



The Village eView

July 14, 2016

***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

***Elizabeth Jarrett-Jefferson,
Guest Editor***

“You put your right foot in, you put your right foot out..that’ what it’s all about.” - The Hokey Pokey

Being In Sync: Interesting Reading

Elizabeth Jarrett-Jefferson

Let’s not forget---as I can easily do when seeing the tekkie term “in sync” – about what being *In Sync* means to ourselves or to our children from a developmental standpoint. Being *in sync* has its roots in our relationship and experiences with our physical environment, physical experiences, and our bodies as children. Being *in Sync* shows up in the present day in who we are, how we look, how we function (inside and out), and how we impact others as adults or children (hmmm---those words sound familiar). I’d recommend reading the following passages from this book to prepare for the Human Relations lab in August, if only to take seriously, yet again, our own growth and remind us that we’re all still on that road, albeit a less traveled one. Oh, yes, and age isn’t a filter in being in sync or being out of sync. I’m right there with you. – EJJ

Growing an In-Sync Child

Copyright 2010

Joye Newman, MA, and Carol Stock Kranowitz, MA

Pedigree Book/Penguin Press, New York

These days, everyone seems to want to get things instantly---instant messaging, instant video games, instant credit, instant meals. We don’t want to be kept waiting in traffic, on the telephone, or Heaven forbid, by a trainee at the grocery store. It’s as if we are shouting, “Quick! Now! No time to waste.!”

Calendar of Events:

Third Age meets – Friday, July 15, 2016

Pathwork – Sunday, July 17

Council – Monday, July 18

HRL Leadership --- July 19

HRL 2016 – August 7 to 13

Instant gratification may be possible when booting up a computer, but it is impossible when raising a child. Times may change, but the time required for a child to grow and develop never will. Human development permits no shortcuts.

We need to slow down and take our time. Allowing three minutes instead of ten seconds to get into a winter coat gives the developing child myriad opportunities for learning. And giving your toddler all the time she needs to go up and down the stairs is a gift.



When kids run, catch balls, roll down a hill, splash joyously in puddles without falling down and relate to others with an easy grace appropriate to their age, they are “strengthening their bodies and brains.” These are simplified and powerful words from Carol Kranowitz and Joyce Newman to describe the child’s natural learning curve. Physical activity: It’s what kids do, the basic connection that ignites a lifetime of intelligence. Seems obvious, doesn’t it? Well, it is---for children who are “in sync.”

As any educator can tell you, children who are not in sync have always been with us, puzzling and worrying their teachers, psychologists, and, especially, their parents. Currently...these same individuals are troubled by a rapid increase in children who have somehow missed out on the body-brain connection and are seriously delayed in basic physical and perceptual skill development



Professionals attribute this worrisome trend to the altered landscape of twenty-first century childhood-----an excess of electronic play-time and screen-time, with commensurate lack of physical and creative activity. These are natural steps toward integrating body and brain on the way to a fully functioning intellect. Mature thinking and learning are founded on neural pathways that develop as a child masters physical coordination, skilled movement, balance, and many other skills inherent in sensory and perceptual motor development.

Yet our hyper-stressed out pursuit of “progress” has convinced many parents and teachers that “child’s play” is an outdated waste of time. “Why should a digital generation spend valuable learning time on rough-and-tumble, gooey, muddy, spontaneous physical fun?” they wonder. There’s work to do, academic skills to master, the electronic universe to conquer!”

It is your child’s active manipulation of, and response to, the three dimensional world around her that sets a course for her future intelligence.

Kranowitz and Newman urge us to give electronic entertainments a rest and resist trying to accelerate learning. Fortunately, they also tell us how to reverse these damaging trends while identifying and targeting any child's specific areas of need. They give us a series of flexible activities that can be adapted to time and place, as well as the child's ability and attention span.



I challenge you to choose a relaxed setting and sample these activities with a child without having fun! Start with the basic ones, and don't be fooled: these seemingly lighthearted games and the authors' easy style belie their profound importance. While you can't yet peer inside a child's brain to observe what is happening when she practices games such as Arm Circles or Paper Plate Play, you can be sure something important is going on in there.

Hopefully, you will also be willing to act as a "guinea pig," try the activities yourself and even look a little foolish in the process. If so, you will provide a model of not only how to meet a new challenge but also how to relax, laugh, and generate your own fun together rather than having it brought to you by some electronic device.

Does your child....

- Move easily and effectively?
- Enjoy movement?
- Join in group games?
- Try new activities?

Does your child find it easy to...

- Function in a classroom environment?
- Work well in groups?
- Make friends?
- Keep his personal space (cubby, desk, room, locker) organized?
- Get dressed?

Is your child...

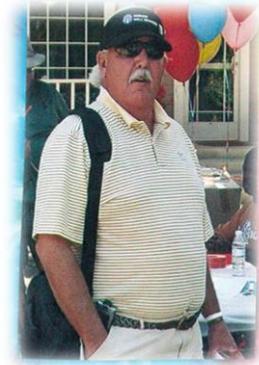
Emotionally secure?

