

"You can't deny
laughter;
when it comes, it plops down
in your favorite chair
and stays as long as it wants."

Stephen King

The Village eView

July 12, 2017
Colette Hoff, Editor

Coming Up:
Human Relations Laboratory,
August 6 to 12

Laughter is good for us!

Colette Hoff

Last Saturday, Jim Tocher gave me a short article from the AARP Magazine that he had copied. It was about the importance of laughing every day. I responded with a smile, "Thanks Jim, I needed a theme for this week's eView! This is a great theme as we prepare for our Laughter Yoga experience on **July 26 in West Seattle**. More on this event follows.

*A definition from Wikipedia, **laughter is a physical reaction in humans and some other species of primate, consisting typically of rhythmical, often audible contractions of the diaphragm and other parts of the respiratory system. It is a response to certain external or internal stimuli. Laughter can arise from such activities as being tickled,^[1] or from humorous stories or thoughts.^[2] Most commonly, it is considered a visual expression of a number of positive emotional states, such as joy, mirth, happiness, relief, etc. On some occasions, however, it may be caused by contrary emotional states such as embarrassment, apology, or confusion such as nervous laughter or courtesy laugh. Age, gender, education, language, and culture are all factors^[3] as to whether a person will experience laughter in a given situation.***

Laughter is a part of human behavior regulated by the brain, helping humans clarify their intentions in social interaction and providing an emotional context to conversations. Laughter is used as a signal for being part of a group—it signals acceptance and positive interactions with others. Laughter is sometimes seen as contagious, and the laughter of one person can itself provoke laughter from others as a positive feedback.

An article on the health benefits of laughter is also included.

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

Laugh Every Day by Sari Harrar Excerpted from the article, **What to Expect in Your 70's**

Whether you giggle politely or guffaw till your face hurts, don't miss out on a daily chuckle. Laughing can give your immune system a temporary boost, ease pain, relax arteries and offer your torso a mini-workout. In a study of people in their late 60s and early 70s, memory improved and stress levels dropped for those who watched 20 minutes of the TV show *America's Funniest Home Videos*. "Laughter is too important to have it depend on hearing a good joke," notes Jeffrey Briar, director of the Laughter Yoga Institute in Laguna Beach, Calif. Check out how to get your daily humor fix.



Try laughter yoga. With roots in India, this practice has spread across the globe via laughter clubs and online videos. Research it on the web, and take a test-drive. You can search online for a laughter-yoga club near you — or invite friends over to try out easy moves you'll find in web videos, such as waddling like a penguin as you make laughing sounds. (Hey, it

works!) "Doing laughter yoga with others has the biggest benefits," Briar asserts.

Watch a comedy tonight. Between Netflix, YouTube and free movies on cable TV, you don't have to leave the house to laugh. Pick something by a comic whom you've found hilarious in the past — whether it was Charlie Chaplin, Steve Martin or Chris Rock.

Clap along as you chant HO-HO-HA-HA-HA. Seriously. Just try it. Even better, rope your spouse, kids or a friend in. This exercise is designed to elicit some of the physical benefits of spontaneous laughter — whether you're in the mood or not. Once you start, you're bound to laugh for real, Briar says.



Laughter is the Best Medicine

The Health Benefits of Humor and Laughter

Authors: Lawrence Robinson, Melinda Smith, M.A., and Jeanne Segal, Ph.D. Last updated: April 2017.

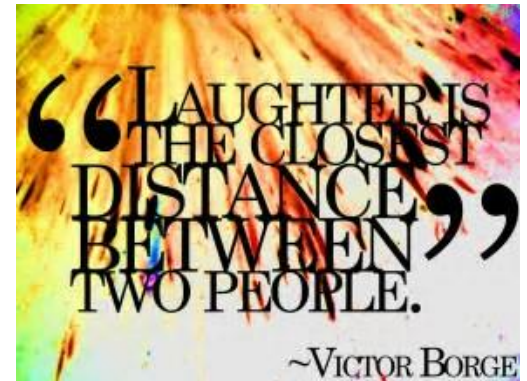
Sure, it's fun to share a good laugh. But did you know it can actually improve your health? It's true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. As children, we used to

laugh hundreds of times a day, but as adults life tends to be more serious and laughter more infrequent. By seeking out more opportunities for humor and laughter, though, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life.

