

Aesthetics

Aesthetic matters are fundamental for the harmonious development of both society (*community*) and the individual.

Fredrich Schiller, German Dramatist

The Village

eView

March 22, 2017

Colette Hoff, Editor

Coming Up:

Third Age – March 31

Pathwork – Sunday, April 2

Council – Monday, April 3

Women – Saturday, April 8

Aesthetics also spelled *æsthetics* and *esthetics* is a branch of philosophy dealing with the nature of art, beauty, and taste, with the creation and appreciation of beauty.^{[1][2]} "Aestheticism is a search after the signs of the beautiful. It is the science of the beautiful through which men seek the correlation of the arts. It is, to speak more exactly, the search after the secret of life."^[3] More broadly, scholars in the field define aesthetics as "critical reflection on art, culture and nature".^{[4][5]} In modern English, the term aesthetic can also refer to a set of principles underlying the works of a particular art movement or theory: one speaks, for example, of the Cubist aesthetic. Wikipedia

Hollis Ryan, as chair of the Aesthetics Team, writes about the scope of the team and the goals that are emerging. The aesthetics of our culture are expressed in how things look and function.

Kirsten Rohde, Chair of the Board of the American Association for the Furtherance of Community, is reporting on the recent Annual Meeting. Community requires order for developing the aesthetics of the organizations within our system--an integration of sound thinking, deep listening, within a relational environment with good leadership and creative processes.

Kirsten also describes the new membership model initiated at the Annual Meeting. And

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

Elizabeth is asking for us to keep track of our volunteer hours to quantify time, energy and love that individuals contribute to our non-profit organizations.

Colette Hoff, Editor

Aestheticism is a search after the signs of the beautiful. It is the science of the beautiful through which men seek the correlation of the arts. It is, to speak more exactly, the search after the secret of life.^[13] Oscar Wilde

Sahale has an Aesthetics Committee!

Hollis Ryan

“And just why,” you ask, “does Sahale need an Aesthetics Committee? Isn’t she beautiful just as she is? Yes, Sahale is lovely, with a beauty that glows through all the seasons – green and gold and flaming orange, with red roofs and white walls, abundant gardens and groves, quiet water and rushing streams ... She needs very few embellishments.

Yet, aesthetics is not about frills and fripperies and frivolous adornment. It is more than charming bedspreads and matching sheets. Instead, it is about ensuring that Sahale, indoors and out, is welcoming and appealing for as many people and their needs as possible. That purpose includes making Sahale’s spaces accessible for people of different abilities, and safe for all.

For example, when the Aesthetics Committee members strolled through the upper campus and east campus a few weeks ago, we noticed a bedroom curtain that needed to be lengthened so that the room would be darker when the summer’s morning sun rises. A shower room needs an extra hook by the shower for those of us who want to hang both a towel and a bathrobe nearby. We kept our eyes open for such things as rugs that might be tripping hazards, and noted where we need to add a handrail or reinforce an existing rail. Is the lighting good enough? Do we have comfortable accommodations for families as well as for couples and individuals? Are spaces easy to clean and to maintain?

For more than 15 years, Sahale has been lovingly tended, furnished, and decorated by residents, staff, and guests, and she reflects the care that has been tendered all these years. The committee’s intention is to upgrade what Sahale already has, rather than propose new additions or major remodels. Over time, the committee will assess the functionality, safety, accessibility, and overall appeal of Sahale’s spaces, and work with the Sahale manager, residents, and staff to establish priorities.



How can you help with the work of the committee? Well, for one thing, when you come to a work party at Sahale (**Memorial Day Weekend, for example**), some of the tasks to be accomplished will be from a list of recommendations prepared by the Aesthetics Committee.

Another way is to notice the growing **Wish List** of things that the community is needing and recommendations of the committee.

