

**Perseverance:** the steady persistence in adhering to a course of action, a belief or a purpose.

“At first, this weekly routine seemed endless. But upon passing the halfway point, I suddenly felt that my perseverance was paying off Time moved a little faster. My goal was in sight. It was then that I came across this quote by Jacob Riis, The American social reformer and writer. “When nothing seems to help,” he wrote, “I go and look at the stone cutter hammering away at his rock perhaps a hundred times without as much as a crack showing in it. Yet at the hundredth-and-first blow, it will split in two, and I know it was not that blow that did it, but all that had gone before.” Such was the case, I believe, in steadfastly persevering in order to complete thirty-three radiation treatments—not one more, not one less.” Caren Goldman

# The Village eView

February 18, 2015

Colette Hoff, Editor

## On-Line News of the Goodenough Community System

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

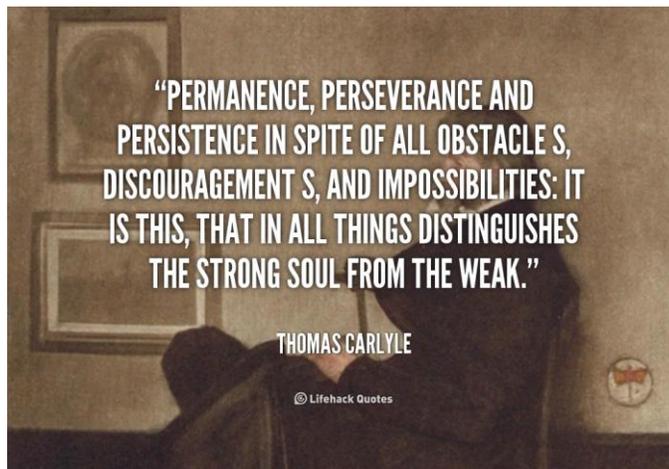
**Upcoming events:**  
 Third Age, February 27  
[Pathwork, March 1](#)  
 Relationship weekend, March 6 to 8



## Perseverance

John L. Hoff

Perseverance is a vital part of the strategy of being successful. Perseverance requires you to finish the project you are working on. It makes possible fulfilling your new year's resolutions. You will need this about now since you probably made some promises to yourself in early January—now it is about perseverance! Perseverance is about “not quitting” which is one way to come at a definition. Allow yourself to notice that you need perseverance in your life these days not just to keep New Year's resolutions but to fulfill the goals you have for your life. So now with glasses held high as in a toast, let us encourage each other's perseverance!



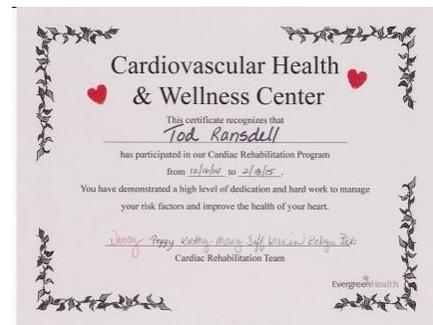
Editor's note: *I think Tod's article demonstrates perseverance very well. We are so happy you are recovering well, Tod.*

## Graduation Day

Tod Ransdell

18 Feb 2015

Well today I graduated from my cardio-rehabilitation course. I started on the 2<sup>nd</sup> week of December and more or less continued the 3-times a week (M-W-Th) at 8AM process until today. The only disruptions in that schedule were holidays and my third (ICD) surgery/recovery.

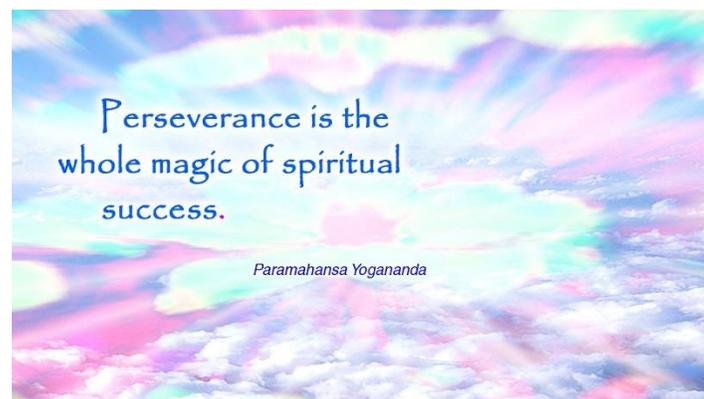


Every day I check in I get weighed, blood pressure (BP), heart rate (BPM), medication and pain/wellness status review. I also get hooked up to a portable EKG unit that tracks my heart function and heart rate over the course of my exercise program. My metabolic work/effort function is also monitored. My goal each time is to get a “good workout” indicated by raising my heart rate within a range of 122-140 BPM and then have it return to a reading below 100 BPM when I check out. BP is taken at least once over the course of the workout and again at checkout.