- Easy to get along with?
- Comfortable in the world?

You may have a sense of when you are In Sync and when you are not. Have you ever noticed the correlation between moving and the way you feel? You may realize that when you are not In Sync, you can feel better simply by moving. When you come home exhausted after a long day of work and you go out to walk the dog around the block, or you drag yourself to the gym, you feel better, right? Such movement is imperative to growing an in Sync child.

Community News

We are saddened to learn of the passing of **David Werner**, brother of Colette Werner Hoff, on July 3, in California. Please send your condolences to Colette (hoff@goodenough.org) and let her know of your love and support. Dave was at Sahale in 2012 for Amy Hoff and Colin Aylward's wedding, and he loved hanging in the Swamp! Colette will be traveling to California on July 31 to join the "party" for Dave. Dave was beloved and his friends legion.



In all relationships, synching an aspect of joining, getting on the same page, all being in the same time frame.

And speaking of getting in-sync:

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 deAnguera Blog: In Sync



What does it take to have a life in sync? It means my life is totally what I desire. In each and every moment I am doing exactly what I want. I am not fantasizing about anything else. When I fantasize my life is not in sync. Some parts are out of harmony.

In the left hand photo I helped Colette make sour dough pancakes this morning because I wanted to learn how to make them. I am painting the Meadow Cabin blue in the right hand photo and I love the way it looks. In both cases I am in sync with my desires. Not only did I get satisfaction from helping with the pancakes as well as painting the cabin. I also feel satisfaction with enabling our community fulfill its mission in connecting people together.

To me connecting people together is the single most importance tool in any movement involving social change. A movement will interest me because I believe in its vision. What will keep me in it is the friendships I form.

Outwardly I can conform but inwardly I could be somewhere else. All sorts of tools exist such as meditation to help me get in sync. I often meditate for a short period as I work through the day. Actually meditation could be a way to escape life's discomfort just like drugs. I have heard of somebody meditating so deeply that he zoomed out of his body permanently. He was found in the lotus position dead.

I am writing a fiction story involving my day dreams. It is a way for me to get in touch with my driving force. I notice writing causes me to concentrate intensely on my material. The hours just fly right by. My writing feels a little bit like meditation. It brings out my creative side. I grow and mature more as a person.

I need to do my work with other people. Trying to do it all by myself does not work. Many self-help programs exist but they focus on the individual rather than the group. New Age tries to put a new twist on the plain old fashioned American ideal of rugged individualism. People like Ayn Rand elevate this ideal to the status of a religion.

Instead of another course on 'prosperity thinking' I would rather see what a supportive group can bring out in me. Lab is quite adept at that. It can be the beginning of a very different life for me. Given the encouragement by other group members I can be more in tune with my intentions. But it is a process. Change comes slowly. I have to keep going over the same material again and again. Each time I get closer to my original intentions.

Religion just imposes itself on me. This can be just as true for the New Age varieties. Communication is just one way from other wise people to me. Does anybody care to know what I really think? So far the only group of people who do so are Goodenough Community members. Everywhere else I have to put on a face. I will not be in sync with myself because I am putting out a false self.



This predator is every bit as vicious as a lion or cougar. Is Peaches in sync with that image? Actually big cats spend most of their time sleeping. This is especially true for males.

Birthdays and Anniversaries!

- Happy **first anniversary**, Keith and Erin Jarrett, July 11.
- Happy birthday, **Hal Smith**, July 15!
- Happy birthday, **Bill Scott**, July 16.
- **Happy 14th Wedding anniversary**, Bruce and Irene Perler!





"I don't feel like howling. I feel like bowling."

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.

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.

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

■ Colette Hoff

Programs & Events:

Third Age Gatherings

Women's Culture

The Men's Culture

Human Relations laboratory

Family Enrichment Network

Sahale Summer Camp

Third Age Gathering: Next Meeting Friday, July 15th, 2016

The next Third Age gathering will be on Friday, July 15th at the Community Center in West Seattle (3610 SW Barton St.). The Third Age group is for people about 60 and older and newcomers are welcome.

As has become customary, our gathering will start with potluck dinner at 6 p.m. A main dish will be provided; please bring a side dish or dessert and beverages of your choice to share. An RSVP to Joan (joanvalles70@yahoo.com) or phone at 206 819 1089 would be helpful.



47th Human Relations Laboratory

August 7 to 13, 2016



Transformation Happens Here

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

Sahale Learning Center on the Kitsap Peninsula

Register now at www.goodenough.org – space is limited

An event designed to encourage human development

- Inspire your desire to be a better person.
- Facilitate your personal mastery and relational development.
- Practice interpersonal skills and experience community formation.

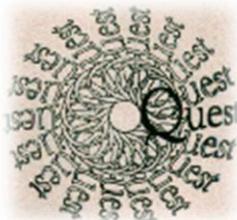
“Transformative and rejuvenating!” Lab participant, 2015

Enjoy social creativity in play, drama, dance, music, song, and conversation. Each day includes time to explore the magical land of Sahale.

To register: www.goodenough.org

To learn more: (360) 275-3957

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.