Wish List

A refrigerator for Potlatch with ice maker
Brown and aqua double sheets
Bed side lamps
Brown, blue, gray, green towels

Another way to help is to let us know of anything you notice that needs upgrading, repair, cleaning, or maintenance. Send me a note (hollisr@comcast.net) or talk with any of the other committee members: Barbara Brucker, Marjenta Gray, and Elizabeth Jarrett. Rose Buchmeier and Joan Valles are ad hoc members.



Goodenough Community Annual Meeting, March 10 -12, 2017

Kirsten Rohde

The Goodenough Community Annual Meeting, held each year at Sahale, provides the chance to review the past year, look at current issues needing discussion and decisions, and evaluates and plans for the future. This includes the work of Convocation: A Church and Ministry, the American Association for the Furtherance of Community (“the Association”), and Mandala Resources, Inc. This year’s meeting was a combination of receiving reports on accomplishments and brainstorming for the future. We were a group that enjoyed creative conversation, laughter, depth in our insights, good listening, and careful consideration on behalf of our beloved community.

Reports and discussion included:

- The Human Relations Laboratory – (this year’s Lab is August 6 to 12)
- Membership in the community – an easy-to-do plan

- Our finances, representing another year of successful retreat and workshop bookings at Sahale, other fundraising, and continuing donations resulting in positive reports about our financial status in both Convocation and the Association;
- The work carried forward from the Friends of Sahale weekend including revised vision and goals
- Progress on Sahale facility improvement projects and an update on the Sahale Capitol Campaign
- The successful addition of Airbnb at Sahale
- Our utilization of the international online Workaway program (“Volunteering, working and cultural exchange around the world”), bringing a steady stream of youthful and energetic worker/visitors to help at Sahale
- Goal development for the Goodenough Community’s next 5 years
- Models for future ownership of Sahale
- Aging in place and our plans for the future in this regard
- The project list for Sahale for the coming year

We spent Friday evening coming up with answers to the question, “what is important to you about Lab?” We generated a good list of all our ideas, heart connection, and more about Lab. Some of these ideas were published in last week’s eView and will continue to inform us as we plan this year’s Lab.

On Saturday, we looked at our overall community goals for the next 5 years. By brainstorming from scratch, rather than looking at one of our previous goal list we had a fresh start at visioning our future and how we will get there. These goals are being refined by the community Council and will be published in a future eView.

Within the process of goal development we had discussion about various ownership models for the future of Sahale. While most of Sahale is currently owned by individuals (the Hoffs, the Perlors, and myself) and 9 acres owned by the Association, we each have in our wills that the property would go to the community. Now we are looking at the feasibility of some or all of the property being owned collectively by the Association in the nearer future, or some other model for collective ownership. A team has been formed to pursue research and models and we will hear more about this in future eViews.

We also talked about the entrepreneurial side of the community, specifically at Sahale. Some of our work, whether it be the creation of products for sale or workshops might work best under a business model. This is an ongoing topic of conversation and more will be reported in future eViews.

We had a discussion about “aging in place,” the concept that at least some homes at Sahale be made to be ADA compliant enabling some community members to live there in their later years.

All in all, the weekend was full, informative, creative, and fun. New ideas generated good energy for our future. We are looking forward to another successful year of Sahale retreats and workshops that will provide financial support. We had much appreciation of the year we've had, worked directly with our future, felt increasing goodwill toward our community and generated ideas to strengthen how our community organizations are perceived.

An opportunity to become a member of our community

Kirsten Rohde

One topic of discussion and decision-making at the Annual Weekend this year was membership in the Goodenough Community. Historically we have had members in the community (technically in the American Association for the Furtherance of Community) but more recently we have not had an active membership structure. A couple annual meetings ago we discussed a detailed description of various levels of membership along with rights and responsibilities. At this year's Annual Meeting, the group liked the suggestion that we start with a simple membership plan at the rate of \$5/month, or \$50 for the year if paid up-front. Our desire now is to be inclusive, understanding that we will together begin to define further some rights and responsibilities of membership. While we generally use a form of consensus for decision making, having membership formalizes decision-making for community issues. We also reminded ourselves of our Covenant and what it has meant to us over the years.

