



March 2, 2016
Colette Hoff, Editor

Calendar of Events:

Memorial: Kathleen Mary Notley

Saturday, March 5, 1:00 p.m.

Pathwork – Sunday, March 6

Council – Monday, March 7

Relational Group – Tuesday, March 8

**Annual Membership Meetings –
 March 11 to 13**

Flow: (a verb)

1. (of a fluid, gas, or electricity) move along or out steadily and continuously in a current or stream:
 - "a cross-current of electricity seemed to flow between them" · "ventilation channels keep the air flowing"
 - (of the sea or a tidal river) move toward the land; rise.
2. go from one place to another in a steady stream, typically in large numbers:
 - (of clothing or hair) hang loosely in an easy and graceful manner:

Flow

Psychology

In positive psychology, flow, also known as the zone, is the mental state of operation in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. In essence, flow is characterized by complete absorption in what one does.

Flowing as a System

Colette Hoff

When an organization is flowing, people are in roles, roles are filled by people who enjoy what they are doing, communication freely flows, leadership is valued and supported and the

The Village eView

On-Line News of the Goodenough Community System:

The American Association for the Furtherance of Community

Convocation: A Church and Ministry

Mandala Resources, Inc.

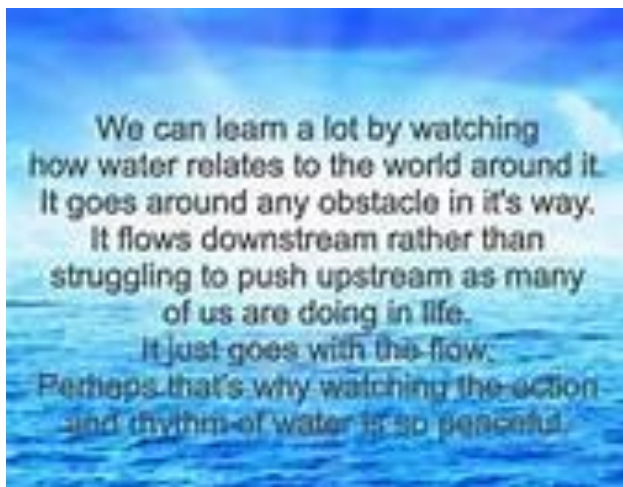
Sahale Learning Center

The EcoVillage at Sahale

mission of the organization is being accomplished. Financial agreements are kept, cash flow is positive, and the organization is planning ahead and growing.

Sound good? Come join members and friends of the Goodenough Community System at our annual membership meeting to help create such organizational flow. This is a scary, exciting time in the life of our community and all energies and creativity are needed as we create new goals with new initiatives. Shaping our 2016 Human Relations Laboratory will also be on the agenda over the weekend. We will gather at Sahale on **March 11 to 13, 2016. Let Elizabeth know of your plans to come!**

The only way to make sense out of change is to plunge into it, move with it, and join the dance. ~ Alan W. Watts



***Water is mobile
Water is sensitive
Water is open***

***Water is always found in
circulation***

***Life on earth is irrevocably
linked to water,
to fluid water***

***If one does not understand
fluid water
One cannot understand life***

May what I do flow from me like a river, no forcing and no holding back, the way it is with children. ~ Rainer Maria Rilke

The Amazon Smile program – a way to donate to the Goodenough Community

Kirsten Rohde

Several people have commented that figuring out the Smile program is slightly complex. Attached to the back of this eView (page 16) is an explanation excerpted from the Amazon site. The short version is to login to Amazon, enter Amazon Smile in the search and then follow directions to select The Goodenough Community. Then when you shop at Amazon enter “smile.amazon.com” in your browser instead of “amazon.com”. This takes you to a site on Amazon very much the same as usual except your purchase will automatically gain a donation to our community. Some of us may think, “Hah! This is just a way for Amazon to get us to use their site for our purchases.” Well at least I’ve had that thought. So how I work with this is that I do shop in



real local stores first or even on other online sites first. But if after driving to 2-3 stores and not finding what I'm seeking, yes Amazon is an option especially for us rural folks. More gas vs using a BIG company....

(Go to <https://smile.amazon.com> before placing order)

I hope this helps. As we've always known, small donations over time do make a difference and this is one way to contribute to our community's overall well-being.

Honoring Our Sister, Kathleen Mary Notley

Life Experiences that requires words to provide meaning and comfort

Kathleen Mary Notley, who passed away on January 22nd, will be honored at a memorial service on **Saturday, March 5th at 1:00 P.M.** at the Goodenough Community Center at 3610 SW Barton Street in Seattle. Kathleen was a dedicated member of the Goodenough Community for many years, from the mid to late 1980s until the early 2000s. She remained in touch with many GEC members, and was appreciative of all she learned during her time with the Goodenough Community.