Every Wednesday we have classes that cover topics from diet, medications and supplements, stroke/heart disease risks to stress management and our emotional wellbeing. I was not able to go to all the lectures, but they are free and open to all participants any time we want, so I'll probably go back to pick up a few interesting topics.

As part of the process I had an intake interview, a mid-point progress and a discharge interview. Along with a summary of the monitoring data, the discharge interview went over the key assessment areas (diet, emotional state, physical wellbeing, etc.) I was tested on at the intake. All the metrics indicated that I am progressing well along my path to recovery. There were no recorded significant heart arrhythmias, except for a couple "hiccups" here and there during my exercise sessions.

Coincidentally I also went in for an ICD function review today. My ICD recorded a short Ventricular Tachycardia episode on 07 Feb around 6PM and a couple small ones today (after class), but other than that my heart is pretty well-behaving for the most part. I want to thank everyone that has come to my aid over the last four months. I have been watched over, tended to, visited and chauffeured whenever I needed. In particular I want to thank my very dear Friend Jean Bishop, who stood by my side and was my strong right arm and medical advocate during the most critical parts of my health emergency. She spent several uncomfortable nights keeping close vigil over me in ICU at Providence. She rescheduled her personal and work life, giving up several days of her precious PTO and made sure my experience, both in and out of hospital was the best I could have, under the very stressful circumstances.



*Barbara has been a glowing demonstration of perseverance Editor*

### **Barbara is Back! Responding to her wellness report...**

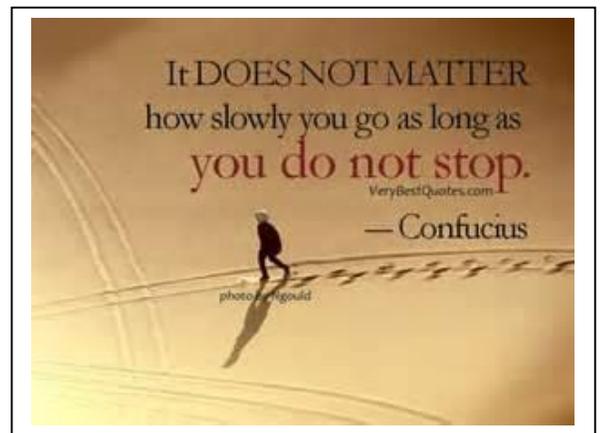
*Irene Perler*

Last week I enjoyed reading about Barbara's doctors report and found myself almost with a loss of words for what I was feeling. I was sort of shocked and uncertain, relieved to the point of crying, initially knocking on wood as well as if superstitious or cautious, then JOYOUS, and more that feels profound mystery.

The report in summary is that Barbara has successfully completed her treatment course for the brain cancer that she was diagnosed with about a year ago and she can move into her life again with some routine monitoring in her calendar, but now she can take charge of her plans for her days ahead. WOW! Amazing! Congratulations! Such Good News!

Barbara's recovery encourages my general faith in the healing processes designed into life itself – the mystery of life force and also my appreciation for modern medicine and science. Hand in hand, these are powerful forces and reminds to live with more trust.

It has been a profound experience to follow along with Barbara's fight for her life and witness her move through with the required patience needed to deal with the cancer treatment program she's had to follow. **She did it** and she shared it with us all, facing her fears and working to stay hopeful. She has asked for prayers and healing from her family and friends in community. We have prayed individually, spoken in care in our relationships and we've had quiet prayers for her healing in larger circles. We have circulated communication about her hospital visits and therapy progress. She has blogged and written stories about her experience so that we could be close to her when she needed to be isolated from infectious social life. She has shared her thoughts and feelings, fears and courage with us at Pathwork and other cultural gatherings. She has asked for help to get to doctors, to have help with meals, visits and for hugs and comfort.



I appreciate how Barbara has stayed in touch, reaching out and working to trust her situation, her friends and wanting to be cared for. I think she has been leaning into receiving the love that is extended to her. Her and our situation reminds me that we are each loved, in this way, in our Goodenough Community. We often forget how much of a difference we make and that we are loved and cared for. It sometimes is most tangible when we are concerned for someone and yet I am working to see that caring in all our interactions with one another. We care in many ways. We love in many ways. We need each other and are connected in more ways that we easily appreciate.

I personally hope that Barbara's story reminds us all of our capacity to care deeply about one another's lives and for our own. In community, we belong and have a place and we can call on the strength of the whole to help us when we need support and encouragement. Community celebrates and honors life.

I wish Barbara a wonderful re-entry time into her life. She will need to ease into things as her body continues to reconstruct itself from the inside out, and I can only imagine that means integrating these profound truths about her family, friends and connections.