We had a good discussion about what it means to be a member of a group or organization:

- a sense of belonging,
- a desire to help with decisions and plans,
- joining together,
- valuing our community and its work,
- buying in means you tend less to take things for granted,
- the feeling of home,
- heart commitment.

If you would like to join us in membership, please contact Elizabeth Jarrett-Jefferson, elizabeth.ann.jarrett@gmail.com



Community Voluntarism

Elizabeth Jarrett-Jefferson

Jf ever there was a cause to celebrate or be inspired, it is that of being able to quantify—and therefore see—the amount of time, energy, elbow grease, and love that individuals contribute to charitable organizations in this country. Over the course of the years, members of our own Goodenough Community have taken on the intentional task of identifying and tracking even the smallest effort that is devoted to the benefit of our organizations. The results add up to show a remarkable devotion to our community and its mission. Goodenough Community members are currently undertaking a similar task for the months of April and May of 2017.



There are other very important, practical reasons to stay involved in such a project that pertain to the organizations' viability. Some of those are:

1. Volunteers appreciate appreciation. We count what we value, so tracking is recognition that volunteer time is important.
2. Recognition is a good investment, and it pays off spectacularly.
3. Tracking volunteer hours is one of the key tools to keeping a volunteer force engaged and empowered. Why? It empowers volunteers and at the same time provides data. Data shows your volunteer engagement level and proof that you are engaging your community.
4. Donors see volunteer inputs as a measure of effectiveness.
5. Volunteer time can help organizations meet requirements for matching funds.

We plan to let you know the results of our tracking effort in a couple of months. In the meantime, feel free to join us in the experiment! Here are things you could track:

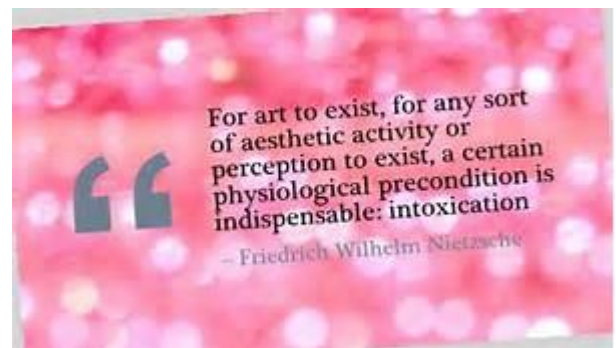
- Driving to community meetings wherever they are
- Time in community meetings, such as community annual meetings
- Time spent in programmatic events (membership weekends, women's or men's weekends)
- Phoning about community
- Writing articles on voluntarism 😊
- Time emailing about community events or registering for events
- Attending community events, such as the True Holidays event or the Solstice bus Trip
- Mowing lawns, trimming, composting, seeding, pruning
- Community center cleaning.
- Guest bar tending at the swamp!
- Donating goods and services
- Attending leadership meetings
- Cooking for community in any capacity

- Splitting wood
- Performing community chores
- Trainings (community website software training or leadership training as examples)
- Planning for community events
- eView writing, planning, publishing
- Blue skying about community
- Performing community research
- Attending outreach events on behalf of community
- Gardening @ sahale
- Raising chickens & other animal husbandry at Sahale
- Hosting a community gathering at your home
- Painting outbuildings at Sahale
- Planning and executing a storage shed at Sahale
- Driving time to and from Sahale or Seattle (Barton Street)
- Cooking for summer camp
- Providing arts and craft leadership at summer camp☺

[Track and let me know your hours!](#) Use a note card, your phone, your computer, an excel spreadsheet to track them—whatever works for you. [There are also tracking apps on line that you can download.] I will be collecting hours at the first of the month, so I will put out the call **on April 1**. I think we may have a remarkable story around our “social capital.”