Why is laughter the sweetest medicine for mind and body?

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. It also helps you to release anger and be more forgiving.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use.



Laughter is good for your health

Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter burns calories. OK, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn about 40 calories—which could be enough to lose three or four pounds over the course of a year.

Laughter
is an
instant
vacation. 😊
- Milton Berle

get more quotes at THEAILYQUOTES.COM

Laughter lightens anger's heavy load. Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

Laughter may even help you to live longer. A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.

Physical health benefits of laughter

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease

Mental health benefits of laughter

- Adds joy and zest to life
- Eases anxiety and tension
- Relieves stress
- Improves mood
- Strengthens resilience

Social benefits of laughter

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding



Laughter helps you stay mentally healthy

Laughter makes you feel good. And the good feeling that you get when you laugh remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss.

More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious—just hearing laughter primes your brain and readies you to smile and join in the fun.

The link between laughter and mental health

Laughter stops distressing emotions. You can't feel anxious, angry, or sad when you're laughing.

Laughter helps you relax and recharge. It reduces stress and increases energy, enabling you to stay focused and accomplish more.

Laughter shifts perspective, allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed and diffuse conflict.

Laughter draws you closer to others, which can have a profound effect on all aspects of your mental and emotional health.

Laughter brings people together and strengthens relationships

There's a good reason why TV sitcoms use laugh tracks: laughter is contagious. You're many times more likely to laugh around other people than when you're alone. And the more laughter you bring into your own life, the happier you and those around you will feel.

Sharing humor is half the fun—in fact, most laughter doesn't come from hearing jokes, but rather simply from spending time with friends and family. And it's this social aspect that plays such an important role in the health benefits of laughter. You can't enjoy a laugh with other people unless you take the time to really engage with them. When you care about someone enough to switch off your phone and really connect face to face, you're engaging in a process that rebalances the nervous system and puts the brakes on defensive stress responses like “fight or flight.” And if you share a laugh as well, you'll both feel happier, more positive, and more relaxed—even if you're unable to alter the stressful situation itself.



How laughing together can strengthen relationships

Shared laughter is one of the most effective tools for keeping relationships fresh and exciting. All emotional sharing builds strong and lasting relationship bonds, but sharing laughter also adds joy, vitality, and resilience. And humor is a powerful and effective way to heal resentments, disagreements, and hurts. Laughter unites people during difficult times.

Humor and playful communication strengthen our relationships by triggering positive feelings and fostering emotional connection. When we laugh with one another, a positive bond is created. This bond acts as a strong buffer against stress, disagreements, and disappointment. Using humor and laughter in relationships allows you to:

Be more spontaneous. Humor gets you out of your head and away from your troubles.

Let go of defensiveness. Laughter helps you forget resentments, judgments, criticisms, and doubts.

Release inhibitions. Your fear of holding back and holding on are set aside.

Express your true feelings. Deeply felt emotions are allowed to rise to the surface.

Use humor to resolve disagreements and tension in your relationships

Laughter is an especially powerful tool for managing conflict and reducing tension when emotions are running high. Whether with romantic partners, friends and family, or co-workers, you can learn to use humor to smooth over disagreements, lower everyone's stress level, and communicate in a way that builds up your relationships rather than breaking them down.

See: [Managing Conflicts with Humor](#)

This article continues with suggestions in how to bring more laughter into your life and tips for developing your sense of humor and how to use humor to overcome challenges and enhance your life.

Trusted guide to mental & emotional health

<https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm>



We are pleased to announce that Laraaji and Arji have accepted an invitation to attend our Human Relations Laboratory! We are guaranteed to have some good experiences laughing and receiving their many gifts. They bring a truly unique blend of yoga, meditation, use of sound and relaxation to healing and expression.

Laughter and Consciousness

We are delighted to announce that Laraaji and Arji are returning for a third performance . .

WEDNESDAY, July 26, 2017
LAUGHTER AND CONSCIOUSNESS
Yoga of Sound, Laughter, & Deep Listening
7:00 TO 9:00 p.m.

with

Laraaji NadaBrahmananda & Arji OceAnanda

It will be held at the Goodenough Community home in West Seattle. Make plans to attend and invite others – this is a unique, enjoyable, inner and outer experience easy for anyone to join in on. An RSVP would be appreciated. Please email Kirsten (krohde14@outlook.com).