It occurs to me to make these thoughts more meaningful by acknowledging the parallel journey I am having dealing with my mother's cancer treatment which is not over yet and has been going on since a year ago in March. In many ways, I am resourced by our community friendships and contexts to help me deal with the challenges I face with my mother's unknown future. This year has been focused on healing ties with my family and working through some of the unfinished parental work I need to do as I learn how to be loving of my Mother and Father. It is a time of deepened connections with my family as we all deal with wanting Mom's life to be as meaningful and positive as we can make it. We are dealing with our individual and collective sense of powerlessness and yet with an agreement to be hopeful. This is the powerful "medicine" that I'm learning from these days spent living with unknowns. We are learning to be "present" to one another, never knowing how much time we have together. Enjoying life as it is, in each experience becomes more important than some other things that might have been the focus of our relationships in the past. It is a strange silver lining of a very difficult situation. I am strangely grateful for it, as our hearts are more open to one another and that has been very good for my parents and me and for the friends around them.

I am aware, too, that I am now more "human" in this experience. This is such a common experience for humans to learn about and at age 54, I have not had many such experiences in such a personal way. I keep thinking of the marriage vow to stay steady "in sickness and health". It is a part of human life to deal with sickness and uncertainty as well as to enjoy good health and make plans. I look forward to sharing days of wellness now with recovering Barbara and hope she'll share her skiing stories with us as well as her other dreams and plans as they emerge. Celebrating your life and healing, Barbara! Hip, hip hooray.



## Testimonial

Joan Valles

I'm pleased to see that the Goodenough Community is offering several programs and courses this year under the sponsorship of the Village School for Human Development. I participated in the Village School (then, the "Private School") for many years in the 1990s. We were engaged in learning in many ways and in many days of the week and many weekends. The experiential learning provided the foundation and direction for personal growth and development work I've been doing ever since. Many of us who have been involved in the Goodenough Community for many years benefited from the Private School education. John Hoff, assisted by Colette, was the guiding force and principal teacher. I'll be very interested in seeing how the school evolves in these rather different times and with, I hope, an energetic and creative younger generation. (I'm hearing from the old folks that they have a lot to offer.) I encourage participation. It's transformative!

*Self*  
*I am not I.*  
*I am this one who walks beside me*  
*whom I do not see.*  
*Whom, at times, I manage to visit*  
*and at other times I forget.*  
*The one who forgives*  
*when I hate.*  
*The one who takes a walk*  
*when I am indoors.*  
*The one who remains silent*  
*when I talk.*  
*The one who will remain standing*

*when I die.*

*~Juan Ramon Jimenez  
(1881-1958, Spanish Poet,  
Nobel Prize for Literature 1956)*

Thanks to Bill Kohlmeyer for submitting this quote

## **A New Way to Engage the Village School**

*Kirsten Rohde*

At our leadership meeting, Monday Feb. 9, we were discussing the plans for several weekend workshops coming up this winter and spring. We began to see them as a series that could build one upon the other. *The Village School for Human Development* came up and it seemed pretty logical to see these already scheduled learning experiences as being under the auspices of the School. The school offered in the past a year-long program of three terms often tying in the Human Relations Lab as well. We are not offering the same specific framework currently however the school concept – a one room schoolhouse for adults where we are all learning together – still remains as the way our Goodenough village offers education. We are enthused about the idea of bringing some of this educational focus present using these already planned workshops as the curriculum. The Village School would function in this way as an integrative framework that holds the workshops and provides the continuum from one to the next.

What this might look like is that some people may choose to attend two weekends and a men's or women's weekend, all already on the calendar, plus Lab in August, as a series for learning. This group of students may engage in smaller groups between events, do reading together and so forth. We might consider offering a discount for the series. At the same time each event is also a discrete event that can be attended by anyone.

There was a time when our school had a curriculum, based on unique ways to learn about understanding yourself, learning to relate to others and learning to lead others. Leading others including learning to run a small group; many of us learned about small group facilitation as part of being students and group leaders in the school. This theory of learning in relationship was part of what's transformative about what we do. There's almost nobody doing work out there in the same way of training people for service – understanding human development, improving relationship, learning to be a good relational partner, and what is meant to serve, for example in an organization, one's family, neighborhood, work, etc.