Warmly

Elizabeth



The Third Age – meeting Friday March 31st at the Community Center in West Seattle

Kirsten Rohde

The Third Age is a gathering of those of us 60 (or so) and older. We gather about every other month in Seattle at our community home, 3610 SW Barton St in West Seattle with potluck dinner at 6pm and good conversation from 7-9pm.

As a 67 year old, I value getting together with others who are in the same age range and older. I find that my perspective on life and issues changes, partly due to retirement but also due to having more of my life behind me than ahead of me. This is a strange concept still to get used to. One of the things that continues to impress me is that trees that we’re planting now at Sahale will come to their full height long after I’m gone. This impresses me with the relatively short time a human spends on the earth in one life. It also annoys me – I want to see those trees fully grown!

I've been reading a book by Edmund Sherman, Contemplative Aging: A Way of Being in Later Life. In it he talks about how philosophers have thought of the later years of life in terms of reflection and memories. He quotes James Hillman who "felt that the last years of life were so valuable for reviewing life, for 'cosmological speculations' and for sensory enjoyment of the 'world's images.' The soul is replenished by the richness of images, as well as absorbed into another imagination that goes beyond the limits of one's actual conditions. Yet when it comes to memories and reminiscence, it is wise not to get stuck in the past with static and repetitive recalling or ruminating."

I encourage anyone to join us in conversations that range from checking in about our current life, the legacy of children and grandchildren, how we can support and help each other in many ways, and our reflections about aging. At our meeting on March 31st we may watch a relevant movie that is both fun and could lead to a good conversation.

To RSVP, please contact Joan Valles, joanvalles70@yahoo.com



Evelyn's Story

It is a beautiful adventure to live at Sahale and be a part of the Goodenough happenings. The land and people have taught me an immeasurable number of things that I'll be taking with me. For the next three months (April-June) I'll be living, studying, and working at a farm

in Port Townsend. I'm looking forward to this immersive learning experience and getting to know others involved in the permaculture world.

Thank you each for the support and learning that you've offered me these last three years (yes, three!) and the years to come.

→|→|→|→|→|→|→|

Josh's Story

It's been 10 years since, at age 24, I left my job as an EMT in Boston, and left the country for the first time - flying to India in search of something. I came back three months later not because I found what I was looking for, but for other reasons - reasons which led my life down a road I wasn't really ready for, despite knowing in my heart it was coming. So this time I hope I find it, whatever it is, and can bring it back with me to share with y'all. Wish me luck!



Hello, Women!

April 8, 2017

Have you played the women's **Clothing Exchange Game**? In case you have not – or in case it has been a long since you've played the game – I'd like to tell you about it.

On **April 8**, the women of the Goodenough Community will gather for our usual engaging, deepening, and stimulating time together, from **10:00 a.m. to 2:00 p.m.** As usual, we will provide lunch. And then we will play this game:

The object of the game is to clear your closets and bureaus of clothing that you no longer want, and to freshen your wardrobe with clothing from other women's closets. Along the way, we will make a financial contribution to the Goodenough Community and its women's program.

On Saturday, April 8, please come to the community center at 3610 Barton Street SW in West Seattle, with your clothing offerings, and leave them in the lobby. Head upstairs, enjoy some coffee and companionship, and join our circle of women for conversation and exploration.



Once our program has ended, join your friends downstairs, and select as many items as you want. Help other women discern what is "just perfect!" for them – and make a financial contribution to the Goodenough Community, according to what you believe is the right amount for what you receive and what fits your budget.

The Clothing Exchange is always a lot of fun, and I hope you will be with us!

And ... while I have your attention, and while you have your calendar handy, I'd like to remind you of the annual Women's Weekend, Friday, May 5, through Sunday, May 7, 2017, at Sahale. Please mark your calendar, and plan to be with us then!

