



Village eView

September 19, 2018

Colette Hoff, Editor

COMING UP

Pathwork Exploration Series with
Tom Gaylord, September 23, 7- 9:30
Goodenough Community Council, Sept. 24, 6:30
Women's Cultural Gathering, Saturday Sept. 22, 10-2

The definition of connection is that something is linked with another or associated with another or that there is a relationship between two or more things. 1 An example of a connection is the link between **peanut butter and jelly**. 2 An example of a connection is the link between a mom and her kids.

You will find an article in this issue of the eView on page 19 from the Scientific American titled, **Why We Are Wired to Connect**. Just as humans need other humans to thrive, communities also need other communities to relate to and learn from. This past weekend, over 130 people gathered at Sahale to connect, share, and learn.

This issue of the eView will contain highlights from those who attended the conference workshops. *Cultivating Collective Liberation* was the theme of the West Coast Communities Conference. Some topics that were brought forward by some very sharp and young presenters include:

- Intentional communities as living laboratories for social transformation

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

- Addressing privilege and oppression within intentional communities and the movement, and intentional communities as vehicles for cultivating collective liberation in larger society.
- Conversation and Innovation around Privilege, Access, and Inclusion within Intentional Living Movements.
- Envisioning communities as vehicles for cultivating collective liberation in larger society.
- Important Social, Cultural, Spiritual, and Deep Ecological “Technologies” for communities of the now and years ahead.



I especially valued meeting people from longer-established ecovillages and hearing their stories of perseverance and patience, and success. As the Potlatch team of Elizabeth, Pam, Marjenta, Grace, Amanda, Pedge, and Mike were serving meals and cleaning up, we were fortunate to meet all the participants and presenters at the conference. We also made some new friends with some communities to visit.

Also in this issue, is a contribution by Tod Ransdell on Emergency Perparation. He has been a key teacher for the Goodenough Community on emergency preparation.

West Coast Communities Conference

Bruce Perler

I’m enjoying reflecting on a satisfying conference for me and the team. I checked in enough with Sky, Elias and Syd to know we each were appreciating our accomplishment and the level of engagement by the 100+ attendees.



You’ll have to wait for the photo library to be compiled before we can share more images. For now, word images will have to do; full and buzzing meeting rooms, engaged and happy participants, relaxed kitchen

and grounds staff – a good experience of our capacity as a retreat center. Thank you so much to Colette, Pedge, and the entire Goodenough, work-away and volunteer staff.

On Sunday afternoon, as we were taking down the Sky Lodge, Andy the pizza guy, again fired up his propane oven to create more amazing farm to pan experience. Yum!



West Coast Communities Conference

Kirsten Rohde

A full house at Sahale, amazing magic by the kitchen staff coordinated by Colette Hoff, and a truly inspiring and enjoyable weekend are my first words about this conference. Somewhere between 100 -130 people came from all types of intentional communities: single houses, connected homes in a neighborhood, ecovillages, co-housing and more as well as many people coming to find out how they could connect with a community. This was definitely a group who enjoyed the land and loved seeing what Sahale is all about.

I appreciate Bruce Perler and Elias Serras for bringing the idea to the Fellowship of Intentional Communities to host this event at Sahale this year. It was a wonderful experience to share Sahale with such alive and friendly people, eager to learn and to share, all ages, many skills and experiences. The weekend format included several whole group sessions led by very creative folks who helped us connect with each other and deepen our understandings. Diversity was a main issue at the conference with exercises and sharing about how our communities and our personal lives can be expanded with awareness and intentions to be inclusive and honoring of differences.

There were about 25 or more workshops and panels. I went to six workshops and a relaxing sing-along Saturday evening:

At the Community Founders Panel several people spoke of the history of their community's founding and the work that they do. Colette represented the Goodenough Community bringing forward the principles of our community, including the personal and relational work that enables longevity and the history of our search for land of our own. I also enjoyed hearing from O.U.R. Ecovillage on Vancouver Island and we're thinking we'd like to go visit them. Some of what they have accomplished would be very educational for us.