Laraaji and Arji first came to the Goodenough Community in March of 2015 and presented a well-attended evening titled a Peace Garden & Laughter Yoga. Laraaji then returned in Dec. of 2016 to offer us another magical evening while in town to perform for the Standing Rock protests fund-raising events in Seattle.

Laraaji and Arji (our friend Elias' (aka Yako) mother) are again coming to Seattle for a musical performance on Saturday, July 22nd at the lovely concert venue GOOD SHEPHERD CHAPEL...located at 4649 Sunnyside Avenue in the N. Seattle, Wallingford area.

<http://www.waywardmusic.org/?p=3279>

The prior evening, Friday, July 21st, they will offer a Laughter & Sound "playshop" also in North Seattle at THE SEATTLE SOUND TEMPLE

<http://www.seattlesoundtemple.com/project/workshops/>

Given that schedule, they have offered us an evening on Wednesday, July 26th at 3610 SW Barton St., West Seattle from 7:00 TO 9:00 P.M.

This light-hearted interactive experience consists of call & response chanting, playful laughter-therapy exercises, a deep relaxation component sonically supported with celestial music and sound, and a healing meditation upon the inner nadam ... known as the universal sound current.

Come dressed comfortably and expect to have some "serious fun"!

An open-hearted donation is welcome but not necessary.

[3610 SW Barton St, West Seattle, WA](http://3610SWBartonStWA)

Email hoff@goodenough.org for more information.

"**LArAAji**" (Edward Larry Gordon) pursued his dream of becoming a Musician and humanitarian artist from a very early age in the Coastal town of Perth Amboy, New Jersey, learning to play Piano, Violin, and Trombone along with singing and performing in church and school choirs, bands and orchestras. His high school scholastic talents and enthusiasm for creating new music won him scholarships to study music at Howard University School of Fine Arts in Washington, DC during the mid 1960's .

Following 4 years at Howard, he moved to New York city to pursue a double career in comedic acting and music. During these several years of mild success in both careers he received a strong inner call to explore alternative spiritual practices including transcendental meditation, mind science, yoga-meditation, trance journeying and contemplative creativity. Eventually his lifestyle became one of devotional inner practice and creative inspiration.

During the mid 70's following an inner sound vision, he set out to create a new musical sound involving a modified 36 string AutoHarp, alternative tunings, and innovative music Electronics. This new musical expression captured the heart and stimulated the imagination of a very appreciative and warm New Age following.

He has since traveled extensively throughout the USA & internationally sharing his musical sound vision in both Solo and collaborative adventures.... many of which have been documented in classic quality recordings

Laraaji has also developed over the past 25 years his signature style of Meditative Laughter Playshops presented in a wide array of venues in the USA & abroad. Visit his blogspot <http://laraaji.blogspot.com>or, to enjoy a wonderful mini documentary on his extraordinary career, go to the VIMEO link entitled "Eternity or Bust" <http://vimeo.com/75415290>

Arji "OceAnanda" Cakouros, is a Sound Healer, Musician, Usui Reiki Master, & Dreamwork Teacher with a private counseling/healing practice based in Niskayuna, NY. Since 2008, she has enjoyed the deep joy and honour of collaborating with Blissmate Sw.Laraaji NadaBrahmananda"LArAAji"...([HTTP://LARAaji.BLOGSPOT.COM](http://LARAaji.BLOGSPOT.COM)) in many venues worldwide, offering Healing Sound events and Laughter Immersion experiences, as well as a great variety of musical performances in conjunction with other artists.

She is included in the Fall 2011 release of "That Healing Feeling", a collaborative recording made with Laraaji and Blues Control musicians Lea Cho and Russ Waterhouse, which received international attention and acclaim, resulting in an eight country tour in 2012:

http://pitchfork.com/reviews/albums/16056-frkwys-vol-8/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+PitchforkAlbumReviews+%28Pitchfork%3A+Album+Reviews%29

Arji has also served since 2009 as faculty for the annual prestigious international Sound Healers Intensive in Colorado, developed by internationally recognized Sound Healing Pioneer Jonathan Goldman (for which she and Laraaji released a highly acclaimed two Cd set entitled "Laughter & Consciousness" in 2014), as well as on the faculty for the Sacred Sounds Institute Intensive held

annually at Olympic National Park, Washington state created by the multi-talented pioneer Sound Healer Vickie Dodd.