I will write again with more information about our women's gathering on April 8 and about our weekend. Warmly, Hollis



Men's Weekend and Tent Raising

I'm writing to invite you men to a **spring retreat weekend, June 9-11**. This date is the best fit for the most of the men I've asked. I realize not all of you will be able to make it, a sad truth about planning. If you're not able, please consider sending me an email with a "check in" you'd like shared in our circle.

This year, different than we've done before, we're combining our annual raising of our Big White Tent with our men's retreat. The tent raising, as we usually do, begins on Friday morning and concludes Saturday by lunch. Jim Tocher and Norm Peck generally like to have about 8 to 10 guys on hand for a tent raising. It takes that many to execute the entire process smoothly, as we've learned. Look for further contact about this and, if you'd like to pitch in, let me know and I'll pass your interest along.



On a personal note, I'm still feeling the important opening of our recent women's and men's weekend intensive and I'm interested to continue the conversation as theme for our gathering. If you were not present for this event you could know that we plunged into the important and sometimes difficult topic of patriarchy, gender inequalities, changing roles and fluidity of gender identity. It was a powerful experience of truth spoken and heart opening.

What aspects of this theme would you like to explore? What about the structures of patriarchy would you want to explore together? For me, the notion that I'm part of the problem and the solution continues to ring. I want to urge on my own wake up to my unconscious gender bias and the ways I act out old ideas, asleep to my impact.

Please RSVP with your interest about our Men's Retreat and look for more details as the time draws nearer. Warmly,

Bruce Perler



The deAnguera Blog: Aesthetics



Since aesthetics is the study of beauty, it refers to what is beautiful. Beauty is often in the eye of the beholder. Everything goes together just right and it is a joy to admire.

Take the Interfaith Community Sanctuary in Ballard. An old one time neighborhood church with a nice spire right over the front entrance. Or how about Imam Jamal Rahman who gave his inspiring message there last Sunday.

Many generations of parishioners have walked through the old church's doors. Now many of them are Muslims with women wearing hijabs. A beautiful mix of different people.

Buddhist practices set the tone for the service.

Imam Rahman is a Sufi Muslim and he talked about our awareness of suffering. How can a sermon on suffering ever be beautiful? But he made it so along with various gentle rituals we were lead through. Suffering is something Buddhists spend a lot of time thinking about.

Imagine a beautiful painting on suffering. Does that make suffering beautiful? No but we have ways to approach it. Suffering is a fact of life. Beauty can lie in the way one approaches suffering.

Imam Rahman told us the story of people being led to a tree featuring packages of suffering of various sizes. Each was to pick a package before coming to earth. Some chose the largest packages so others wouldn't have to.

We were introduced to Mohammed Imram, a Rohingya boy from Burma. Rohingyas are being persecuted by the Burmese authorities and hatred against them is stirred up. Many like Mohammed are forced to leave as refugees on rickety boats. Mohammed described his harrowing

journey by boat through Thailand and Malaysia. Eventually he became one of the lucky ones to find a caring family in the Seattle area.

Suffering is a worldwide phenomenon often resulting from persecution and war by western colonial powers imposing their will even today.

I learned about the impact of colonialism in the Middle East by the U.S. and its allies at the **Roots of Conflict Conference** held at the University of Washington. There I met Aisha Jumaan, a Muslim Yemeni woman. She was one of the speakers at the conference. Aisha told the tragic story of the bombing of her homeland by the Saudi government. We became friends and I gave her our contact information so she might consider speaking to our Pathwork Circle.

I am convinced a lifetime is always perfectly beautiful like an individual work of art or story. All stories involve confrontation with an adversary. Like Imam Rahman's story about the packages of suffering adversity is the lot of every one of us by deliberate Divine design. Adversity is what draws me out enabling me to be real like Mohammed Imram. I think of the movies I like to watch and books I like to read. Without adversity a lifetime would have no value.