**The workshops on our community calendar, to be held at Sahale, are:**

A weekend on relationship, **March 6-8**

A weekend for personal work and more, **April 17-19**

Women's weekend, **May 1-3**  
Men's weekend, **May 8-10**  
Human Relations Laboratory, **August 9-15**

Those of us at the meeting on Monday are happy to hear of your interest and thoughts:

Colette Hoff 206 755-8404  
John Hoff (206) 963-4738  
Nan Kreckler (206) 409-9492  
Bruce Perler (206) 419-8361

Kirsten Rohde (206) 719-5364  
Irene Perler (206) 419-3477  
Elizabeth Jarrett-Jefferson (206) 313-9803  
Jim Tocher (206) 799-5674

This coming weekend, February 20 to 21, the Leadership Council are choosing to have a retreat to continue work on our vision, curriculum development, and leadership training. Keep our work in your thoughts



## Could Your Friendships Use a Tune-Up?



*Do you wish your friends understood you better or that you could communicate with them more effectively?*

*Do you find yourselves repeating arguments that pull you farther apart and that you don't know how to resolve?*

*Do you find yourself clueless as to how to resolve conflicts with your boss/co-worker/friend/partner/sibling/child?*

*Could you use some support and guidance for a major conversation with a friend or a partner?*

*Would you like to know how to ask for what you want in any of your*

*friendships?*

**If you answered "yes" to any of these questions, or have other questions or issues about how to have happier relationships, we can help you! You are invited--as individuals, couples, co-workers, friends, adult family members-- to learn about relationship, and if you think about it, you may not have many opportunities for this kind of learning.**

## A Weekend for Learning about Relationship March 6 to 8, 2015

We don't "automatically" know how to be in a marriage, in a family, or a close friendship. Most of our families of origin and the demonstrations of parenting we experienced offered inadequate training. We need to allow ourselves to start learning again as adults to be effective partners and friends. We are convinced that just trying harder doesn't help as much as consciously developing skills.

During this weekend workshop, you will have many opportunities to learn and practice skills that will make all your relationships more fulfilling. In a supportive environment, you will work individually, in pairs, or triads, and small groups, and:

- Learn how to talk things through more thoroughly.
- Help others work with their stuck places, and allow them to help you with yours.
- Practice together and watch the same skills demonstrated by different personalities and in a variety of situations.
- Learn to communicate more effectively, listen and identify and ask for what you really want.



- Learn from observing others' processes.
- Be paired with a small group (partners will be placed together) where you can practice and be observed and receive feedback. Also have time alone to reflect.
- Have your particular relational issues addressed, with gentleness and insight.

### Location: Sahale Learning Center

This workshop will be held at Sahale Learning Center, a beautiful setting at the tip of the Kitsap peninsula on the Tahuya River about a mile from Hood Canal. You will be able to hike and get some exercise. We will be sharing bountiful meals and will have opportunities to socialize as a group. If you have childcare issues, let Colette know.



### Your Facilitators, John & Colette Hoff



John and Colette Hoff are gifted counselors with more than 30 years experience of empowering clients to be effective as individuals, partners, parents, and members of society.

John and Colette and the Goodenough Community, which they founded, are widely known for providing a unique experiential learning environment that focuses on helping everyone learn about relating better. John and Colette teach from well-documented findings:

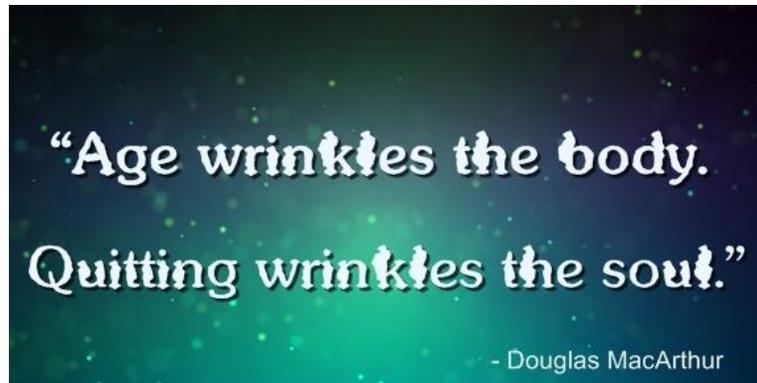
- Friendship, developed over time, is one of the highest valued qualities of long-lived relationships.
- Friendship is defined partly by the ease with which partners and friends live, work, and play with each other, and partly by the thoughtfulness with which partners tend to each other's needs.

John and Colette have much to offer you in developing more satisfying relationships.

### Cost

The cost of the weekend is \$175 per person (\$155 for two adults or more registering together) and includes learning materials, room and board.

(For those registering for both workshops, March and April, the cost will be \$300 per person.)



### **Third Age Kind of Friendship**

*Joan Valles*

In community, as we age, many of us in the upper range of our Third Age group (late 70s and 80s), are finding we need more help than we used to. Some of our younger ones also need help from time to time as they deal with medical problems. We have begun to ask: As friends, what is our responsibility to each other as we age? How do we help each other in friendly ways?