A workshop (led by me) on learning from people who come from long term communities. We shared stories about the formation and other history of our communities. Each story had specifics and many lessons about what works and what doesn't. As a group we were enjoying the stories and the creativity in organizing, dealing with land, financial and legal issues, and how communities bonded or ran into difficulties along the way.

Michael Pilarski, who has been a permaculture instructor and friend to Sahale since the beginning, came to talk about ways to create and support land restoration projects everywhere from people's back yards to large acreages around the world.

Saturday evening I joined a gathering with a Navajo woman who told stories of Navaho history and her growing up years as a Navajo. I came to appreciate how for her virtually everything is a story in some way and how valuing of the culture and language permeates her life.

On Sunday, Irene Perler represented Sahale in a discussion about ecovillages. We heard about creative ways that ecovillages created their relational and physical structures, also conversations about legal and financial structures. I appreciated Irene for describing the bond that exists between us in the Goodenough Community that ensures our ability to keep things working and moving forward.

I also visited another panel on cost effective housing options. I was impressed by the research, expertise, creativity and accomplishments.

This was a really great weekend and opens the door to many new friends and the potential for collaboration and continuing the learning.



The deAnguera Blog: West Coast Communities Conference



Would you believe the West Coast Communities Conference was held at Sahale this year? You are right. I find it hard to believe as well. Thanks to Ellias Serras who convinced the WCCC folks to come up here and to all of the folks who gave their support. Many wonderful workshops

happened but we must also remember all the cooking and cleaning going on as well. The unsung heroes who made it all possible.

One example would be Pedge Hopkins and Douglas Engle splitting kindling by hand. I could see they were enjoying their work.

Oh yes, what about Ellias thumping away on a wooden box thing as we all danced to the tune. We all gathered around him in the big white tent. This improvisation happened in the moment.

A discussion of race and white privilege opened my eyes. It was facilitated by someone from Cedar Moon, an intentional community in Portland, Oregon. They originally came together to stop being evicted. Racism is something we are all involved in, especially those of us that are white. The rulers of this society have all sorts of ways of getting into our fears. Their strongest control of us is in ways most of us are not aware. How many of us have Black neighbors and/or coworkers? We all noticed how almost all of us here at the conference were white.

I attended the Forum held by the Network for New Culture. This is based on the work of Zegg community in Germany. A number of people put themselves out and were assisted by facilitators who walked with them. Very moving. Good we have access to Zegg's work.

I read a lot about Zegg's Forum and other work but to experience it I would have had to travel to Germany. Now it has come to me. I am looking forward to learning more about this community. Apparently community members live in several houses in the Seattle area.

Three discussions on sexuality were offered and I attended all of them. For me sex information as well as support on one's sexual journey are essential to a healthy psychology. I only wish I had this support in my younger years. Having to find out everything for myself was very hard.

The next day I attended a presentation by Douglas Engle about his project for low income housing in Spokane. The city of Spokane is willing to donate land for the project and some of the work will be done through the Salvation Army. Douglas is looking to get walls to fit together in such a way that the construction is a lot simpler and the resulting house is airtight. Should save a lot on utility bills. I asked Douglas if a Starbucks barista could afford a house under this plan. He said yes. The key is being an intentional community member or somehow involved with folks Douglas knows.

This shows the importance of social capital. Connections are what enables things to happen. As I have said before poverty and homelessness mostly result from lack of good social connections rather than lack of money.

Another presenter, Lorna Lyons described how buildings could be built out of bio materials such as hemp and straw. This is important because the building industry is responsible for 50% of all CO2 emissions.

As a contrast Bruce Perler described the process of building his yurt. An alternative to the high cost of conventional housing. It came in a kit from Pacific Yurts. I remember being part of a group helping him put up a yurt. Bruce is a do-it-yourself handyman who did most of the major work on his yurt including the deck. He also built the chimney for the wood stove heating the place.

Good news? How about a little better? Like adding in a rogue pizza chef, Andy B. Walton, owner of Paradigm Pizza. He bakes his pizza in two fabulous portable ovens carried in the back of

his truck. Best tasting vegetarian pizzas Colette Hoff and I ever ate. You see resistance can even taste good!



This conference must have really something! Even the deer were interested!



Pathwork Exploration

Tom Gaylord of the Seattle Shambhala Meditation Center has come to us with a proposal related to his own training process and desire to offer service to our community.

