

September 23, 2015

Colette Hoff, Editor

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

Wisdom

. . . understanding of what is true, right, or lasting; a wise outlook, plan, or course of action

Wisdom comes through the meeting of he heart and the intellect. ~Osho

My belief is in the blood and flesh as being wiser than the intellect. ~D.H.Lawrence

Upcoming Events

Pathwork – September 27

Community Council – September 28

Relational Group – September 29

A Quiet Retreat – October 2-4

Men's Cultural Weekend – October 23 to 25

Community Development Weekend –

November 6-8 THIS IS A CHANGE

Community wisdom is the aggregated base of knowledge, intuition, skills, and assets that residents bring to solving their collective challenges. Members representing all populations must be engaged both in defining questions and shaping solutions for their communities. Tapping into this wisdom and strengthening local capacity build leadership, support a positive shift in norms, and are essential for developing appropriate, sustainable strategies that will improve community health and safety equitably.

These words have come from the web site of The Prevention Institute:

Prevention Institute brings cutting-edge research, practice, and analysis to today's pressing health and safety concerns. Determined to achieve health and safety for all, to improve community environments equitably, and to serve as a focal point for primary prevention practice, the Institute asks what can be done *in the first place*, before people get sick or injured. http://www.preventioninstitute.org/tools/focus-area-tools.html



The Wisdom of Cooperative Living

John L. Hoff

For the first dozen years of my life, my social settings were teaching me the importance of cooperation. My mother Hazel and her sister Nina chose to have their families live together and they cooperated in parenting, in household duties, and to adding to the family's financial well-being. The five children listened into two quite different philosophies for handling money and living life—the viewpoints of my father Lawrence and my uncle Fred. No matter how the men differed in their approach, Hazel and Nina managed to work out something that seemed to satisfy everyone. I also watched the different ways the two sets of parents developed a life style that was quite different one from the other.

While we were living in the Yukon (from the time I was 8 to 14), I saw the way natives looked upon resources and utilized it in their community life. Sometimes I thought the natives didn't understand some basic things and at other times I honored their choices. I learned they were more intelligent and wise and they shared in the ownership in the cooperative way things were decided as a group.

All of these experiences impacted the way I have come to value collective decision-making and a sense of community cooperation in the wise use of resources. In the Goodenough Community, practical friendship including helping reaching goals has always been a value. Certainly, Sahale Learning Center is an illustration of our community's capacity to plan, share, maintain and grow a dream.

What Colette and I notice is that the community encourages intentional living and this involves a developing a philosophy of life with emphasis on relationship and human development. Community generates a curriculum that features living consciously in planning good life.

Colette mentioned last week in the eView that I had a medical emergency and ended up in the hospital in Puyallup. I want you to know that the emergency is over and that I found it a very learningful experience and one that my physicians have learned from as well. I am learning to work with a body that has lived more than 80 years and has some frailties that I must take more seriously. I thank all who have been so sensitive and supportive to me and must make an additional statement of appreciation to Colette for her wisdom and strength and very significant support since my hospitalization. My appreciation also goes to Kirsten for extended nursing care. Thank you each for your thoughts and prayers during this dramatic experience.



We are at a time in humanity when we have incredible technologies - and we are being asked to marry these with an equivalent transformation of heart."

- Jack Kornfield at Wisdom 2.0

Two articles continue the study of wisdom and Community beginning on page

Our Goodenough Community Council will have its first meeting this fall Monday September 28 at 6:30 p.m. at the Community Center at 3610 SW Barton St. with dinner provided. While we haven't yet had our Community Development weekend, we invite anyone interested to attend this Monday. The agenda for the year will be a focus including cultural programs and events. Consider coming!

Altogether, Shared Wisdom

Kirsten Rohde

There's a little book called <u>The Collective Yoga</u> that I have kept around for decades now. It is a collection of conversations with Sri Aurobindo and The Mother related to the spiritual collective at Pondicherry, India. In one section they talk about how the general consciousness of a collective can go down – a "leveling process" that happens when the individuals are only acting as individuals. When the recognition of the need for a common existence became apparent then individuals needed first to each make an effort in consciousness to create a "true union, a deeper bond."

"If everyone collaborates consciously and with goodwill, it will be done more quickly...The individual effort you may put in, instead of being merely an individual progress, will spread and have very important collective results."