These are timely questions to explore at the next gathering of our Third Age group, which is on **Friday, Feb. 27**, at the home of Phil, Barbara, Jim, and Joan in West Seattle. We'll start at **6 p.m.** with a potluck supper, and our household will provide a main dish. Please bring a side dish or dessert to share. I'm going to suggest that we meet at our house for this gathering and talk together about where we'd like to meet time after this. The new community center is not far away.

It's hard to believe it's wintertime with the sunshine and warmth we've been experiencing. The tree outside my bedroom window is beginning to bud. I always look forward to this early harbinger of spring but it's becoming more bittersweet as I age. Another year is passing. I intend to enjoy it and one of the ways I enjoy life is getting together with good friends. I look forward to seeing many of you on Feb. 27. An RSVP would be welcome to me at [joanvalles70@yahoo.com](mailto:joanvalles70@yahoo.com) or 206 763 2258.

PS: I just finished reading Atul Gawande's new book "Being Mortal." I highly recommend it. My sister loved Roz Chast's "Can't We Talk About Something More Pleasant." I gave it to her for Christmas and am eager to borrow it back.



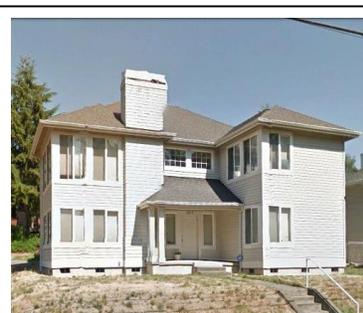
### Announcing . . .

The Dedication of our new Community Center

**March 21, 2015**

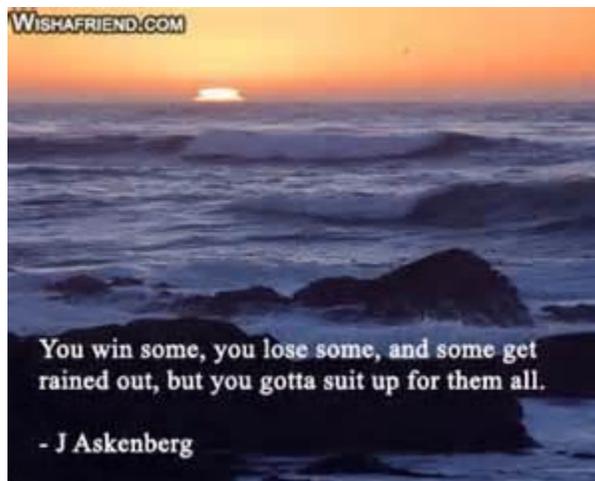
**6:00 p.m. to 9:00 p.m.**

For almost 40 years, the community has owned the big house at 2007 33<sup>rd</sup> Av S as our home and meeting place. We have been shaken by the loss of our physical center yet we are brightened and lifted by finding such a nice new home for our community. The dedication allows us all an opportunity to bless our space and to appreciate the people who have guided us to it.



**Introducing:** The new Community Center, located at 3610 SW Barton St. Seattle, WA 98126, in West Seattle!

For anyone living north or east of the old community center, you have probably an additional 10 minutes to drive. We will have some rooms to share at the Community Center and we already have quite a bit of interest of people wanting to live there. In the immediate future it might be wise to share your interest with Colette or Kirsten.



## Thank you, Mike

One of my favorite parts of our weekly online newsletter, the “Village eView” --often my favorite part--is Mike deAnguera’s blog. It’s a special window on our world. I like the pictures, I like the friendly tone, I like the intimate style and the information Mike shares, often illustrated with his pictures. Mike writes naturally, and I often pick up tidbits about our life in community and at Sahale that I don’t find anywhere else.

I’m also grateful for Mike’s being the caretaker at Sahale. It’s a challenging role. What we find in the Goodenough Community is that it’s the roles we take on that grow us. I’ve enjoyed watching Mike grow. Like Mike, I came to community life later than many—although Mike was some younger when he began—and it pleases me that growth and change continue even when you’re pushing 60 and beyond if you require it of yourself. I expect Mike has an inner guide that has required that of him. To paraphrase a popular saying: It takes a village to raise a community. I’m glad Mike’s a resident of my village. *Joan Valles*

*Thanks Joan. I agree with you and Mike also demonstrates a great deal of perseverance.* Editor



### The deAnguera Blog: Adding to the Log Building Foundation



Maintenance of our facilities is an ongoing project here at Sahale. Our big concern right now is the foundations of the Log Building. The building has settled. Doors inside and out become difficult to open and close. Cracks appear in the plaster of the inside walls.

Jim Tocher and I decided to do something about the foundations nearly a year ago. We bolted several supports to the log wall on the outside giving them independent pier blocks to rest on.

In both top photos you can notice that Jim had removed the bottom set of foundation logs which had totally rotted out.