Utilizing the context of Pathwork, Tom is helping us explore the deep, long term vision of the Goodenough Community, Pathwork, and the Sahale land, using methods developed in the Contemplative Psychology program at Naropa University.

The practices of Meditation, Compassionate Exchange, and Body Speech and Mind are some of the methods we will use. Pathwork veterans will intuitively know these methods, perhaps with a different name. In all cases, the exploration begins with self, resonates with others, and reveals an unfixed and dynamic tapestry of community interconnectedness. It is said that in this work we

become like a tuning fork: by listening to our own senses and feelings, we experience the resonance, the sympathetic vibration of our community and our world. In this way, the wisdom and sanity inherent in all situations is revealed.

Please join us. **Pathwork is a program of Convocation: A Church and Ministry**, founded by John and Colette Hoff in 1986. Many people have attended Pathwork evenings over many years since its inception in 1984. For this series we encourage all who are interested in the future of the Goodenough Community and Sahale to attend. We intend to work with the Sahale site plan. This is an opportunity to join in a unique blending of spiritual and community contemplation and planning for our future. Attendance at all sessions although encouraged, is not required.

Tom Gaylord is the former Center Director of the Seattle Shambhala Meditation Center and is a student of Contemplative Psychology in the Seattle Karuna Training Program.

This program will meet at the **Shambala Center (3107 E Harrison Street Seattle, WA 98112)** in the Madison Valley area of Seattle. Sunday evenings, 7:00 to 9:30 pm.

Dates and topics include:

September 23 when we will explore possibilities for our community, include highlights from the West Coast Conference and the question how can our endeavors joining with others serve the world?

October 7 will begin the site planning process which will continue **October 21, November 4** and the weekend of **November 16 to 18** at Sahale.

For more information: Colette Hoff at hoff@goodenough.org



True Holidays Event 2018 – December 1, 2018 - Save the Date

Elizabeth Jarrett-Jefferson with Kirsten Rohde

We are happy to announce that our annual True Holidays Celebration--a tradition of more than 30 years in our beloved Goodenough Community--will be held again this year on **Saturday, December 1** at the Mercer Island Congregational Church on Mercer Island. This event has always been about bringing together family, friends, other communities & colleagues in an atmosphere ranging from frivolity and feasting to one of marking the holidays in a sacred way, honoring many faith traditions. Importantly, the celebration also provides an opportunity for you to be reflect and therefore be intentional about planning for the holidays, giving pause to

remember what you value over the holidays; we'll lend a practical hand to help you make an actual plan. We'll have our Silent Auction again this year and feature exclusively handcrafted items and experiences (since we've learned over time that these are the most valued and bid-on items). Sherry Nevin and her musical contradancing colleagues, also a favorite tradition, will again be with us.

So, for now, prepare to engage in a "Christmas Truce" where friends, fun, feasting, and tradition are the news of the day! More information will follow soon. Thanks for reading!

- **Elizabeth**



EcoVillage Concept Proposal Poster

Pam Jefferson

In an effort to represent our community at the West Coast Communities Conference this coming weekend, I offered a concept proposal poster of the Sahale EcoVillage at West Hill. The council approved the poster be displayed at the conference. Two weeks ago, at the council meeting, Bruce mentioned that we don't have enough to show for our EcoVillage at Sahale. I decided to create this poster to fill that gap a bit. Please remember this is purely an idea from my mind. Nothing has been decided or set in motion. I enjoyed the creativity of it and I hope you enjoy the imaginary trip when you look at the image below or the poster the next time you're at Sahale.

Making Friends with Vulnerability, Saturday September 22

Colette Hoff

The women's culture will meet on Saturday, September 22 at 10:00 at the home of Elizabeth and Pam's on Mercer Island. (3446 77th Pl SE.) The team of women who plan the curriculum for the women's culture value bringing forward for further study the theme of the current Human Relations Laboratory, *Journey in Freedom, The Radical Practice of a Good Life*. The team appreciated the learnings about vulnerability and the writings of Brene' Brown. Our Saturday gathering will include some study of the chakra system and toning our chakras. As always, you are welcome to bring whatever is on your mind and heart.