In our community we have experienced times where the general level seems to go down in spite of all our efforts. When we remember to practice joining in conversation, feeling, and activities then we can raise the collective level. For example, when we all focus on creating a great Human Relations Lab then we can feel the sense of a joined community all intending a common purpose that also supports each individual. I felt this at the Lab we just had this past August. Some of us recently had an experience of joining to support a medical response. I personally felt each of us setting aside individual needs in the service of supporting the whole.

I can't really find adequate words to describe the feeling of *community*. Increasingly I sense the real-ness of an entity created by all of us. I'm working on learning to join this flow and not stress about the details so much. Combining many wise moments creates a shared wisdom

over time. Often when a problem arises, there is someone or several who have ideas about a solution. As our community transitions to new leadership and members in the coming years, I am encouraged by the amount of interest and support that is arising. A number of folks are coming along who wish to volunteer their skills and experiences to help create a continually updating and sustaining community into the future.

We postponed our community development weekend until the weekend of November 6 to 8. THIS IS A CHANGE! We realized that our fall schedule needed some space. And due to our the early apple season, we will not have our Harvest Weekend. The apples won't wait.

We need a good talk about what we want from community and what each can offer to help. How should we shape the future of the community? Many of you consider yourselves friends of the community and do contribute in many ways. So much gets done through the volunteer efforts of many. Would you seriously consider coming to our community development weekend at Sahale? We are looking for new Board and Council members as well as filling many other roles. Everyone doing a small part will make the difference in the continuation of this work. If you love Lab, Sahale, any of our offerings, please bring your wisdom and join in the energy for the future of our community.



Douglas and Josh pressed cider on Friday while others prepared applesauce, dried apples, and made apple crisp! And there will be more!

Themes for Future eViews: September 30: Faith

OPPORTUNITIES for the upcoming programmatic season

September is the start of a new programmatic year in the Goodenough Community. The following events and on-going programs are intended to enable connection and continue the work of human development.

You may also find additional dates for programs and events on the last two pages of this eView.

A Relationship Group

By John L. Hoff

Beginning on **Tuesday, September29 at 7:30 p.m.**, 3610 SW Barton St.

For some time now I have been inwardly drawn to offer some leadership to a process in which individuals can examine the way they relate to others and make some improvements. We each offer the same relationship to most other people. Early in my life I lived very closely with Tlingit natives in the Yukon and was impacted by the relationship they offered me. Since then, I have studied relationships all the way through the doctorate level of academia. I have found myself wanting to share my knowledge for improved relationships with some people who would help me re-appraise what I know and consider with me how we apply this knowledge to life: friendship, families, and colleagues.

I am inviting you to an on-going group and a weekend in January. This group is intended for **anyone** (being in a couple is not required) seeking to improve relational abilities and deal with old attitudes about relating. There will be an intellectual exploration of the nature of relationship and the skills required including some reading. The interactions of the group are also a source of learning and improves skills. In addition, I will be giving assignments each week and you can expect to be challenged to examine your relationships past present and future. We will discuss all of these things at our first session.

Let me know (John Hoff hoff@goodenough.org) that you are interested in a relational / educational counseling approach to personal development. I also invite anyone to have a conversation with me about the group and your potential involvement. The cost for each evening will be \$30.00.

☐ Pathwork: A New Season Begins, Sunday, September 27

On Sunday September 27, at 7:00 p.m. we invite all interested to participate in a "Pathwork Process," a process of sharing our own faith journeys and problems with development. The focus is on what is happening in our lives now and not on an earlier history. It is a process in which we coach each other and elicit insights from those who have done psychological and relational work with themselves. John and Colette Hoff have been asked to provide leadership and to resource us thematically. John and Colette would each welcome meeting with anyone interested in attending. Email hoff@goodenough.org to RSVP. Pathwork meets at the Community Center at 3610 SW Barton Street in Seattle. You are welcome even if you are just a little curious!