Where is the beauty in suffering? Suffering draws compassion out in us. Buddhists meditate on it to cultivate compassion in themselves. The family who adopted Mohammed will be cultivating their compassion. That is the beauty. The aesthetics lie in how suffering goes together with compassion. That's where beauty arises.



Sanaa in Yemen is definitely a study of beauty. It looks like a fairytale land.

Aesthetics

Hi all travel fans...here's the next installment of the travel blog, I mistakenly sent the first one twice:

Travel Log – Getting around in New Zealand – Transportation adventures

Irene Perler

I loved the movie *Planes, Trains, and Automobiles*, with Steve Martin, where back to back travel related mishaps provide the backdrop for humor which everyone can identify with. I am very happy to say that I didn't have mishaps, but I did feel like transportation afforded me adventure and some new experiences and at times I needed a sense of humor. While New Zealand isn't very big, I managed to take trains, city and tourist buses, an eight levels high ferry boat, multiple cabs, a 12-seater commuter plane and a luxury 360 seat jet, a cable car, "Uber" taxis, a fishing boat and a racing sailing boat.



By far my favorite way to travel is by train. I don't mind taking a long leisurely ride from point A to B with a comfy plush seat and footrest, a drop down table, a view out the window and a walk to the observation deck and dining car. Sure it takes a long time, but it is a social time to meet fellow travelers, enjoy their accents and see how they play, time to see the scenery and snap photos without having to pay attention to driving and a time to read a book, knit, play Sudoku, or simply take a nap as the train joggles along. I sat next to other women my age

traveling alone, older retired couples visiting family or fulfilling their bucket list, and I especially enjoyed sitting next to a 10 year old boy who traveled on the bus every week from his father's house in the city, to his mother's house in the country. I shared my chocolate cookie with him and asked him about what its like to learn to surf and play soccer. I particularly love looking out the window and seeing what the countryside looks like, how the farms, industry and towns lay out, what houses, schools and storefronts look like, and what kind of plants grow along the hills, mountains and by-ways. Some images are familiar and others are quite new and different. There are some plants that seem to grow alongside train tracks worldwide. I like that.



My first impression of New Zealand was that it looked a lot like England and Scotland. It makes sense in that those are the folks who came and settled there in the late 1800's and they basically cut down trees to make pastures, built houses and started to settle the lowlands in the ways they had in



Europe. Similar to our American history, they pushed many of the native people, in this case, the Maori (who actually migrated by sea from Polynesia) out of their way as they went, assigning them to land or assigned them to a version of slavery. The Modern Maori tribes are winning some of their historical land rights back but it is sometimes contentious. The Maori culture is visible in many lovely ways. Their beautiful meeting places known as “Marae”) are very easy to identify as they are structures with a carved red wooden gable or gateway, serving to identify it as a sacred place for their people.

Much like a Pacific northwest coastal “long house”, there are tribal laws and etiquette for entering these sacred tribal spaces. Often they are also surrounded by carved figures, much like totems - spirit guardians of their buildings and villages. The Maori are especially known for establishing some of their villages near the volcanic areas of Rotorua where they use the thermal pools in everyday cooking, washing and therapeutic bathing. Like our coastal native culture, the Maori lived with bounty from the sea and the fertile soil, their arts having been refined and highly stylized. They are known for intricate woodwork as well as carved stonework in greenstone, a prized jade-like, hard stone found in river beds of New Zealand. They are also known for complex weaving processes in baskets, clothing, fishing line and other utilitarian objects. Beautiful ceremonial capes with feathers woven into them remind me of the majesty of our coastal native capes.