As Kathleen requested, her remains were cremated and there will be a brief scattering ceremony with family and close friends on **Friday, March 4th, at 1:00 P.M.** at the Sahale Learning Center, located at 2901 NE Tahuya River Road, Tahuya, Washington 98588

All are welcome to come and celebrate Kathleen's life at either of these events.

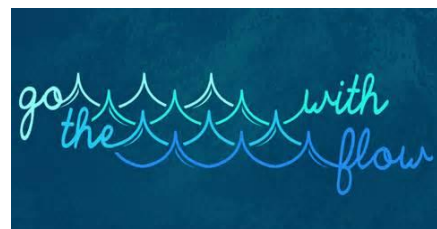
Please mail cards of condolences to directly to Kathleen's older sister: Diane Notley, 7984 Sunflower Drive, Cotati, CA 94931.

Donations may be mailed to: The Goodenough Community, Box 312, Tahuya, WA 98588

When Flow Suddenly Stops

Bruce Perler

Pharaoh was well into his second three foot deep hole in the front yard at Sahale when he called me last Friday afternoon to come down and help. He'd been on the phone a few times with Jim during the afternoon and together, they were looking for the cause of the water flow stoppage to our shared kitchen, Potlatch. I asked a few questions then called Jim myself to think it through together.



The stoppage, Jim and I agreed was very odd. In our 50 years of collective plumbing experience, neither of us had seen a section of a water system stop so abruptly and completely without a noticable leak, loss of pressure or something we could observe. It was as if a valve had turned itself off somewhere in the system, a valve we didn't know about. As a regular troubleshooter of things technical, I wanted to know when this happened and what else might have been going on at the time. Was there anyone else on the property, visitors that might have seen something. By asking around, I learned that the water stoppage happened sometime between 9:30 AM and 11:00 AM. We had some guests that morning at Sahale and one had tried to fill a teapot in the kitchen and discovered the water was off. And it was Pharaoh who's breakfast ended with rinsing dishes earlier that set the last known good time. Of the people I talked to that morning, none had seen anything or done anything that was water system related. This was an interesting coincidence to know about and, I couldn't see how to connect it.

Jim and I talked a couple more times after which, with Pharaoh, I began to run a few experiments on the piping we had exposed in these two large holes. After another couple hours we were no closer to understanding where the stoppage was but, we had devised a way to 'patch' water into Potlach through a garden hose run between faucets across different parts of the system. It worked fine and freed us to slue the stoppage without the pressure to get the kitchen working.

Today is Wednesday, several days after the stoppage incident. Jim had come out to Sahale as part of his pattern of the week and he and I had talked a few times about next steps. I joined him at my lunch walk with Ned to look at the holes and consider other experiments. We walked around the yard thinking through where we might have to dig the new ditch to go around the stoppage area and reconnect the water to Potlatch.

In the yard near our lime green propane tank there is the remains of what was a large rose bush that had climbed a trellis over a bench in previous years but, had been moved leaving only a small rose and a few other plants. In the middle of this clump of old rose was a 1 inch steel pipe and a blue valve handle. It's a strange plumbing occurrence; a pipe comes 15 inches straight up out of the ground turns a right angle, has a standard plumbing gate valve, then turns downward and goes directly into the ground again - loop with valve out in the middle of the yard. Jim and I each turned the valve a bit and saw and heard nothing happen. Another mystery? We each admitted that the plumbing in this part of our system is the least known and we were learning a little more which was valuable.

**Themes for upcoming
eViews:**

*We welcome your
contributions*

Mar 9 – Community

Mar 16 -- Smile

Mar 23 -- Obstacles

I got a call a couple hours latter to come down and help again when I could after my work day. When I joined Jim, he laughed and said he had an amusing story for me. "Remember that blue valve in the yard. Well, that was it.", he chuckled. Sure enough, the loop of steel pipe with the blue valve had been turned off, apparently sometime last Friday morning and, it was this valve that connected the water to our kitchen.



We spent a few more hours repairing where we'd dug; replacing any badly aging parts we'd uncovered and adding supports to our standing outdoor faucets. And that blue value; we cut it off below ground and reconnected the main water line to Potlatch. It won't be a weak spot in our plumbing system any longer. Tomorrow Pharaoh and I will make the final connections and test the system. That should be it.

