



The Village View

September 7, 2022

Marjenta Gray & Joan Valles, Editors

Coming Up—

- General Circle, September 12, 7pm
- Pathwork, September 25, 7pm

Serving at Sahale

While living in a Body

Marjenta Gray

I went out to Sahale to help cook for guests 2 weeks ago. I'll go again this weekend. I was nervous about going, as I hadn't stood, cooking, and doing dishes for 2 days for a large group for many years. From the early 2000s, I remembered hours of standing over vats of soup on the Sahale gas stove and chopping mounds of vegetables or fruit for crisps. I remember taking baking pans of chicken to multiple ovens because they wouldn't all fit in the one in Potlatch. There is a kind of excitement to seeing it can be done, with creative problem solving and teamwork, however large the group is. And, I am older now. My body is not as strong as it was when I did this 10 or 20 years ago. I want to help out, and my body seems to need a lot of special attention. Not so bad for someone my age, but still...



Cooking at Sahale with Catherine, 2002

On-Line News of the Goodenough Community System www.goodenough.org

American Association for the Furtherance of Community
Convocation: A Church and Ministry / Mandala Resources, Inc.
Sahale Learning Center / The EcoVillage at Sahale

I had a good time joining the kitchen crew. The camaraderie was fun. Niles and Draai were on top of what needed to be done for their respective meals. They were both good at delegating. I so appreciated younger and stronger Josh and Marley being guest chefs for Saturday's dinner. Watching them work together was like watching the choreography of a culinary ballet. They danced around each other, sometimes stopping to confer. They created a banquet of tofu, rice noodles, and jewel-colored vegetables, cooked to perfection and topped with creamy peanut sauce. There was a separate batch, sans peppers, for those who don't eat nightshades and chicken for those who must eat meat. My contribution was 2 Cuisinart bowls full of carrot-ginger dressing for the salad, a recipe Marley found on the NY Times Cooking app. It was delicious and has now been added to my recipe file. The guests seemed happy with the meal, the measure of success.

After the leftovers were put away and all the dishes were cleaned, several of us workers relaxed in chairs outside Pam and Elizabeth's Homestead Cabin, drinks in hand, laughter ringing through the valley. I've missed hanging out with community friends over the past 2½ pandemic years!

On Sunday, I did indeed feel my aging back and hips complaining at the unaccustomed exercise. I took a nap after lunch. That was fine with the bosses. I liked that we workers were looking after each other, asking, "Did you eat?" or "Why don't you sit down for a few minutes?" Each did what they could and took breaks as needed. The energy of working with other pleasant people took my mind off my body. This weekend, I am planning to make time to walk and stretch each morning, to prep my body for the physical work. I want us all to be sure to care for our bodies as collaborate in serving the Sahale guests.



Teamwork Gets it Done!

Marjenta Gray

Did you know there have been/will be back-to-back guest groups at Sahale from mid-July to mid-September? The groups taper off by the end of September, but there are still more interspersed through October. The teamwork that has gone into serving these guests has been an amazing feat.

I want to acknowledge Elizabeth for her amazing job taking on the Sahale Manager role that Colette filled since the community moved to the Sahale property. It is not a small job to take on, with client contracts to negotiate, and ten million details to order. Thank you, EJ! You have done such a great job! Thank you, Barbara, for all her work planning and helping the larger plan for all the cooking that's happened. Niles has put in an awesome amount of work and produced so many delicious meals, I'm so grateful for him taking on way more than he knew he would be asked for when he came to Sahale. Thank you, Niles! Thank you also to Draí, who is a masterful cook herself, alternating with Niles to head-up meal production and doing an awesome job. Thank you, Draí! And to the other Sahale residents who have pitched in, in so many ways, thank you so much! So many volunteers have come out to help at Sahale, I don't even know how many, but I know each one has been appreciated. And thank you to Cassie, such a bright and positive person who came up from Oregon to help through September! Joseph, Niles' friend, who came up and offered his professional chef skills, thank you! If any of you reading this want to join in on all this, please volunteer and come out for as short or long as fits into your life. Whether you are aging, like me, or strong and youthful, there are ways you can join in and you will be so appreciated! Please contact Elizabeth Jarrett with your availability, elizabeth.ann.jarrett@gmail.com.



Happy Sahale Workers last weekend: Niles Burton, Cassie Zimmerlee, Hal Smith, Marley Long, Joseph Rusinski, Deborah Cornett, Hollis Guill Ryan, Michael d'Anguerra

We Made It!

Jim Tocher

Barbara Brucker and I successfully climbed Lembert Dome 80 years after I first climbed it as a child. I had a total knee replacement in late March and I committed to the goal that five months later I would be healed enough (and in good enough shape) to climb this huge granite dome – Lembert Dome in Yosemite National Park.