Last week we were joined by Pharoah Kuykendahl and Josh De Mers. They are young and strong so they did most of the physical work. They also proved very knowledgeable about carpentry. It is good that members of their generation are now helping us out here at Sahale. Jim and I both notice our own

increasing age related limitations. My arms and hands can easily get sore from using power drills and hand cranking in bolts.

In the top right hand photo Jim is measuring where to put the next support beam. It is important that the beam be fully centered on its pier block. Hopefully we will have stopped most of the settling of the north facing wall. Eventually we will need to install extra support beams all the way around the Log Building. Jim thinks we will also need to install more supports underneath. The Log Building is used as storage for a lot of our stuff. It also has bathrooms we installed when we first bought Sahale. They are useful for the campers.

We installed all the plumbing and electrical work. Originally the Log Building had no plumbing or electricity. Much of the floor was missing making any walking around inside hazardous. I believe we provide very well for our campers. I have experienced camping facilities where the showers were outside and didn't always have hot water. For me that can mean a miserable camping experience. The former owners used the Log building as their home in the 1950s. They discovered they were using up as much as thirty chords of woods over the winter so they built another house up on the ridge in 1964 using roof beams removed from the Log Building. Only the shell was left. I notice Log Building beams in the roof the Kloshe living room as well as my bedroom in the Khlawi Guest Cottage.



Pharoh is drilling a bolt hole in one of the two supports we installed last week.

*Jim Tocher's engineering work with the log building is yet another illustration of perseverance. Thanks for your work Jim and your team. Editor*

# persevere

to persist in anything undertaken; maintain a purpose in spite of difficulty, obstacles, or discouragement; continue steadfastly.

## Maiden Voyage

*Irene Perler*

This year instead of going to the coast for our annual couples retreat, Bruce and I celebrated Valentines by beginning another phase of going through our stuff...our goal is to consolidate and lighten our load. A couples' experience of collaborating and working together on a shared goal. We also realized a dream of mine to have my own kayak. Through a series of research projects and sharing my love of this sport, I told my father of my goal and he remembered a retired friend of his who had 2 matching kayaks in his garage for the last 8 years, never been used in that time due to changes in his health. He called his friend and we arranged for a visit and look-see. Sure enough these kayaks were ideal for us and in very good shape. These friends are even about our size and so the fit is good. We made arrangements to try them out and to buy them, just in time for Valentines! We picked them up and went on a maiden voyage. So, while we got rid of some things, we also received something else that we will enjoy for years to come. The couple was very happy to see their "stuff" move along to a better home as well, throwing in life vests, paddles, and other gear. I'm still shocked by the serendipity of having a dream manifest like this...2 for 1! Now my dream is a shared one with Bruce who now is equally excited about this adventure on the water.



We paddled around Sequim bay and had a great orientation to the kayaks, learning how to get them up and down from the car top and made it home to Sahale that evening after a nice meal with my parents. My mom's appetite was good that night, so we all enjoyed a good meal and had a toast to celebrate the shared collaboration on this dream of mine. Since then, Bruce and I took out the "yaks" on the Tahuya from the estuary as it goes under the bridge by Kay's corner.



When the tide is high, you can slide right into the bay there and head out to the canal or go under the bridge and explore the estuary flats and up into the river. We did all of that and had a great learning to paddle experience. We are now looking into the skills classes and safety trainings that make kayaking in our open waters safe and good fitness.



Its hard to admit that I like that the kayaks are red and the life vests they gave us also are red. We'll always remember these were a Valentine's present to our relationship. If you would like to take a paddle sometime, either one of us would love to share the joy of paddling with you and take you out for an easy paddle on the Tahuya or along the shoreline of the canal. It's great to be able to explore our country "backyard" in this way. I saw several shorebirds, kingfishers, seagulls, heron, eagles and more in this playground. I am also appreciating a very good couples weekend, work and play and enjoying a new hobby together. Sometimes I underestimated the joy of shared accomplishment, but I am learning how rewarding it can be to work together and then enjoy playful times as well. I'd love to hear YOUR Valentines' story...tell one for next week?

Speaking of Valentine's, here is one intended for last week:

Dear Penguin,  
I'm glad we're friends.  
Love  
Pumpkin



## The Value of a Good Talk

Kirsten Rohde

I've heard some people say that "talk therapy" is out these days. And yet I remember many times having a good talk with either Colette or John Hoff that left me feeling better about myself and with more focus on how I wanted to approach my life, my relationships, or my focus in the world. The other day I was in our new community home in Seattle and discovered that John was free. We had some coffee together and I asked him to help me with some aspects of personal work. It turns out that approaching retirement requires some intentional approaches to make it work out like I'd imagined. John's knowledge and experience about virtually any topic of human living continues to amaze me. After all these years there is still always something new to think about. Because we have had many talks in the past, he is able to zero in. I always feel better and am left with new things to ponder.