As is our custom, a donation of \$20 is appreciated. Lunch is provided. Hope you will join! Email Elizabeth to RSVP at elizabeth.ann.jarrett@gmail.com.

Marjenta noticed that **Holly Near** is playing on Saturday September 22 at the Columbia City Theater in Seattle. Please purchase your own ticket (\$25) and let Marjenta know if you are planning to attend.

Holly Near @ Columbia City Theater.

http://www.songkick.com/concerts/34490444-holly-near-at-columbia-city-theater?utm_source=13783&utm_medium=partner

Dinner anyone?



Men's Fall Gathering October 26 to 28

We're nearing our fall retreat weekend time and will again be combining our retreat with our annual Event Tent deconstruction project.

For the guys who can, we'll be downing the tent beginning on Friday morning, October 26, 10:00 AM. We'll need a crew of at least 8 for this project so, look for my calling to confirm a team. The tent lowering project will complete by lunchtime on Saturday. For those who cannot join for the tent lowering, please do join in for a hearty meal on Friday evening and the beginning of our men's gathering.

Men's Retreat - Friday, October 26 evening through Sunday afternoon, October 28

Event Tent Down - Friday, October 26, 10 AM - Saturday lunchtime

For now, please mark your calendars, RSVP, and share this with men friends of yours you'd like there. If you're able and interested, let me know of your desire to participate in the tent down.

In brotherhood, Bruce



Switcheroo

by Jim Tocher

It seemed like a simple thing to do – switching from one propane vendor to another and save maybe \$100/month in propane costs for heating the upper campus of Sahale. Our big (green painted) propane tank in the front yard of Kloshe supplied the big hot tub and the Potlatch stove and two heaters.

Well it turns out that our old vendor wanted its 250 gallon tank back (with whatever propane was still in it), so the new vendor must lift out the old tank and replace it with a new tank. They did that last Friday with their big boom truck. Pedge took some pictures of the tank swap process. Of course, before this could happen we had to prune back the greenery which had grown up over the last 16 years so the big truck could get in to do the heavy lifting. And we had to use up as much propane in the old tank as possible (without running dry). (A full tank of propane will weigh 1,000 to 2,000 pounds and the contents will cost us maybe \$500).



The man is directing the tank by the controls around his waist! Very cool to watch.

All this was coordinated with numerous phone calls to the two vendors – checking pricing, checking propane level in the tank, inspection of the site and reviewing the installation procedure, getting the new contract in place, and notifying the old vendor we were changing to a new vendor. We were left with strict instructions not to paint the new tank – cover it with camouflage netting if we like – but no painted decorations.

We are now switched over. I hope that somebody relit the pilot light on the hot tub heater!

Editor's note: And we had a good experience with the service of the new company and this company will also fill smaller bottles of propane! Thank you to Pedge and team for clearing the way for the tank.



A Great Connection

Jim and the Kubota; Jim and eager students

Jim teaching Kirsten and workaways Sarah and Grace to operate the tractor! Photo, Pedge Hopkins



Calendar for the Goodenough Community, Fall 2018

Pathwork dates include September 9 and 23; October 7 and 21; and November 4
November 16 to 18 will be a weekend program at Sahale.

The **Community Council** will be meeting, **Mondays at 6:30** for a light dinner. The next meeting will be at the home of Tom George (8708 182nd Place SW Edmonds, WA 98026.

Thank you Tom for welcoming the Council to your home!

Additional dates include: September 24; October 8, 22; November 5

The **Third Age** group will meet on **October 19** at the home of Joan, Barbara, and Jim.
December 14 is the next proposed date.

The **Women's Culture** will gather on **September 22, from 10:00 to 2:00** location will follow.

The next meeting will be **Saturday October 27**, 10:00 to 2:00 p.m

The **Men's Culture** will gather on the weekend of October 26 to 28.

True Holidays Celebration, Saturday, December 1, 2018

Christmas Day dinner at Sahale is becoming tradition. Make your plans.

New Year's Eve at Sahale will be a Monday night. Plan to come for the weekend!

The **Friends of Sahale 4th Annual** weekend will be **January 18 to 20**.

Sahale Summer Camp will be **June 23 to June 29, 2019**.