■ Meditation is Not Day Dreaming: A Quiet Retreat

On the weekend of **October 2 to 4, 2015**, we will be presenting a weekend to support your spiritual practices. We will be reviewing elements of spiritual practice with an emphasis on the importance of quieting the mind. A variety of meditation experiences will be offered, including walking, small groups, individual, observing the natural world as well as the use of quiet and rest. You might want to attend this workshop if:

- You are carrying a burden in life,
- You are worried about something in your future
- You are working with your emotional life
- You carry tension and stress
- You desire to learn to meditate
- You appreciate group meditation

John and Colette Hoff are offering this workshop; John has taught meditation for decades and Colette is requesting John to bring his knowledge about meditation and prayer to this workshop. Participants will be invited to imagine a more serious and spiritual life for themselves.

The workshop will be held at Sahale Learning Center beginning at 6:30 p.m. Friday evening, October 2, and concludes at 3:00 pm on Sunday, October 4. While there is a sliding scale, the suggested donation for the workshop is \$200.00 which includes room and board and learning materials. This event is sponsored by Convocation: A Church and Ministry, an interfaith Church that supports the work of the Goodenough Community.

An Opportunity to Serve

This is an annual Community event brought on by the promise of the fall rains. On the weekend of **September 25 to 27**, we will be taking down the big white tent at Sahale.

Our schedule will be similar to the past: On Friday, **about 10 AM**, we will begin the takedown process. Depending on the weather and how many able bodies we have on Friday, we should have the roof frame on the ground and the side curtains wiped down and ready to store. On Saturday, I also hope you can join the party at 10 AM when we will complete the process. You are welcome to come out to Sahale on Friday night if you can't come out on Thursday night. As usual, we expect that we will eat well and have great "happy hours." Please let Norm Peck shkwavrydr@aol.com know if you can join in.

Save this date: A major decade birthday

November 15: **Celebrating 80 years with Jim Tocher** Community Center, 3610 SW Barton St. Seattle



Wisdom is to the soul what health is to the body. ~French Proverb







A 60th birthday happens only once in a lifetime. I will never get to celebrate it again. So it made sense to make it something big. The best part was of course having Kathleen Notley, my best friend there. You can see from the photo on the left what a good time we were both having.

On the right is a display with photos from my life showing major themes. I was one of the top ten graduating seniors from Vashon High School. Our graduating class had only 95 students. A group photo of the students living in my college dorm during my sophomore year at the UW is below. My, I often wonder: what was I thinking back then? Would some guidance and wisdom have been helpful at that point? Could somebody have shown me how to look beyond society's expectations of success? Would such knowledge have benefited me then? I know from reading other people's experiences that some knowledge can be harmful if you

don't have the maturity to face it. So, maybe it was just as well that I didn't think beyond the rosy picture others gave me. I would find out the truth later and be given the resources both inside and outside to face it.

Part of experiencing heaven is being at the center of attention in a circle of affirmation. As I have pointed out before heaven is about shared joy and happiness. The best place for that is right here on earth in the midst of all that's happening.

I have also shared my thoughts on the aging process. The years just go by way too fast and my body is changing seemingly overnight. Maybe that's the whole point. A mortal lifetime is indeed brief. Very brief. My whole developmental process seems to make it feel like a long time. A developmental process including increasing awareness of this lifetime. Not everybody has this increasing awareness. Maybe I have to be open to it. If I wasn't, I would find it very depressing. Who wants to compare being old with once being young, maybe not all that long ago.

Instead of wishing I had done things differently, I see every part of my life as having a purpose, even the 'bad' parts. My purpose is living out a story of my choosing within the confines of my character role.

My whole life has meaning and purpose. Not just the present. The entire journey from beginning to end. It is a winner because the Divine is unable to conceive anything else. Everything is perfect.

Everybody coming into my life comes bearing a gift. This is true no matter who they are or what they do. I know that is definitely true for everybody in the Goodenough Community. This community seems designed just for me. I wonder if I could have been happy in any other kind of community.

Thank you all for the wonderful party, your notes, toasts, great food as well as my new jacket and the green that was stuffed into the pockets. Wow!



I am blowing out the candles on my birthday cake. Since this is no ordinary birthday but rather a 60th birthday, I have to really put some thought into blowing out these candles.

By Elizabeth Jarrett-Jefferson

Birthdays & Anniversaries

- Happy birthday, Pharoah Kukendall Sep 23
- Happy 60th birthday, Mike DeAnguera Sep 23
 - Happy birthday, Sadie Scott Sep 27
 - Happy birthday, Cherste Nilde Sep 29

WISDOM OF YODA

Try not. Do. Or do not. There is no try.