I want you to know that **the new space for Quest: A Counseling and Healing Center**, in West Seattle is a lovely spot to come for good conversation with Colette and John. We're fortunate that both of them are continuing to provide this valuable service to many. Their approach is holistic in that they bring many perspectives and approaches to play in their work and most of all bring themselves present in a personal relationship. I encourage you to schedule

a time to come in for a good talk. Perhaps you know someone who would benefit from some supportive counseling. It's a great space and great people to visit.

**Call John at 206 963-4738 and Colette at 206 755-8404.**



## Work Resourcing Needed!

*by Marjorie Gray*

**M**any of you know I am seeking work. Do you know of any jobs available, or people who work in any of these areas, that I could contact for information interviews?

- Writing (brochures, website content, blog posts, articles, marketing)
- Graphic design (for web or print, layout, image selection, photo editing, Adobe Creative Suite)
- Web design & maintenance (front-end, information architecture)
- I am also interested in finding out more about recreational therapy, as a completely different direction.

If you know of anyone I could contact about any of these, could you please let me know? Also feel free to give out my contact info:

**email: [m.dancingriver@gmail.com](mailto:m.dancingriver@gmail.com)**

**Phone: 206-300-1315**

## Rent a Marjenta!

In the meantime, I would love to help you with any household needs:

- Cooking
- Organizing
- Cleaning
- Color consultation and interior painting

- Thanks so much!

***Majorie/Marjenta***



**- Bon Voyage Celebration for Claudia Fitch -**

Here are some pictures:





## Upcoming Events:

15th ANNUAL

# Fairy & Human Relations Congress

*Communication & Co-Creation with Nature Spirits, Devas and the Faery Realms*

**JUNE 26-28, 2015**

**Skalitude Retreat, Twisp, WA.**

<http://www.fairycongress.com/>

### - Spring Fairy Connections

Michael Pilarski, original founder of the Fairy Congress, is giving a series of talks in the Pacific Northwest this spring, on **The Emerging Alliance: Fairy & Faery Beings, Humans, Wild Creatures & Plants Working Together for Gaia**. Talks will be from 7-9pm; contact Michael at [friendsofthetrees@yahoo.com](mailto:friendsofthetrees@yahoo.com) for more information!

Bellingham, April 11  
Whidbey Island, April 15  
Port Townsend, April 19  
North Seattle, April 22  
South Seattle, April 23  
Tacoma, April 24  
Olympia, April 27

## ***Bit O' Birthdays***

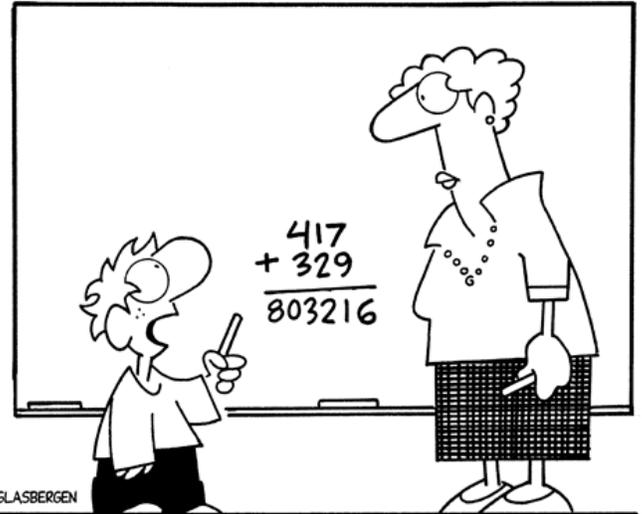
By Elizabeth Jarrett-Jefferson

**February 23. Happy Birthday, Kim Hart**  
**Thank you for your support!**



He waited patiently,  
but his chips refused to fall.

© 2007 by Randy Glasbergen. www.glasbergen.com



“My dad says persistence is the key to success.  
So I’m going to keep giving you the same wrong  
answer until it becomes the right answer!”

## About Community Activities, Spring 2015

*Colette Hoff*

During January and February our community leadership is busy anticipating activities of spring and summer. During March, April and May we have an annual meeting (**March 27 to 29**) of members and friends of the community and we have weekends when all of the men (**May 8 to 10**) and all of the women (**May 1 to 3**) meet separately but with an awareness of each other’s work. In addition, in April we will provide a weekend focused on growing up and maturing (**April 17 to 19**). In March a weekend workshop (**March 6 to 8**) will be centered in relational world and will remind us all of what we need to know and how to get good at it.

# The Goodenough Community:

## 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: Next Meeting February 27, 2015

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.



Third Age meets on Fridays—February 27; April 24; Sept 18; October 23; November 20 are the remaining 2015 dates.

