

The Village eView

August 3, 2016

Colette Hoff, editor

On-Line News of the Goodenough Community System

Calendar of Events:

H R L 2016 – August 7 to 13

September:

Pathwork – Sunday, September 13

Council – Monday, September 12

"Well," said Pooh, "what I like best," and then he had to stop and think. Because although Eating Honey was a very good thing to do, there was a moment just before you began to eat it which was better than when you were, but he didn't know what it was called."

– A.A. Milne, *Winnie-the-Pooh*

ANTICIPATION!

Kirsten Rohde

I remember when I was going off to college. My parents drove me from Massachusetts to Ann Arbor, Michigan where I was attending the University of Michigan. I chose this college because it was large and reasonably far away from home. I could lose

myself in the tens of thousands of students, I thought. So here we were, in front of Alice Lloyd women's dormitory, unloading my things. I was very excited! Not worried, even though I didn't know what to expect. Silly as it seems now, I was especially looking forward to wearing blue jeans all the time. In our high school those days, girls all wore skirts hemmed exactly one inch below the knee, no shorter and no longer. When I went to visit my sister at McGill University, she was wearing blue jeans! So this may seem like a small thing to anticipate about going to college but I remember it. I think it represented leaving home and moving into a new life that I couldn't even envision. Freedom, something new and unpredictable. This was the sense of anticipation.

When I asked John about a time in his life when he experienced anticipation, he also came up with a time of entering a new school. As John tells it, he left home when he was 16. After

On-Line News of the Goodenough Community System:

The American Association for the Furtherance of Community

Convocation: A Church and Ministry

Mandala Resource, Inc.

Sahale Learning Center

The EcoVillage at Sahale

a while of being on his own, he knew he wanted to go to high school but now had no way to get admitted. A teacher at a local school where John was living, befriended him and offered to help him get into the school provided John could get straight A's in the first year. John replied that yes he believed he could do that. He describes having a great sense of anticipation to get into the school, something he really wanted to do in order to advance his studies. He felt excited to start school, and a sense of new paths opening up.

In these two examples, anticipation includes a sense of excitement about what is to come and openness to not knowing exactly where it will lead. We can anticipate an experience, yet rarely does something we envision in the future turn out exactly as we thought. Perhaps the energy of anticipation is partly because we are going forward into something unknown. We have to be open to what may happen.

And speaking of **anticipation.....**

The Human Relations Laboratory

August 7 to 13, 2016

*Transformation Happens
Here*

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

Transformation: *Change in form, appearance, nature, or character*

Transformation involves a complete change. The Human Relations Laboratory has been promoting change and transformation for 47 years! This year the leadership is choosing to highlight:

- Increasing one's maturity
- The conscious intention for dealing with mental health
- Becoming an active force in your own life
- Applying creativity to all areas of life including relationships and work life.

***Maturity + Sanity +
Proactivity + Creativity =
Transformation***

“The idea of waiting for something makes it more exciting”
— Andy Warhol

Anticipating Lab

Colette Hoff

It turns out that curiosity is good for us! Lab is a place to let our curious natures loose. Asking good questions of each other, getting past shyness to extend a conversation, showing curiosity without assumptions are important to the process of the Lab as well as a gift to each person. The Design Team (Kirsten, Bruce, Hollis, Colette and John) are challenging Lab participants to come to Lab with curiosity.

If you have wondered about what a Lab is anyway, consider being curious and find out.

Why choose Lab

John L. Hoff

Whenever I am asked about the magic that explains how the annual Human Relations Laboratory has been chosen by so many people over a 47-year period, I point to a commitment among friends who value integrity and good communication. Lab is a place to work out challenges encountered on the *road less traveled*. I am just one of the members of a core group that plans this event every year. We begin by recognizing the importance of being supported by friends on this journey. What people refer to as magic is actually a sweet reward for being open with each other.

~



The joy of anticipation

8 APRIL 2014 by [Psychologies](#)

Martha Roberts invites you to road-test research around feeling good, and in this month's Mind Life Lab Experiment, it's all about looking forward.

Think how happy you feel when you're looking forward to something, whether it's a holiday, a film or even the gripping last chapter of a book. Research has shown that anticipating something can be a powerful, positive emotion that can help us live happier lives. Reporting in the *Journal of Experimental Psychology*, US researchers Van Boven and Ashworth (2007) wanted to test a theory that anticipation arouses more intense emotion than retrospection. In other words, would people enjoy looking forward to things much more than looking back on them afterwards?

The researchers put study participants through five experiments in which they were asked to contemplate future or past emotional events, including a public holiday and an imagined ski vacation. They then measured their emotional reactions to both anticipating these events and looking back on them and discovered people have more intense feelings before

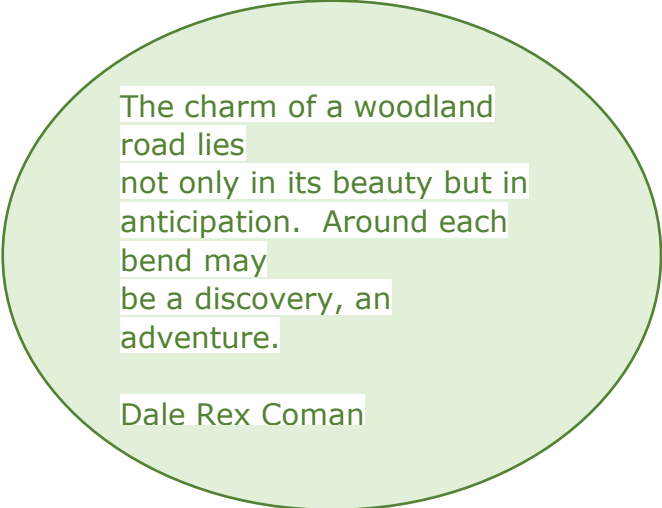
events actually happen. For example, participants got more excited about a ski holiday in the future than they did about a ski holiday in the past, both hypothetical and real.

