhood and practice, with wisdom gathered from our own lives, other men's work, advocates, and the founders of this circle. Future events, including the take-down of the big white tent, to be announced. Contact: [Norm Peck](#)



Pathwork, A Program of Convocation: A Church and Ministry. Pathwork offers a spiritual home in which to rest and to share your heart and mind as you move through these unpredictable times. Participants come together and find support and encouragement, gaining wisdom from the world's faith and wisdom traditions. All are welcome to join. Meetings are held via Zoom on alternate Sundays: 7 to 9 PM. Contact: [Brucker Brucker](#) for Zoom information.



Work and Play Parties Throughout the Year. Traditionally, the Goodenough Community sponsors work parties over Memorial Day and Labor Day weekends as well as other times to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together.



"It's always Sit, Stay, Heel - never
Think, Innovate, Be yourself."