Other releases with Laraaji include a trilogy of live concert events offered as single CDs or a 3cd set. They were recorded at DubLab in Los Angeles (Nov. 2013), the historic Bijoux Theatre in Knoxville (2014 BIG EARS festival), and most recently at the Indianapolis Museum of Art (May, 2014). Additionally, her "In a Celestial Cathedral" chant cd with accompanying drone by Laraaji, and their recent "Into the Peace Garden" July 2016 Colorado concert recording, have enjoyed an enthusiastic response.



Why choose Lab?

Whenever I am asked about the magic that explains how the annual Human Relations Laboratory has been chosen by so many people over a 48-year period, I point to a commitment among friends who value integrity and good communication. Lab is a place to work out challenges encountered in life's journey. We begin by recognizing the importance of being supported by friends on this journey. What people refer to as magic is actually a sweet reward for being open with each other. ~ John L. Hoff



Have you ever heard the old Italian saying “It takes a Village to acquire a Stove”.... well it IS TRUE!

LA NUOVA STUFA È QUI!

Noi la chiamammo "Hot Mama" e lei è una cosa di bellezza !!

TRANSLATION: *(because when announcing the arrival of the New Italian Stove, of course one must make the first joyful exclamation in Italian!!)*

THE NEW STOVE IS HERE!

We named her “Hot Mama” and she is a thing of beauty!!



The hearth was buzzing the day we anticipated the arrival of the new stove. We had everything cleared and ready to welcome our new out of town resident...the Italian-made Bertrazzoni Stove Oven.

There was a prayer of gratitude to the old oven as she was wheeled out the door...oh my, how many meals did she cook... Thank you.

We watched, with fingers crossed and held our breaths as the installers executed Cirque du Soleil-like acrobatics to guide the New Hot Mama, through narrow doors, narrow halls, around a tight corner, behind the countertops into her resting place. They were

wonderful, skillful, friendly and efficient.

The English-side of the directions were followed. The vent was installed and voila...There She was.

Have you ever heard the old Italian saying “It takes a Village to acquire a Stove”.... well it IS TRUE!



- The Board, who recognized a serious need, envisioned a plan and started the ball rolling.
- Pam for her space planning.
- Colette for her stove research and Barbara Brucker for her collaboration.
- Hal and Gary for their redesign, demolition, construction, and days of labor.

- Bruce for installing the large hood and exhaust and preparing for the backsplash to come

THANK YOU VILLAGE!

- John Schindler for muscle and willingness to do ‘whatever it takes’
- There are probably 167 other people that played roles I don’t know about...so thank you too!
- Hey, lets not forget, to thank, the people at the Bertazzoni Factory, the oldest manufacturer of stoves! Bellissima!



And of course...

THANK YOU! The many many people who have made generous contributions!

We had a “good enough start” so the stove could arrive... and now we need to grow the rest of the funds to finish paying her off...

So IF you have been thinking “Hey I sure would like to support the Stove effort” ... NOW IS THE TIME

We need you now, more than ever, to launch us over the finish line! The quickest and easiest place to donate is on our GoFund Me page. To see the campaign please visit:

www.gofundme.com/SahaleOven

It touches my heart and excites that one part of my brain to witness groups of people gathering to effect change. Boy Howdy, we sure know how to get things done!

*Earth who gives to us our food,
Sun who makes it ripe and good...*

*Dear Earth, Dear Sun, by you we live.
Our loving thanks to you we give...*

*And then our stove – Hot Mama, yes!
With grace and strength our meals you bless.*

*We sing your praise, stand at your feet –
And smile so grand to see your heat!*

Grazie mille!



Co-Creating a new Kitchen

Colette Hoff

I am so appreciative to Hal Smith and his old friend, Garry Fingar seen below. Hal and Gary enjoy working together and swap a week a year with each other. This year one of their week's was transforming the Potlatch kitchen so it could receive "Hot Mama." They installed new rolling shelves in four cabinets and put up new cupboards to reconfigure the space. They even created a space for the huge mixing bowl we use for pancakes and bread.

We also laughed a lot while they were visiting! Hal and Garry have an old friendship that is easy to join. Our community is fortunate to have such skilled friends. Thank you Garry and Hal!