In 1942, when I was six years old, my uncle Ralph became a summer-time National Park Ranger in Tuolumne Meadows in Yosemite. I got to visit my uncle and aunt and my four cousins there for 2 to 4 weeks. Tuolumne Meadows is like a huge version of Sahale with big granite domes in its meadow, located in the Yosemite high country at an elevation of 8,600 feet. The Tuolumne River flows through the Meadow which is surrounded by forests and mountains (some 13,000 feet high). Remote from the well-known Yosemite Valley (at an elevation of 4,000 feet) with its Half Dome, El Capitan and waterfalls, Tuolumne Meadows (when I was a kid) was only accessible by the very challenging Tioga Road. The Meadows were my summer playground as I was growing up. I spent time in the Meadows from kindergarten through most of my college years.



At age six, with my cousins, we climbed Lembert Dome. The Dome is 800 hundred feet above the Meadows at an elevation of 9,455 feet. Not much air at that elevation! This time around I chose to use the two mile long “gentler” trail at the eastern end of the dome which goes 2/3 of the way up through forest at about an average grade of 10%. The rest is climbing on that huge granite dome.

The trail has some relatively flat and smooth pieces, but mostly the trail requires stepping over tree roots, gravel washes, small boulders and crude stone trail steps. Every 200 yards or so I stopped and rested on a big log or a granite boulder to catch my breath.

When I was 6 years old, I scrambled barefooted up the dome. This time I had on sneakers and used hiking poles to help my balance. In 2008, when Barbara and I last climbed Lembert Dome, I was 73 years old and my balance was much better. At 86, I am a little shaky. I can no longer leap over obstacles and jump down off rocks.

But we made it. Not only was I happy (and impressed with my old body), but the younger people we met at the top were very impressed that I could get to the top.

The view at the top was magnificent (as always), the wind was ferocious, and Barbara pulled out the “champagne” and glasses and we toasted ourselves. I accomplished my goal!



Jim, after ascending Lembert Dome. Congratulations, Jim! Woo-hoo!



Toast to making it to the top!



these pics of the dome are from web pages



Mindful Mike's Blog: Community Service

Mike deAnguera

We just got done serving one community and now we are about to serve another. As we host communities we are slowly building ties with each other. We understand what friendship is because we have worked with it for over 50 years.

Oh you should have seen the dishes I have washed, the compost I have taken out! Is it possible we set a record? It feels that way.

We are investing in friendship with each other. That's the best investment anybody can make. It will make possible everything from loving relations to careers. Friendship provided me with a home I would not have had otherwise.



This bush was full of bumble bees gathering nectar from the purple flowers. Without the bees these plants would have no way to reproduce themselves. The bees are not thinking of the welfare of the plants yet they benefit the plants.

In the same way groups using Sahale benefit from their association with us. We also benefit deeply from their presence. They help connect us with the rest of the world ensuring that we will have a future. We complement each other.

Plants complementing each other are basic to food forests. We need to be aware of which plants should be planted next to each other. That's so they can benefit each other.

What communities complement ours'? We need to be aware of how we can serve each other. How can we build each other up? That's essential to building a healthy relational world.

Here you can see Cassie and Sam Staatz doing the dishes. This

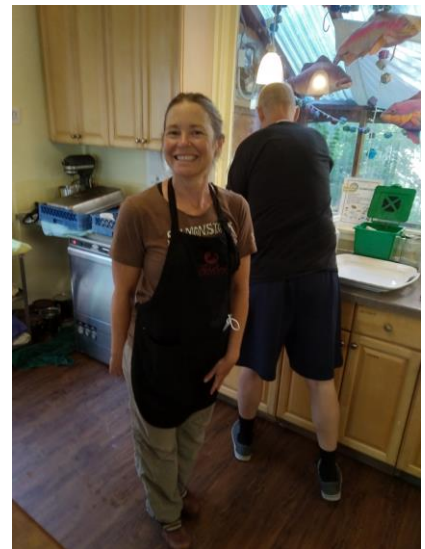
is the kind of work that strengthens our ties to each other. The business world gets us working together but can still toss any of us out the door at any moment. Security comes from a healthy relational life. Cassie is one of numerous people that have contributed to our success over the years.

We also have Joseph, a professional chef and a good friend of Niles Burton.

The work can be tiring but I can still find time to be at my tiny house to type up this article.

I still remember what John and Colette had to say about being in service to each other. The Goodenough Community enables me to see that service being rendered to real people. It is not some abstract concept.

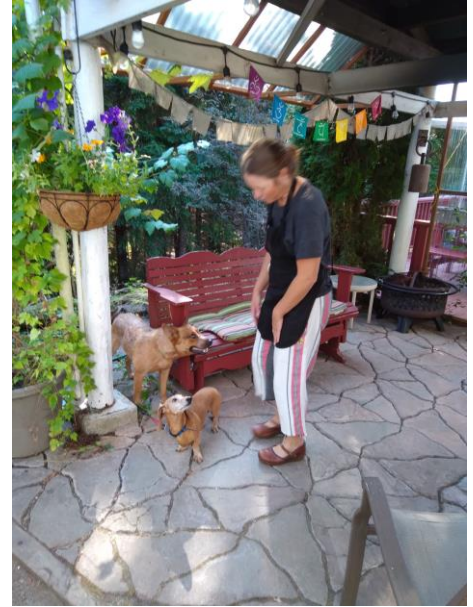
We are the answer to the increasing isolation of people and families in our society. Unlike church we offer a way of life. Without folks like us the increasing fragmentation of city life will cause more people to become homeless. Violence will increase because people don't get the training communities like



ours offer in conflict resolution. We are an open door to a better way to live. Community is the antidote to chaos.