Writing this article I'm appreciating the irony and humor of the story and, the unintended benefits. We've mapped a mystery part of our water system, replaced some aging parts and removed a vulnerability in the form of a blue valve sticking out of a rose bush in the front yard. We've had some honest work and I've enjoyed collaborating with Jim and Pharaoh in a detective game of find the stoppage. After all, we of the Sahale Maintenance Team know the vital importance of responding, when flow suddenly stops.
(And all appreciate when we are flowing and flushing! Editor's note)



Reprinted from Last week, February 24, 2016

Oh no I can't believe I pressed Send!

Kirsten Rohde

In our community we have several times reviewed our own sense of email etiquette. Choosing our words carefully becomes so important. If I use words when talking face to face with another person that turn out to not be the best choice, I can course correct or apologize right away and we can get back on track together. In email, it's in print and sits there for a long time while someone reads and ponders over what seems to be an unkindness or sharp critique. The sender and receiver are not face to face and it becomes much harder to make a correction and be friends together. I remember one excruciating experience at work when I was sending an email to a colleague explaining that a third person's editing wasn't the greatest. And sent it to the third person by accident. This was a person from another agency with whom I was establishing a working relationship. What a nightmare! Of course I called and apologized profusely and we had a conversation about it but wow, I wished I had been more careful and why was I being critical in an email anyway?

Here's one piece of advice from the Emily Post Institute: **"Watch what you say, and how you say it:** Whereas the computer brings people together, its impersonal nature can lead to remarks that people wouldn't think of saying in person. Do whatever it takes to stay courteous, even if that means taping a note to your computer reminding you to be decent and polite."

Here's what I wrote on the plane yesterday

I had a great week and loved hanging with Kirsten and seeing all of you!
Love, Katie

I am flying high above the landscape somewhere over Minnesota and I just saw the Mississippi River out the window, according to the map I am watching which tracks our flight. The jet stream is pushing this plane along and we will arrive in Boston in a couple of hours, where I will get on the Portland bus for the final leg of my journey home to Maine. As we fly along, I am reflecting on the week I just spent with Kirsten at Sahale, a very relaxing and enjoyable vacation, and a welcome break from recent busy months. I heard that the theme of this week's eView was going to be "flow" and I could say that the past week we just enjoyed "going with the flow". I told Kirsten when I arrived that the only thing on my agenda was to stop at IKEA and we did that on the way from the airport. So that left 6 days to hang out at Sahale. Ideas of a day trip to Seattle or an afternoon at a Tacoma museum got filed away for another time. Instead, we spent hours in the Weavery, sometimes joined by friends, took a few walks around the land (when it wasn't raining!),



enjoyed evening gatherings for dinner and watching the Oscars and a movie, and only made a couple of trips to nearby towns. I brought along a quilting project and loved hanging out in the Weavery while Kirsten found time to sort her sewing supplies and some of her books. What a great time to catch up and just be together! Note the pictures! The days went by quickly.

Life is so busy, and lately seems even more so with retirement and the time to do some of the things that I've been meaning to get around to. Sometimes, it seems, I just need to make time to let go of my agenda, and just hang out and enjoy what comes along, sharing it with people who mean the most to me.





The deAnguera Blog: Flow Miao Miao



Can a cat flow even through your fingers? I had a chance to find out last week when Max Fain and Susan Neaton had me watch their cat Miao Miao for a week. Miao Miao is a black Bombay whose preoccupation is to get in my way especially when I am preparing meals.

She jumps up on counters and jumps from one counter to another with the greatest of ease. I have to confess that I am envious of a cat with such acrobatic skills. I have spent a lot of time moving her out of the way but she outwits me every time. I have been outwitted by dogs and cats before as well as a horse. Makes me wonder if I really am smarter than other creatures.

Sometimes Miao Miao goes into a space where she knows she is not supposed to be and in trying to remove her I noticed I could get her back end out but not her front end. This cat knows how to ooze. She can stretch up $\frac{1}{4}$ of an inch.

I fantasized about wearing Miao Miao as a nice soft collar but she weighs 8 pounds which is a lot of weight on my shoulders.

She loves bare feet and rubs her black furry body against them just like Earlina, our Sahale gray cat. I go walking with her between my feet. She also gives love nips on my feet.

Have you ever seen a cat with yellow eyes? I didn't until I saw Miao Miao. She uses them to look into my soul as she hops into my lap dividing me from my computer. The long black silky body brushes against my face. Her face nuzzles my face.

She has all kinds of paper, plastic, and other playthings scattered about the living and dining areas of the apartment. She will run back and forth and jump around very fast. I remember when Chloe, Hal and Hollis's cat used to do the same thing.

My brother Paul visited me for several hours on Saturday. He had lots of experience with cats since he and his wife Pat have had three. He gave me some good advice on how to handle cats.