A Playful Weekend

Joan Valles

The weekend of July 7-9 was a relaxed low-key weekend at Sahale, with good food, good friends, and an 82nd birthday celebration for John Hoff. Joining to celebrate with John were some friends from the Long Dance community as well as long-time Goodenough members and Sahale residents. Highlights of the birthday dinner menu Saturday were barbecued brisket and a colorful fruit pizza, decorated by Kelly Brehan. There were art projects; outdoor tasks, and plenty of quiet conversation. Leslie Norman and Jodine Hatfield were preparing for their wedding on July 29 and joined in assembling big pans of lasagna with Colette, Marjorie, and Barbara on Sunday morning. Everywhere were examples our Lab this for this summer at work: Co-creating a Meaning-full life.





Well, that was fun!

By Tod Ransdell

On Tue evening (11 July), there was an informal gathering of Goodenough Men at the home of Hollis Ryan, Hal Smith, and Tod Ransdell. Thanks to Hal and Hollis for helping me host the Men's Summer Social and BBQ.

The grill was heated up just before 6PM and I began to grill soon after. We had a lively conversation over a hearty potluck meal that covered topics of current events/politics, health and wellbeing, work life, relationships and appreciations for learning from our elders and each other.

I had a very enjoyable time hanging with my guy-friends. I really like the conviviality we generate at times like these. I look forward to the next time we are together again.



The deAnguera Blog: Laughter



Plenty of laughter around the fire pit outside of Potlatch especially on John Hoff's 82nd birthday. Oh the birthday cake! John was just served the first piece by Colette.

Laughter is good for the heart. Belly laughs are even better. Laraj and Arji have certainly taught us a lot about laughter. Laraaji helped me to see one did not need to see anything funny to start laughing. Just start laughing. We will see them both at Lab this year. Imagine having both Laraaji and Arji for a whole week! I will definitely feel spoiled.

Why do we laugh? I believe it is because laughter is the oil helping each of us deal with the absurd in life so we don't get fussed. Without it our feelings can get rigid causing major problems. Like an engine without oil. It can run for a little while but eventually seizes up and is ruined.

When I laugh, I definitely feel much better afterwards. All tension is released. Real laughter done daily can make for healthier living. My perspective changes. That is important

because I can get so worried about something that I get stuck in it. It helps to laugh one's way out.

Zorba the Greek once explained to his friend, "Life is trouble. Only death is not. To be alive is to undo your belt and look for trouble." This is the single best quote I have ever heard about life. This is where life makes the most sense to me.

So much of life seems crazy. Sort of like a dream I had riding a bus with President Bush on board. He acted like he was having a heart attack but what should have caught my attention was that the bus had no driver. How could we all be riding a bus with no driver? Why would that seem normal to me? Now I am starting to notice I have acted in similar ways throughout life. Why would I do that?

Laughter is medicine. This is why every culture has heyokas or clowns. A heyoka rides a horse backwards. The clown is a character quite apart from the person playing the role. Therefore the work of a clown is sacred.

A person's mood can quickly change after laughing at something funny. Sometimes the anger can go away. Is that why kings had court jesters?

What I can't stand is canned laughter on TV shows. Does somebody have to tell me when to laugh? Sometimes the laughter is genuine because there is a live audience. That's different.

Let's face it. All of life is a comedy. I am so much more than the character I represent in the few short years here on earth.



A true work of art on John Schindler's head. A turtle and a heart. He's got a big heart and often makes me laugh!

Community News

Rose Buchmeier is recovering well from her surgery on July 3. Rose is open to calls and visits (call first). She is feeling good and is resting well.

Birthdays and Anniversaries

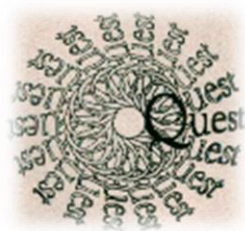
- Happy Birthday – Neale Huggins, July 11, Congratulations on reaching 87, you rock!
- Happy Birthday Hal Smith, July 15
- Happy Birthday, Bill Scott, July 16
- Happy Anniversary, Bruce and Irene Perler, July 20



“The voices in my head may not be real, but they have some good ideas!”

Old Skool

Monday - Sep 24, 2012(9:45 pm)



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.



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.

LAUGHout loud
follow your HEART
ENJOY the little things