We meet at the home of [Phil, Joan, Barbara, and Jim](#) in West Seattle. We 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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### Women's Culture, Upcoming Next Gathering: March 21 (A Change!)



The women's culture meets on Saturdays: March 21, September 11, October 24 and November 21, from 10am to 2pm. There will be a weekend **May 1 to 3**. Mark your calendars!

Happy New Year!

Here we are, a fortnight into the new year. It is a time of year when many of us plan to make changes. It's a time of fresh starts, of sturdy resolve, of high hopes and expectations for the future.

And we all know that change also comes upon us unexpectedly. Transitions can begin before we fully realize what is happening. This can be unsettling, and it can be exciting.

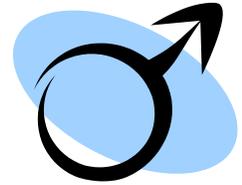
As we look around our circle of friends, we see that change and transition abound in our lives. Some of it is planned, some of it is not. As we move more deeply into the depth of winter and as the year itself changes, what changes are taking place in your life?

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## Men's Program

### *Theme: Friendship among Men*

The men of the Goodenough Community will be meeting for a weekend this spring, **May 8 to 10, 2015**. Please let [Bruce Perler](#) know of your interest.



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## Introducing . . .

### **A Workshop offered by John and Colette Hoff April 17 to 19, 2015**

#### **Maturing . . .**

#### **Growing your self up . . .**

#### **Saving your Own Soul . . .**

This is a weekend for remembering your own journey and your story of trying to develop your self. Each individual will review where they are in their story and in their growth. We will become a supportive circle. Guided meditation on our lives will be a primary method the Hoffs will be using to in leading the workshop and we will practice meditation as a whole group. Small group interaction will also be utilized.

Email [hoff@goodenough](mailto:hoff@goodenough) to express your interest.

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## Memorial Day Weekend, May 22-25, 2015

at Sahale Learning Center

Join us for a weekend of well-organized work parties balanced with play, wholesome meals, hot tubbing and relaxation. The only charge is a donation for food.

## Sahale Summer Camp for 9 to 12 Year Olds

June 22 to 28, 2015

<http://www.goodenough.org/camp.htm>



**Sahale Summer Camp is entering its 10th season!** We invite youth aged 9 to 12 to join us for 6 nights and 7 days of fun living in nature at Sahale Learning Center.

We enjoy a program rich in experiences just right for this age zone. Youth enjoy traditional camping experiences with our tent village set up around a giant campfire pit for evening programs complete with stories, singing, s'mores and friends under a canopy of stars.

We teach skills of outdoor living and provide experiences which help you get to know yourself and have confidence making friends. We also impart a gentle sense of responsibility for caring for each other and the land. We do this through natural activities of taking care of camp and being part of small clans that spend time together each day getting to know each other and working together.



A training program for 13 to 17 year olds is also included and is an excellent opportunity for leadership training. For more information, see [The Junior Staff Training Program](#). Please contact Irene Perler for more information - 206.419.3477 or [irene\\_perler@hotmail.com](mailto:irene_perler@hotmail.com).



## Human Relations Laboratory

August 9 to 15, 2015

***The best event to experience the Goodenough Community***

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

**Sahale Learning Center**

A 68-acre retreat on the Kitsap Peninsula

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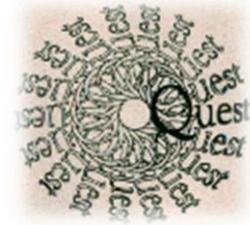
## Family Enrichment Network Parent Group

**If you are interested in developing a supportive parent** circle for study and conversation about family life, please contact *Irene Perler* at 206-419-3477 **or email** [irene\\_perler@hotmail.com](mailto:irene_perler@hotmail.com). Topics could include simplifying and organizing life, creating a family culture, development stages and sibling dynamics, understanding roles within the family.

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## Quest: A Counseling and Healing Center

Our belief is that mental and emotional health are prerequisites for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and be more effective in relationships. **Call John (206 963-4738), Colette (206-755 8404).**



### Where are you working, you might ask?

Currently, John and Colette are now visiting with clients at the new community center, 3610 SW Barton St.98126!

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### Classifieds:

#### Classy, Racy 32-year-old Looking for New Digs!

**1982 Mazda RX-7, good condition, one owner.** After 3 decades of fun with my sports car, I am ready to part with it. This car is fun to drive, even by very tall people! My 6'3" son is able to drive it with comfort. I've driven it mostly around town, with 2 cross-country trips, so it has low mileage for its age. The car needs some work done, but nothing major, and is in good condition overall. I've treated it with care, so it has had regular tune-ups, check-ups, and oil changes. I am selling it as is, and am asking \$2,000.



**Please call: 206 232 7027 and ask for either Hal or Hollis**