Once you start down the dark path, forever will it dominate your destiny, consume you it will.

You must feel the Force around you.

That is the way of things... The way of the Force.

If you choose the quick and easy path...You will become an agent of evil.

Fear is the path to the dark side. Fear leads to anger. Anger leads to hate.

Hate leads to suffering.

Size matters not.

The dark side clouds everything. Impossible to see the future is.

When nine hundred years old you reach, look as good you will not.

Luminous beings are we...Not this crude matter.

[Luke:] | can't believe it. [Yoda:] That is why you fail.

Wars not make one great.

You must unlearn what you have learned.

Named must your fear be before banish it you can.

Beware of the dark side. Anger...fear...agression.

Adventure. Heh! Excitement. Heh! A Jedi craves not these things.

A Jedi must have the deepest commitment, the most serious mind.

Control, control. You must learn control.

Death is a natural part of life. Rejoice for those around you who transform into the Force. Mourn them do not. Miss them do not.

Mind what you have learned. Save you'it can.

Rhoxarie



Cultural Programs & Events in 2015

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

Over thousands of years human communities have organized not only their work life but also their relational and cultural life. 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

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

■ Colette Hoff

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 Conscious Couples Network Human Relations laboratory

Family Enrichment Network Sahale Summer Camp

The Men's Culture True Holidays Celebration

Men's Program

Theme: Friendship among Men

The men of the Goodenough Community have for years had a program in which they can support and educate each other on ideals of men around the world. We deal with such questions as "are there characteristics of sound maleness that should be lifted up and taught to other generations of men?" The Goodenough Community has always thought so and we have several programs a year where we lift up ideals and goals for our lives as men. Bruce Perler is currently the spokesperson for our men's group and here is an announcement from him about a planned weekend this fall.

Men's Gathering Weekend at Sahale - Save the Date, Friday October 23 to 25

Mark your calendars for **October 23 - 25,** Friday evening through Sunday afternoon and consider men friends of yours you'd like to invite. We'll be continuing with the theme from Lab 2015; The Path from Stuckness to Freedom.

Personally I'm finding this is an excellent focus for my own development work as a man.

Please join me for a weekend of good conversation, work together time and enjoying the beauty of Sahale in the fall.

Warmly,

Bruce Perler

RSVP to <u>bruce perler@hotmail.com</u>

Creativity Weekends

October 9-11

November 13-15

Please contact Kirsten Rohde for more information or to RSVP about any of these weekends.

krohde14@outlook.com

206-719-5364

Women's Culture



Hollis Guill Ryan

In September we began a new year in the women's culture, a year of exploring our journeys as women on "The Path of Freedom."

As is our custom when we gather as women, we will take time for inward reflection, we will share stories, we will give nurture and receive comfort. We will sing and stretch and share lunch. Our gatherings are informal and welcoming. Over the programmatic year, each gathering builds on the preceding ones yet each is discrete. We encourage you to attend as many as you can, but it is not necessary to attend them all. We invite all women who enjoy the company of women to join us as we learn, practice, and grow in our journey.

Fall dates include: Saturday, October 24; and November 21.



Save the date

True Holidays Celebration Saturday, December 5, 2015

This event has more than 25 years of history and is held early in the holiday season in order to deepen and enrich the winter holidays for people of all faith traditions. This interfaith celebration will again be at the Mercer Island Congregational Church and begins at 6:00pm

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Mark your calendars for Lab 2016!

The Human Relations Laboratory

August 7 to 13, 2016

Sahale Learning Center

On the Kitsap Peninsula near Belfair www.goodenough.org (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 (206 963-4738), Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957.

Currently, John and Colette are now visiting with clients at the new community center, 3610 SW Barton Street, Seattle 98106 as well as Sahale.



Editor Note: I was thankful to find this web site, a group with the mission to bring technology together with matters of the heart. Colette

Founded by Soren Gordhamer, **Wisdom 2.0** addresses the great challenge of our age: to not only live connected to one another through technology, but to do so in ways that are beneficial to our own well-being, effective in our work, and useful to the world.