The theory is we tend to experience more intense emotions about future events than those in the past. This is because, on the whole, we have an expectation that future events will make us feel more emotional than ones that have passed. On top of this, we are also more likely to talk about how excited we are about something we have planned compared to something we have already done. Although nostalgia can be part of a happy life (Argyle, 2002; and Chang, 2004), Van Boven and Ashworth think there is much to be said for anticipating events, to the extent that it can help improve people's wellbeing. 'Our research suggests that the enjoyment people glean from anticipation might also be an important component of life satisfaction.' Whether it's choosing a new novel to read or planning a holiday to an exotic destination, we feel really good when we say, 'Think about the enjoyment we're going to have' compared to, 'Think about how much fun we had last time'.

Try this: This month, the experiment is to look forward to one of the following three things – or all, if you can manage it. In each case, visualise the experience in advance and connect with how excited you are at the prospect of each activity.

- Make time each day to read a book you're enjoying, even if it's just for 10 minutes.
- Choose a TV programme or film you're excited about watching each week.
- Plan a meal night that you'll enjoy, whether it's home cooking, a takeaway or eating out at a restaurant. The important thing is the planning. Focus on what you're looking forward to – think about the twists and turns in the book's plot, the visual excitement of the show or movie, and the taste and maybe engaging company during the meal. Stick to this plan for one month.

Martha Roberts is an award-winning UK health writer and mental health blogger at [mentalhealthwise.com](https://www.mentalhealthwise.com)



The charm of a woodland
road lies
not only in its beauty but in
anticipation. Around each
bend may
be a discovery, an
adventure.

Dale Rex Coman



The deAnguera Blog: Port Townsend Trip



Every year at this time my brother Paul and his wife Pat take me on a trip. This year we decided to go to Port Townsend. It's fairly close being only 27 miles from the Kingston ferry dock.

Getting to the ferry dock was a real hassle with the traffic. Driving around the Seattle metropolitan area is getting harder every year as the traffic grows.

Once we arrived in Kingston, the feeling was much more serene. It makes me realize just how grateful I am to live at Sahale.

The place we have rented in Port Hadlock, about 11 miles away is the upper story of a beautiful home with a fruit and vegetable garden. Our floor has a nice big deck overlooking our neighborhood near Chimacum Creek.

We have had sunny weather every day but it has not been hot. Guess the weather gods have decided to give us cool weather this July.

So far Paul and I have ridden our bikes on a seven mile trail into the city of Port Townsend. The trail was fairly level with just a few spots where the grade was 5%. Easy biking. The hardest part was strapping the bikes on Paul and Pat's car.

We have visited Fort Worden and Fort Flagler which are nearby. These two forts along with Fort Casey on Whidbey Island once guarded the entrance to Puget Sound. The gun emplacements were all gone at Fort Worden but I was able to photograph an intact one at Fort Flagler. All the forts including Fort Lawton in Seattle appear to have been built about the same time in the 1890s.

On Friday and Saturday Paul and I attended our first jazz festival ever in Fort Worden. Major cultural events are held here. The jazz festival was held in the McCurdy Pavilion, a large metal and concrete structure. It was quite something to see the jazz players on stage. When I have listened to jazz on radio or records all I get is the music without any understanding of how each of the players fit in together. They were really having fun including Akiko, a Japanese woman from Osaka. She really drew out nice romantic organ music to accompany the other instruments. Unfortunately the organ broke so Friday night's concert ended early but it was excellent and so was Saturday's concert.

We also visited Dungeness Spit. It is the biggest spit I have ever seen, over 5 miles long with a light house near the tip. The light house was very distant on the horizon. You can

only hike out to it at low tide. It's hard to imagine a 5 mile long ribbon of beach with drift wood.

Last of all we visited downtown Port Townsend. Paul took a photo of me by one of the old Victorian hotels along the waterfront. The city feels like Seattle during the 1890s. It went bust in 1893 and the railroad never did reach here. Paul and I noticed with the exposed cliff along the waterfront above the downtown area that some regrading may also have been done here just like Seattle.



This is Dungeness Spit. See that little white dot on the horizon? That's the light house near the end of the spit.

Community News

By Elizabeth Jarrett-Jefferson



Birthdays

- ❑ **Happy birthday, Wesley Boone – August 8**
- ❑ **Happy Birthday, Brynn Zebold, August 6**
- ❑ **Happy Birthday Liz Zebold, August 7**

Most travel is best of all in the anticipation or the remembering; the reality has more to do with losing your luggage.

Regina Nadelson

Not to anticipate is already to moan.

Leonardo da Vinci (1452 - 1519)

Cultural Programs & Events in 2016

Watch for new dates for the cultural programs coming soon!



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

One of the most delightful things about a garden is the anticipation it provides.

W. E. Johns