The Human Relations Laboratory will be **August 4 to 10, 2019**.





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**.



Watchcare

Recently our dear friend, Janet Walker called to say she is having some difficulties with the cancer she has had. The good news is that she finally made it to Johns Hopkins Cancer Center in Baltimore. We held Janet in our Pathwork Circle and allowed Tom Gaylord to lead in a lovely Buddhist process of holding someone who is ill.

Please send Janet your love and prayers and an email to: jlwalk1956@yahoo.com

Cards can be sent to Janet Walker 44 White Church Court Germantown, MD 20874

We love you, Janet



Birthdays & Anniversaries!

- ✚ Happy birthday, Bruce Perler, September 22
- ✚ Happy birthday, Mike DeAnguera, September 23
- ✚ Happy birthday, Paula Majors, September 24
- ✚ Happy 19th Birthday, Sadie Scott, September 27



“It’s always Sit, Stay, Heel - never Think, Innovate, Be yourself.”



2018 Convergence in THREE WEEKS!

[Register](#)

The 11th Annual Northwest Permaculture Convergence is coming up soon: **September 28-30** at the beautiful **Camp Singing Wind in Toledo, WA**. We have been busy organizing things for the most interactive event of our region, and it will be full of all the aspects – loads of amazing workshops, wonderful food, great networking opportunities, a vibrant Marketplace, powerful keynote speakers – plus several additional features we've only tasted in the past: a Saturday night Contra Dance, a thoroughly rustic location, a robust Kid’s Program, [Friday morning pre-event tours](#), and more. This year, we are even offering a NEW delight: a real-time installation of a swales-on-contour project within the Convergence site itself!

Read more about everything below!

11th Annual
Northwest

**Permaculture
Convergence**
September 28-30, 2018
Camp Singing Wind, Toledo, WA

Keynote:

Dr. Elaine Ingham, Soil Foodweb Inc.

Former Chief Scientist at the Rodale Institute
& Author of The Compost Tea Handbook

Com's Dancing with
Joe Michaels & The Electrodes

WORKSHOPS | DEMOS | SKILL SHARES | CAMPING

*Allies & Assets: working for mainstream change | Regenerative Agriculture
Tools & Tech: solar, wind, water & more | Resilient Lifestyles & Economics:
ecovillages & co-ops | Green Culture: placemaking, companion movements*

WORKSHOP LINEUP



Prices include workshops, demos & all meals.
Adults (18+) \$130 | Teens (13-17) \$75
Children (6-12) \$50 (5 & under) Free
Worktrade available
Lodging \$10 additional per adult

tickets: northwestpermaculture.org

Emergency Preparedness Initiative (Thanks for the reminder Tod editor's note)

What Goes In ... Must Come Out

Compiled By: Tod Ransdell

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We have discussed Emergency Food and Water Supplies. As we talked about before, there is always a chance that in very severe situations all utilities can be disrupted. In the cases where water, power and sewer are still functioning, there are no big worries. When the water supply has been cut off, then the

sewer probably isn't working either. This is because there is no water flowing into the system to flush things away or because the water and sewer lines have been broken, disrupted, clogged and the sewers may be threatening to backup into your house. We need to be prepared with effective alternatives. We will be looking at the situation from two aspects ... Liquid and Solid waste. **Liquid waste**, in this case "pee" and not "Gray Water" is probably the easiest to take care of. The best option is the "Cat-Hole Latrine". Dig a pit (at least 2 feet deep and 1 ft diam.) in the highest point of your yard and 50-100 ft from houses, well or open water source, saving the sod on the side. Collect the urine in an old coffee can or milk jug, and regularly empty the container in the disposal pit. Cover the pit when after each disposal (sawdust, lime, chlorinated lime). The liquid waste will filter into the soil and be degraded over time by soil flora and fauna. Urine can also be applied directly to ornamental plants by first diluting it with at least five parts water to one-part urine, as urine is so high in nitrogen and will damage your plants if used straight. If only urine and gray water are put into the disposal pit, then this method is usable by 4-5 people for up to 1 week. Then a new pit needs to be dug at least 3 feet away from the original hole. When the emergency is over, fill and cover the hole and put the sod back in place.