Through our series of conferences, meet-ups, and workshops, Wisdom 2.0 strives to bring this conversation to the world in an accessible, innovative, and inclusive way. Wisdom 2.0 is a global community of people dedicated to living with deeper wisdom, compassion, and awareness in the digital age. Our flagship event brings several thousand people together in the Bay area each year. Past speakers include the founders of Twitter, Facebook, eBay, along with spiritual teachers such as Eckhart Tolle and Jon Kabat-Zinn. Other smaller events take place in NYC and Europe.

The people at Wisdom 2.0 come from all over the world and from many vocations, including coaches; technology staff from Apple, Microsoft, and Twitter; as well as venture capitalists and entrepreneurs.

Participants share a common interest: to live with greater wisdom, purpose, and meaning, while using technology in ways that create a more open and healthy culture. http://www.wisdom2summit.com/

And while not all of these gems apply to the Goodenough Community, they give pause for reflection and are from the web site of Communities Association Institute:

130 Cultured Gems for Community Association Living (CAL) and Leading

H. Jackson Brown, Jr., wrote Life's Little Instruction Book to provide his son with wisdom he could refer to as he lived his life. In that same spirit, CAI leaders throughout the years have shared their advice and pearls of wisdom for better community association life. Here then are 130 tips to guide you and to ensure that your community association experience enhances your life and your community.

BE A GOOD HOMEOWNER

- 1. Review the covenants, conditions and restrictions (CC&Rs) and other association documents before you buy a home.
- 2. Read them again when you move in.
- 3. Pay your assessments—on time.
- 4. Attend the annual meeting.
- 5. Read the newsletter and the minutes of association meetings.
- 6. Follow the rules.
- 7. Serve on a committee.
- 8. Serve on the board or, at a minimum, attend board meetings.

- 9. Don't expect someone else to do it for you.
- 10. Help organize a community event—a food drive, holiday gift drive, or social event.
- 11. Vote in community-wide referendums.
- 12. Volunteer to serve your community.
- 13. Consider how your particular knowledge, skills, and experience can help the community.
- 14. Remember that you are a member of the community association. What is good for the association is good for you.

BE A GOOD NEIGHBOR

- 15. Curb thy dog.
- 16. Keep televisions and music at reasonable volumes.
- 17. Park in your own space(s).
- 18. Don't be a six-car family.
- 19. Take care of your property.
- 20. Help form a neighborhood watch.
- 21. Walk softly.
- 22. Share a smile with a neighbor.
- 23. Offer to lend a hand.
- 24. Welcome new neighbors into the community.
- 25. Nurture relationships.
- 26. Talk about problems. Direct conversation is more effective than sending a letter or banging on a wall.

BE A GOOD BOARD MEMBER

- 27. Serve because you care about your neighborhood, not because you have a hidden agenda.
- 28. Use CAI courses and information to learn how to run a community association and work most effectively with others in your community.
- 29. Study the documents before you enforce them.
- 30. Conduct a reserve study and update it on a regular basis.
- 31. Let the manager manage.
- 32. Focus on policies, plans, and objectives.
- 33. Communicate, communicate and communicate some more.
- 34. Seek the advice of qualified professionals.
- 35. Make decisions with the common good in mind, not self-interest.
- 36. Educate residents.
- 37. Stay on top of association management trends.
- 38. Build alignment and consensus within communities.
- 39. Anticipate and prevent conflicts.
- 40. Remember your fiduciary duty to protect, preserve, and enhance the value of the property.

BE A GOOD LEADER

- 41. Provide community leadership.
- 42. Establish and articulate goals.
- 43. Define clear expectations.
- 44. Don't put things off.

- 45. Set high standards.
- 46. Make thoughtful and timely decisions.
- 47. Do what is right, not necessarily what is popular.
- 48. Ask others for help and input.
- 49. Plan and save for the future.
- 50. Say thank you—send a note, make a call.
- 51. Say please.
- 52. Build consensus.
- 53. Be an advocate.
- 54. Encourage strategic planning.
- 55. Execute with excellence.

HAVE PRODUCTIVE MEETINGS

- 56. Distribute materials—financial reports, agenda, etc.—to board members at least a few days before board meetings.
- 57. Review this material.
- 58. Prepare a timed agenda and follow it.
- 59. Use the rules of parliamentary procedure
- 60. Don't let meetings turn into non-productive social events.
- 61. Listen.
- 62. Be polite.
- 63. Hold open meetings, where all owners can attend.
- 64. Include an open forum on your agenda.
- 65. Make sure a quorum is present.