The early European settlers built towns along rivers and always put a church in the center of each one; you can see the steeples as you pass by. In the North Island, settlements were primarily set up for sheep ranching and vegetable farming. In the South Island, they settled for gold mining in addition to sheep and cattle ranching, fishing, whaling and sealing. The coastal towns are known for

fishing and shellfish enterprises. In more recent decades, vineyards have become popular and the fruits and vegetable farms flourish. To create these farms, much of the native bush was cut back. In places, where timber was harvested, they replanted with non-native species and now there are stands of pines and even California redwoods, sequoia and other non-natives which grow back in monoculture forests that grow in clumps at the edges of the massive green pastures. Rows of poplar trees that we see in the US are also used to help create windbreaks. While the rolling green hills are beautiful in that classic pastoral way with sheep, cows or even cultivated deer now ranging on these hills, I am sad to realize how much human intervention has taken over the natural flora and fauna.



I arrived in Auckland, where the big planes can easily land on the bigger runways with gentler wind patterns. I took the scenic passenger train to Wellington, situated at the other end of the north island. It took 12 hours in full, stopping only briefly for pick ups and drop offs. It was very timely and gentle in its passage. From the open-air viewing car, I saw many of the sights close up. We went from lowland farmland to majestic volcanic, snow covered Mt. Tongariro and Mt. Ruapehu, eventually sweeping by the seascapes of the western shores. Local wines were served in the café car at sunset as we came into Wellington.



Later in the trip, Sarah and I had the joy of traveling to the South Island to stay at a friend's "bach" or holiday home. To get there you have the choice of crossing the infamous Cook's straight by boat or plane. We ended up crossing it in a small 12-seat commuter plane and landing near the town of Blenheim. I sat in the very back strapped in with an H-harness and Sarah sat next to the pilot to get a birds-eye view. It was a beautiful trip over the oceans and a little bumpy but not too bad. The weather was good that day and the winds kinder than usual. We were all looking for humpbacks, but I didn't see any. We could see the waves and the coastlines. Our landing was spectacular as we came into a narrow valley with steep hillsides on each side and we came down tipping wing to wing settling into a sheep pasture airstrip. We popped



out of the plane and were literally near the neighboring sheep farms. We were greeted by Sarah's friend and co-worker and hopped into his family van.

The next 2 hours we spent on the local roads, which wound around and around the windy and steep hillsides of the inlets of the famous "Marlborough Sounds". Hundreds of inlets



carve into the edges of the land and the roads curve in and out of each one. Once settled in at the "bach", we



enjoyed several days of water exploration, including fishing and sailing. We caught enough fish for smoked and beer battered fish fry. We picked green-lipped mussels off the rocks on the beach and enjoyed them

one evening with wine and butter. We enjoyed a wonderful time over New Year here and had sun breaks, rain storms and of course WIND. Over the last century, Gareth and his extended family have settled and built on this private inlet. He and his mother, cousins and other relatives own and care for several homes and waterfront. We toasted on New Year's Eve, with this generous family of 3 generations that we had never met, then we danced in the New Year to a great dance mix created by one of the fathers and his adolescent daughter and sang songs with Sarah playing her ukulele. A good time it was.

On our way back, we chose to take the ferry across the Cook straight. This has earned me some kind of badge. It was worrisome when I set foot on the ferry and the smell made me a little sick...need I say more? This 8 level large ferry crosses the straights 2 or 3 times a day unless the waves are too high. We encountered 20 plus foot waves and from the front of the boat in the lounge, we watched and felt the prow of the ship pitch and dive coming crashing down with a big thud each wave and leaning from side to side. I managed to hold it all together with deep breathing (thanks to my meditation practice) and Sarah mostly loved it, but there were others around us who didn't make it easily and ended up needing help. 3 hours later, I was really happy to get off. We caught our balance and headed home for a gentle evening at home sitting still.

Later, upon my departure, I had a flight to Australia from Auckland on an Emirates flight. I actually had a Hawaiian stewardess ask me about it when I was in Honolulu as she wanted to know what the luxury planes were like. It is a very elegant plane and the stewards are very professional. The food and drink were especially good, hot towels and all. It was very chic indeed, but honestly I still marvel at how they got it up in the air. It was huge. It was a flying apartment building. There were 35 rows of seats, each row of 10 seats across, in addition to first class and an upper deck. The food was great and the personal media at each seat was amazing. I prayed and meditated frequently hoping for a good flight. I was fortunate that my prayers were answered. We flew for 12 hours with a layover in Sydney. A little fun fact is that you repeat a whole day when you return from New Zealand to Seattle! An extra day without aging!