We ate lunch at a restaurant whose specialty was chocolate desserts. I had smoke salmon while he had a borsht. Love to try the desserts. Maybe all of them? I am a chocolate junkie. We wandered around Volunteer Park which brought back memories of the many times our parents took us there when we were kids.

At night you can see city lights spread out beyond the trees. It is quite a spectacular view. Miao Miao is inactive all curled up on a chair. She slips quietly beside me when I am not looking, purring motors fully activated. I have acquired another cat friend and look forward to meeting her again sometime.



Have I got your attention now? I am on your bed and in your face! And I am cute!

“Going with the flow is responding to cues from the universe. When you go with the flow, you’re surfing Life force. It’s about wakeful trust and total collaboration with what’s showing up for you.”

— Danielle LaPorte —

Intentional Living: A Guide to Living with Purpose

Community News

By Elizabeth Jarrett-Jefferson

Birthdays and Anniversaries

- ♥ **Mark Stiffler**, March 4. Happy birthday, Mark!
- ♥ **Amie Hoff Aylward**, March 6. Happy birthday, Amie!
- ♥ **Melissa Gossett Woldheit** – March 6. Happy birthday, Melissa!
- ♥ **Tom George**, March 6. Happy birthday, Tom!
- ♥ **Connie DeMers**, March 6 as well. Happy day, Connie!

Talk about a flow of birthdays – woo hoo! – EJ



"What's wrong with me? Why don't I care how their apartment flows?"

CN
COLLECTION



"You and your 'Go with the flow.'"

CN
COLLECTION

Available for Rent: Private Suite in West Seattle Home

Nice neighborhood in West Seattle, near a main arterial, on the RapidRide bus line, close to shopping, and 5 minutes from the Fauntleroy ferry. Beautiful, modern home shared with friendly people who are in the house for 2 to 3 days every 2 weeks and some weekends.

Master suite:

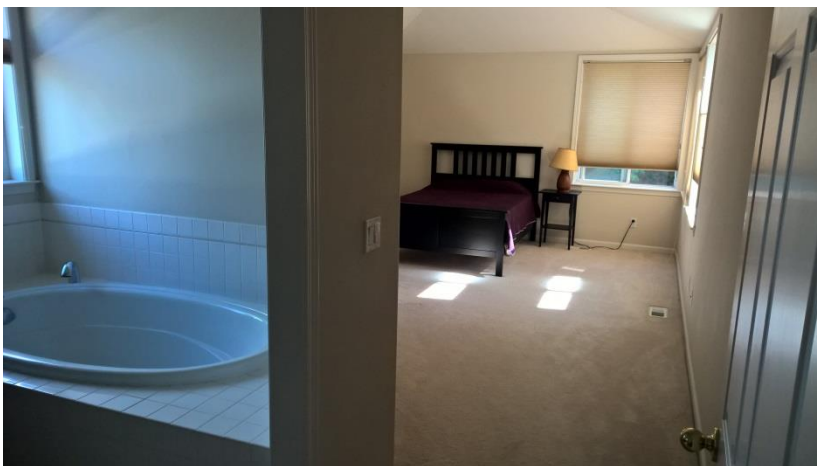
- ☐ Large bedroom with lovely west view of Puget Sound
- ☐ Huge walk-in closet
- ☐ Beautiful bathroom with large soaking tub

Rent of \$1050 per month includes utilities, Wi-Fi, and a spacious, shared kitchen.

Call Kirsten 206 719-5364



Shared kitchen



Bedroom and soaking tub

An Offer

Ladies and Gents,

I will be making a trip to AZ this coming April, and am short in the fund department. Colette has given me permission to post on the e-View some tasks I am capable of and am willing to perform for pay.

In part, but not wholly, they consist of:

Car detailing, which you would be better off bringing here so I have all my accouterments,

Wood splitting and stacking, it would be better for both of us if it were cut already,

Moving, or cleaning out a storage locker,

House detailing, to include vacuuming or anything along house cleaning,

I am sure there are more, I am not able to think of them all right now.

It would work best if I had a 3 days heads up so as to be able to plan rides etc. And the detail of either contract or per hour we can work out before-hand.

In AZ, I will be visiting a friend of mine and assisting her and her husband on their farm for at least a year. The funds are for 'emergencies' you could say.

Thank you, and the number I am most likely reachable at is the landline, 360-275-3957.

Pharaoh

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Cultural Programs & Events in 2016

All programs and events are open to the public. We welcome your interest and participation. For the Goodenough Community, cultural life is an arena for creative expression.

“Community is a word that captures the fullness and wholeness of humans together.”