WORK WITH COMMITTEES

- 66. Define the committee's purpose members—remember they are your future leaders.
- 68. Keep in touch with them.
- 69. Seek their opinions.
- 70. Ensure that they follow the rules of parliamentary procedure.
- 71. Work with committees to establish realistic objectives and deadlines.
- 72. Remember, committees typically offer recommendations, not solutions.
- 73. Offer them praise and acceptance. Cheer, thank, and recognize them.

DEVELOP A SUCCESSFUL BUDGET

- 74. Obtain input from owners, board members, committees, and management.
- 75. Conduct research to ensure the budget is based on accurate information and projections.
- 76. Develop a month-by-month evaluation—don't just divide by 12.
- 77. Talk with service providers and professional suppliers to estimate costs.
- 78. Be realistic.
- 79. Raise assessments when necessary, and explain clearly why this is necessary.
- 80. Communicate the budget to members in advance of the new fiscal year.
- 81. Look for ways to control expenses, but don't reduce the level or quality of services without seeking input and advising the owners.

SEEK COMPLIANCE WITH RULES AND DEED RESTRICTIONS

- 82. Give residents a voice when creating a rule.
- 83. Communicate the rules to residents.
- 84. Make rules specific and reasonable.
- 85. Review the rules—new ones may be needed, old ones may need to be discarded.
- 86. Make the first contact with violators informal and in person if possible.
- 87. Never "look the other way."
- 88. Offer compromises.
- 89. Hold a hearing.
- 90. Try arbitration or mediation.
- 91. Hold public meetings on controversial rules.
- 92. Be consistent.
- 93. Be reasonable.
- 94. Give clear and proper notice.
- 95. Practice due process.

TENANTS AND KIDS, PARKING AND PETS

- 96. Tenants are not outcasts. Involve them in the community.
- 97. Publish a tenant's handbook.
- 98. Invite children to help organize events.
- 99. Give children a place to play.
- 100. Tow cars only as a last resort, and after you have given notice.
- 101. Place parking signs where they can be seen.
- 102. Give pets a place to walk.

WORK WITH DIFFICULT PERSONALITIES

- 103. Remember, constructive criticism provides impetus to positive change.
- 104. Be diplomatic.
- 105 .Listen.
- 106 .Be interested.
- 107. Remain calm.
- 108. Work together two people cooperating are more effective than one person telling another to change.
- 109. Never complain about complainers—your words will get back to you.
- 110.Invite them to volunteer.

FOSTER COMMUNITY SPIRIT

- 111. Recruit new residents to volunteer.
- 112. Promote volunteerism as a positive experience—and make it a positive experience. www.caionline.org
- 113. Be enthusiastic.
- 114. Publicize the association's accomplishments.
- 115. Recognize volunteers.
- 116. Give awards.

- 117. Meet people.
- 118. Hold social events and "meet your neighbors" nights.
- 119. Offer motivation for serving.
- 120. Invite people to volunteer via the newsletter, in-house bulletins, and through face-to face contacts.
- 121. Print a community t-shirt.
- 122. Recognize children in the community who are on honor role, in sports, or for other special achievements.
- 123. Conduct surveys to gauge community opinion and solicit
- 124. Use email and a web site.

KNOW WHEN ITS TIME TO GO

- 125. Check your blood pressure.
- 126. If you are burned out, get out. Volunteers can offer new energy.
- 127. Make yourself available to new board members.
- 128. Continue to read the newsletter.
- 129. Pat yourself on the back.
- 130. Share the positive rewards of volunteering.

Community Associations Institute (CAI) Founded in 1973 as a multidisciplinary, nonprofit alliance serving all stakeholders in community associations, CAI is the only national organization dedicated to fostering vibrant, responsive, competent community associations. CAI is regarded as the national expert in educational programs and publications about community association governance, operations, and management. CAI's members look to us for information about educational opportunities, technologies, and better ways to run their communities. CAI has more than 15,000 members in 55 chapters throughout the United States and in several foreign countries.

We thank all members and staff, past and present, who offered pearls of wisdom reflected here. Community Associations Institute

http://www.caionline.org/info/readingroom/Publication%20Excerpt%20Library/pearls of wisd om.pdf