If you either cannot or you do not feel like digging a hole for the pee, the next best approach is to have a "camp toilet". Options are discussed in the next part of the article.

Solid waste (not rubbish), 'poop' in this case is a more challenging situation.

One approach is to dig a bigger, deeper hole in the back yard and build an emergency privy or latrine over it, but that's a lot of extra work, expense and bother in an emergency situation, plus the Haz-Mat clean-up later really stinks. The best approach is to have a "camp toilet" of some kind.



The most rugged version that I have found on the market is called the **Pett® Toilet**. The Pett® Toilet System is an environmentally friendly portable camping toilet (pail latrine or emergency toilet). It uses a waste collection device called a Wag Bag®. The Wag Bag® contains a **Super Absorbent Polymer (SAP)** + a special bio-catalyst (**Poo Powder**; fungus/enzyme, \$35/55 scoops) to accelerate the breakdown of the waste.



The whole thing is totally biodegradable. Nice ... but pricy ... over \$110 for the basic system.

If you don't have a Wag Bag® you can also use a (heavy duty) plastic bag that has 1-2 cups of SAP/absorbent in it. The SAP (silica gel) can be purchased at pet supply places like Petco as a litter box additive or at garden supply businesses; SAP is also used to conserve soil water and slow release to plants in arid conditions. Most commercial waste collection bag systems contain SAP as the primary component for solidifying waste. The large grain SAP particles hold about 400-times their weight in water. If you can't find the SAP crystals, then any multi-cat, clumping clay litter (Tidy Cat™ Lightweight) will do as a liquid absorbent and waste solidifier. Bags will be heavy, so change them often.

You will want to store the accumulated solid waste bags in a 20-30 gal. barrel/garbage can with a secure lid (with rope or bungee cord) away from folks (protect from vermin) till the emergency is over. The solid waste can be safely and properly removed, usually in the regular waste stream unless someone in your group was sick and it contains know communicable pathogens.

Basic sanitation supplies that should always be part of any emergency kit, whether for earthquakes, hurricanes, or other emergency situation include:

- A 5-gallon plastic bucket with lid ("Pail Latrine" or Lug-a-Loo), good to have an extra bucket too
- Primary and/or Secondary containment: Heavy duty plastic garbage bags (compostable if at all possible for primary containment... see below) with ties (barrel liner to contain and store waste until emergency situation has resolved > weeks or possibly months to repair heavily damaged sewer system)
- **Plenty of toilet paper** (at least 1 roll/person/week of Scott brand or similar 1000 sheet/roll economy type or 1.5-2 rolls/wk of Charmin or other "fluffy" brand)

In the US the average toilet paper use is 60 sheets/person/day

- Soap or liquid detergent (personal sanitation, if you have water for rinsing)
- Moist towelettes, baby wipes and/or sanitizer gel (personal sanitation, if you don't have extra water) • Household chlorine bleach (latrine facility sanitation)



Then there is a **compost toilet**, similar to the one that our friends used at their home (they have upgraded). The unit pictured is a portable unit, without the 5 gal. plastic bucket. It runs about \$150 + S&H. One like this average \$250-\$300, including S&H. You can also make your own for around \$100.

For emergency use, it is probably a good idea to use an ECO liner or BioBag (primary

containment) and dispose of in the municipal waste after the emergency situation has passed. As previously stated, you will need to store the waste bags separately and mark them clearly as human waste for disposal.

For long term use, research humanure composting systems.



Three (3) gallon to 55-gallon compostable liners: https://www.ecoproductsstore.com/compostable_liners_and_bags.html



BioBags- Eco Friendly Options

Important Note: *Since these bags are totally compostable and biodegradable they really do have a **limited shelf-life**. Be **very sure** to put an expiration date of **2 years from the date of purchase** on the box if there is no expiration date already printed. I find that 2 years is about the **MAX** you can expect to maintain any material integrity. It will rip, tear and shred very easily and be no use whatsoever.*

A box of 12, 13-Gallon (tall kitchen trash) bags sells for around \$8 + S&H. Both sizes are also available at Costco (3 gal – 125/box) or most local grocery and drug stores. A roll of 25, 13-Gallon EcoProduct liners; \$16.