Once upon a time tribal life offered security our culture lacks. Tribal people are not just factors of production. Our lives actually have value beyond just enabling somebody else to make a buck. We are not machines to be worn out and replaced by newer and faster models.

Here is Cassie with two doggie companions: Bernard, a herding dog, and Stretch a 14 year old dachshund. It has been a lifetime since I was able to befriend a dachshund. Cassie certainly doesn't regard her dogs as just factors of production.



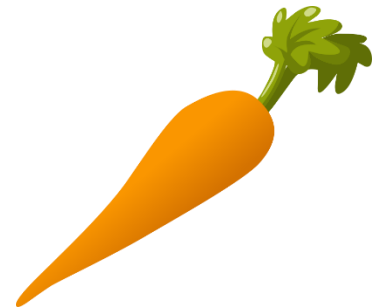
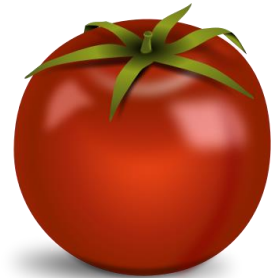
Living in the Body

Joyce Sutphen

Body is something you need in order to stay on this planet and you only get one. And no matter which one you get, it will not be satisfactory. It will not be beautiful enough, it will not be fast enough, it will not keep on for days at a time, but will pull you down into a sleepy swamp and demand apples and coffee and chocolate cake.

Body is a thing you have to carry from one day into the next. Always the same eyebrows over the same eyes in the same skin when you look in the mirror, and the same creaky knee when you get up from the floor and the same wrist under the watchband. The changes you can make are small and costly—better to leave it as it is.

Body is a thing that you have to leave eventually. You know that because you have seen others do it, others who were once like you, living inside their pile of bones and flesh, smiling at you, loving you, leaning in the doorway, talking to you for hours and then one day they are gone. No forwarding address.



Programs and Events of the Goodenough Community

Community is about adapting to change, and that has been the case with Covid 19, the pandemic, as we adapted many of our ways to connect, most of which have been held on Zoom. This has enabled people from outside our area to participate in community events. Now we are adapting to change following the death of our co-founder Colette and our need to learn from the past and look toward the future of our community.

Throughout the year we offer programs and events that help you participate in your own development, learn about relating well with others, and help you discover your potential for having a good time in life and with others. Right now we are still involved in the summer season hosting guests at Sahale. Our offerings are limited. Information about future programs and events will be found on our website: www.goodenough.org and in future Village Views.



Human Relations Laboratory, August 2023

This event was cancelled in 2022. Please look forward to Human Relations Laboratory 2023

This intense and joyous week-long event is a communal experience of personal growth and relational development within a rich culture with art, music, dance, song, drama, and more. Contact: [Elizabeth Jarrett-Jefferson](#) or [Kirsten Rohde](#)



The Goodenough Community's governing body, the General Circle

Currently meets weekly on Monday evenings, 7 PM on Zoom. Next meeting Sept. 12.

For additional information, contact [Elizabeth Jarrett-Jefferson](#)



The Women's Program is a long-established and ever-growing way for women to enjoy each other's company, learn about themselves as women, and even perhaps to experience the Divine Feminine. Stay tuned for upcoming dates.

For information, contact [Hollis Ryan](#).



The Third Age - Those age 60 and older have been gathering every other month, Friday evenings, 7 PM by Zoom. Stay tuned for upcoming dates. Contact [Kirsten Rohde](#) for more information.



The Men's Program - Our Men's Circle is an expression of brotherhood and practice, with wisdom gathered from our own lives, other men's work, advocates, and the founders of this circle. The Goodenough Men's Culture will be sponsoring and leading an inclusive gathering on October 21, 22 and 23, 2022 for the annual Take-Down of the "Big White Tent" at Sahale.

Contact: [Norm Peck](#)



Pathwork, A Program of Convocation: A Church and Ministry.

Pathwork offers a spiritual home in which to rest and to share your heart and mind as you move through these unpredictable times. Participants come together and find support and encouragement, gaining wisdom from the world's faith and wisdom traditions. All are welcome to join.

Meetings are held via Zoom on alternate Sundays: 7 to 9 PM.

Next meeting: September 25. Contact: [Brucker Brucker](#) for Zoom information.



New: Founders Day Celebration This new event is designed to celebrate our shared community life and to honor our founders, John and Colette Hoff. The first Founders Day celebration is scheduled for the weekend of April 22, 2023, at Sahale.



Work and Play Parties Throughout the Year. Traditionally, the Goodenough Community sponsors work and play parties over Memorial Day and Labor Day weekends as well as other times to express gratitude for the presence of our beloved retreat center, Sahale, and to experience the satisfaction of playing and working together.