■ Colette Hoff

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:

Third Age Gatherings	Women’s Culture
The Men’s Culture	Human Relations laboratory
Family Enrichment Network	Sahale Summer Camp

Annual Membership Weekend, March 11 to 13, 2016

Where are we now as the Goodenough Community, The American Association for the Furtherance of Community, Convocation: A Church and Ministry, Sahale Learning Center and the EcoVillage at Sahale? The weekend will begin at 8:00 Sahale and conclude at 3:00 p.m.

Goodenough Community Women’s Program Further Along the Path to Freedom

Saturday, March 26, 2016 – 10:00 a.m. – 2:00 p.m.

Friday, May 13 – Sunday, May 15, 2016

The women’s program of the Goodenough Community 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.

As a centering point, each gathering builds upon a theme which, this year, is “Further Along the Path to Freedom.” The theme opens up a way for us to look inside ourselves and to share whatever we want our companions to know.

You are welcome to attend one or all of our events. Each gathering builds upon the ones before, yet each is discrete, and previous experience with the program is not at all necessary.

Most gatherings include a time of introspection, a time of gathering and joining with others, and plenty of time to listen to others and to share your heart. We often sing, chant, and dance. We find that opening ourselves to other women is indescribably satisfying and uplifting. Each woman is free to participate to the extent that is right for her.

Our Saturday gatherings are held at our Community Center (3610 SW Barton Street) from 10:00 a.m. until 2:00 p.m., and we serve lunch.

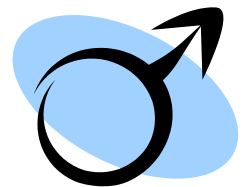
Our weekend in May is at Sahale, the community's retreat center near Belfair, Washington, and begins on Friday evening, May 13. Accommodations are comfortable, the food is delicious, and the company of women is refreshing, relaxing, and energizing. We always appreciate an RSVP (hollisr@comcast.net) because that helps us plan, but please do not stay away just because you didn't respond! And, for the Saturday gatherings, we suggest a gift to the community of \$20, and we trust that you will give more, or less, as is right for you.

We look forward to welcoming you soon.

Men's Program

Theme: Friendship among Men

Men's Program



We're an open gathering of men friends, some old and some new. Have a look at our (slightly outdated) [men's page](#) on the website to know a little more about our culture.

We will be gathering for a weekend this spring, **March 25 to 27, 2016.**

Let me know of your interest: bruce_perler@hotmail.com or 206.419.8361

Memorial Day Weekend, May 27 to 30 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.

Putting Up the White Tent one more time!

On the weekend of Friday June 10 and Saturday June 11 we will put up our Gathering Tent. Mark your calendar!

Sahale Summer Camp for 9 to 12 Year Olds

June 26 to July 2, 2016

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



Sahale Summer Camp is entering its 11th 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.

Human Relations Laboratory

August 7 to 13, 2016

Freedom as a Mature Adult

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

www.goodenough.org (360) 275-3957



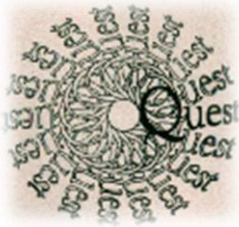
An event designed to encourage human development

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

- Former attendees have referred to the Lab as transformative and rejuvenating.

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

To register: www.goodenough.org or call (360) 275-3957 to find out more



Quest: A Counseling and Healing Center

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

Call John (206 963-4738), Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957. In Seattle, John and Colette meet with clients at the new community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.

About AmazonSmile

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from nearly one million organizations to support.

How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Which products on AmazonSmile are eligible for charitable donations?

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to AmazonSmile (smile.amazon.com), you need to select a charitable organization to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

➔For example, select The Goodenough Community

Can I change my charity?

Yes, you can change your charity any time. Your AmazonSmile purchases after the change count towards your newly selected charity. To change your charity, sign in to smile.amazon.com on your desktop or mobile phone browser and simply select “Change your Charity” in “Your Account.”

What charities can I choose from?

You can choose from almost one million eligible 501(c)(3) public charitable organizations.

How much of my purchase does Amazon donate?

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. The purchase price is the amount paid for the item minus any rebates and excluding shipping & handling, gift-wrapping fees, taxes, or service charges. From time to time, we may offer special, limited time promotions that increase the donation amount on one or more products or services or provide for additional donations to charitable organizations. Special terms and restrictions may apply. Please see the relevant promotion for complete details.

Can I receive a tax deduction for amounts donated from my purchases on AmazonSmile?

Donations are made by the AmazonSmile Foundation and are not tax deductible by you.