Heat Disclaimer (Please Read): Eco-Products certifies that all corn-based products (PLA) are stored in our temperaturecontrolled warehouse. Eco-Products is not responsible for any defects or deformation that may occur during transit due to temperatures over 110°F (43.4°C).

Other Resources:

LDS Family Emergency Preparation Blog > <http://preparedldsfamily.blogspot.com/>

Lug-a-Loo at Amazon > <http://www.amazon.com/Reliance-Products-Luggable-Portable-Gallon/dp/B000FIAPXO>

Clean Waste Portable (PETT) Toilet (\$70) > <http://www.cleanwaste.com/go-anywhere-portable-toilet> Snap-on

Toilet seat (\$10 for 5-gal bucket latrine) > <http://www.amazon.com/Emergency-Bucket-Portable-ToiletStandard/dp/B004KLY5CE>

PETT[□] Toilet and Wag Bag at REI (\$90+) > <http://www.rei.com/product/662980>

Poo Powder; 55 scoops (\$35) > Amazon

Field Disposal of Human Waste > http://www.armystudyguide.com/content/army_board_study_guide_topics/field_sanitation/field-facilitiesfor-huma.shtml

Humanure Handbook: http://humanurehandbook.com/downloads/humanure_sanitation_paper.pdf

Humanure Toilet: <https://humanurehandbook.com/store/LOVEABLE-LOO-Eco-Toilet.html>



Calendar of Programs and Events

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

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

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

The Third Age - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings:** October 26, December 14. Contact Kirsten Rohde for more information: krohde14@outlook.com



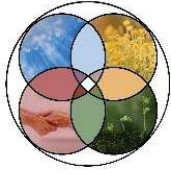
The Women's Program is a long-established and ever-growing way for women to enjoy each other's company, learn about themselves as women, and even perhaps to experience the Divine Feminine. Gatherings this fall include Saturday September 22 and October 27. Contact Elizabeth for more information and directions to our meeting place:

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 Men's gathering will be **October 26 to 28**. Contact Bruce Perler for more information: bruce_perler@hotmail.com



Pathwork, a Program of Convocation: A Church and Ministry.

On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 PM under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service. **Gatherings are in Seattle.** See the article in this eView about the fall program; September 23, October 7, 21, November 4 and November 16-18 weekend. *See article previously in this eView.* Contact Colette Hoff for more information: hoff@goodenough.org



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



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 Elizabeth for more information.

Work and Play Parties throughout the Year

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



Quest: A Counseling and Healing Center

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Why We Are Wired to Connect

By Gareth Cook on October 22, 2013; From Scientific American

Scientist Matthew Lieberman uncovers the neuroscience of human connections—and the broad implications for how we live our lives.

When we experience social pain — a snub, a cruel word — the feeling is as real as physical pain. That finding is among those in a new book, *Social*, and it is part of scientist Matthew Lieberman's

case that our need to connect is as fundamental as our need for food and water. He answered questions from Mind Matters editor Gareth Cook.

You argue that our need to connect socially is “powerful.” But just how powerful is it?

Different cultures have different beliefs about how important social connection and interdependence are to our lives. In the West, we like to think of ourselves as relatively immune to sway of those around us while we each pursue our personal destiny. But I think this is a story we like to tell ourselves rather than what really happens.

Across many studies of mammals, from the smallest rodents all the way to us humans, the data suggests that we are profoundly shaped by our social environment and that we suffer greatly when our social bonds are threatened or severed. When this happens in childhood it can lead to long-term health and educational problems. We may not like the fact that we are wired such that our well-being depends on our connections with others, but the facts are the facts.

What is the connection between physical pain and social pain? Why is this insight important?

Languages around the world use pain language to express social pain (“she broke my heart”, “he hurt my feelings”), but this could have all just have been a metaphor. As it turns out it is more than a metaphor – social pain is real pain.