Making Choices about Medical Care in Later Life:

Submitted by Hollis Ryan

Would you like to know how geriatricians are thinking about your choices? Let's discuss! Speaker **Wayne C. McCormick**, MD, MPH, is a Professor of Medicine at the University of Washington, Department of Medicine, Division of Gerontology and Geriatric Medicine, Harborview Medical Center. He is a graduate of Washington University Medical School in St. Louis and of the University of Washington School of Public Health in Seattle. He is a former Robert Wood Johnson Clinical Scholar and is board certified in medicine, preventive medicine and public health, palliative medicine, and geriatrics. **Date, time, location:** Wednesday May 3, 5:15 – 6:45 p.m., Odegaard Undergraduate Library. **Register [HERE](#)**, or click through on the event announcement at uw.edu/uwra/calendar.

Birthdays

- ✚ **!Happy belated birthday, Tommy O'Connor - March 21**
- ✚ **Happy birthday, Janet Walker - March 28**
- ✚ **Happy birthday, Chris Harshman - March 30**

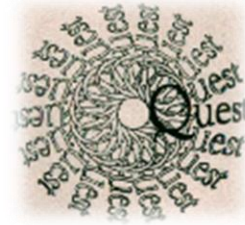


*"Writing about your community service is good, but
I would play down the court-ordered part."*

CN
COLLECTION

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.

Cultural Programs in the Goodenough Community are created for visitors and they are developed as opportunities for our members and friends to practice our lifeways and apply them to contemporary issues and problems in our lives. For instance, the men's program must be 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. Similarly, women must return to the essentials of being a good woman in this day and age.

Calendar of Programs and Events, 2017

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 ...

In the Goodenough Community, we recognize such ways to connect as expressions of **community culture**. Throughout the year, we offer **cultural programs** so that you can engage with the community, participate in your own development, and have a good time.

We **welcome your interest** and your participation, and hope that you will join us at any – or many! – of this year's events.

Women's Culture

Next Saturday gathering is April 8, 10 am -2 pm, at the community center in West Seattle

Women's Weekend, May 5-7, 2017 at Sahale

Women of the Goodenough Community have been gathering intentionally and regularly since 1983 to discover in themselves and each other the essence of womanhood at any age and the presence of the Divine Feminine.

Focal Person: Hollis Guill Ryan, hollisr@comcast.net



Third-Age Gatherings

Next gatherings will be Friday evenings, March 31 and May 12 at the community center in West Seattle. Focal Person: Kirsten Rohde, krohde14@outlook.com



A weekend for men is being planned for June 9 to 11. Focal Person: Bruce Perler, bruce_perler@hotmail.com

Work Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 26 to 29, 2017**), 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.

Focal Person: Colette Hoff, hoff@goodenough.org

Summer Camp for Youth, June 25 to July 1

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Focal Person: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 6 to 12, 2017



This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 48th year!

Focal Person: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 2, 2017



Be part of this fun-filled family-oriented evening, and prepare yourself for a holiday season (whatever faith tradition you follow) that fills your heart.

Focal Person: Kirsten Rohde, krohde14@outlook.com

Winter Solstice Bus Trip, Saturday December 16, 2017

Board a bus, play in the snow, shop in Leavenworth, have a horse-drawn sleigh ride and enjoy an abundant dinner. Focal Person: Colette Hoff

New Year's Eve at Sahale, 2017 – 2018

Sunday will be New Year's Eve and Monday will be New Year's Day next year.

Annual Organizational Meetings March 2018 This weekend is foundational to all programs and events within the community. Come and be curious! Please contact Kirsten Rohde 206 719-5364 for more information.