With respect to understanding human nature, I think this finding is pretty significant. The things that cause us to feel pain are things that are evolutionary recognized as threats to our survival and the existence of social pain is a sign that evolution has treated social connection like a necessity, not a luxury. It also alters our motivational landscape. We tend to assume that people’s behavior is narrowly self-interested, focused on getting more material benefits for themselves and avoiding physical threats and the exertion of effort. But because of how social pain and pleasure are wired into our operating system, these are motivational ends in and of themselves. We don’t focus on being connected solely in order to extract money and other resources from people – **being connected needs no ulterior motive.**

This has major consequences for how we think about structuring our organizations and institutions. At businesses worldwide, pay for performance is just about the only incentive used to motivate employees. However, praise and an environment free from social threats are also powerful motivators. Because social pain and pleasure haven’t been a part of our theory of “who we are” we tend not to use these social motivators as much as we could.

You devote a section of your book to what you call “mindreading.” What do you mean by this, and why do you see it as so essential?

First off, I’m not referring to the ESP kind of mindreading. I mean the everyday variety that each of us use in most social interactions. We have a profound proclivity towards trying to understand the thoughts and feelings bouncing around inside the skulls of people we interact with, characters on television, and even animated shapes moving around a computer screen. Although we are far from perfect at gleaning the actual mental states of others, the fact that we can do this at all gives us an unparalleled ability to cooperate and collaborate with others – using their goals to help drive

our own behavior.

The funny thing is that thinking about others' thoughts doesn't feel particularly different from most kinds of analytical thinking we do. Yet, fMRI research shows that there are two distinct networks that support social and non-social thinking and that as one network increases its activity the other tends to quiet down – kind of like a neural seesaw. Here's the really fascinating thing. Whenever we finish doing some kind of non-social thinking, the network for social thinking comes back on like a reflex – almost instantly.

Why would the brain be set up to do this? We have recently found that this reflex prepares us to walk into the next moment of our lives focused on the minds behind the actions that we see from others. Evolution has placed a bet that the best thing for our brain to do in any spare moment is to get ready to see the world socially. I think that makes a major statement about the extent to which we are built to be social creatures.

One of the long-standing mysteries of psychology is the question of where the “self” comes from, and what the “self” even means. Does your research shed any light on this question?

Social psychologists have long speculated that the self is a much more social phenomenon than it intuitively feels like from the inside. There have certainly been studies over the years that are consistent with this idea, however neuroscience is bringing new data to bear that speaks directly to this idea.

There's a region of the brain called “medial prefrontal cortex” that essentially sits between your eyes. This region has been shown again and again to be activated the more a person is reflecting on themselves. It is the region that most clearly and unambiguously is associated with “self-processing.” If you think about your favorite flavor of ice-cream, precious personal memories, or consider aspects of your personality (e.g. Are you generous? Are you messy?) you are likely to recruit this brain region.

Given that we tend to think of the self as the thing that separates us from others – that allows us to know how we are different and how to walk our own path – it would be surprising if this same medial prefrontal region was involved in allowing the beliefs of others to influence our own. But this is exactly what we have seen in several studies. The more active the medial prefrontal region is when someone is trying to persuade you of something (e.g. to wear sunscreen everyday) the more likely you'll be to change your tune and start using sunscreen regularly. Rather than being a hermetically sealed vault that separates us from others, our research suggests that the self is more of a Trojan horse, letting in the beliefs of others, under the cover of darkness and without us realizing it. This socially-influenced self helps to ensure that we'll have the same kind of beliefs and values as those of the people around us and this is a great catalyst for social harmony.

What does this research tell us about how we should be raising our children, and what does it mean for education?

I think the most important thing is to educate our children about what we are learning about the true role of our social nature in our happiness and success in life. Intellectually, I know all about these things, but if we don't learn them as children, I'm not sure they ever really get into our guts and guide our intuitive decision-making. I think kids would love learning about how the social world works and how their brain makes that possible.

The research on the social brain also leads to direct policy implications for education. The data are clear that children learn better when they learn in order to teach someone else than when they learn in order to take a test. Learning to teach someone else is prosocial and relies on the social networks of the brain. We had no idea these networks could promote memory but now we do. We ought to be doing much more peer learning, particularly age-staggered learning. My ideal situation would be a 14 year who has trouble in the classroom being assigned to teach a 12 year old. The teacher then becomes a coach helping to teach the 12 year old and the 14 year old will reap the benefits of prosocial learning.

ABOUT THE AUTHOR(S)

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