



The Village eView

August 20, 2014

Colette Hoff, Editor

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

**Talking Things Through . . .
. . . Sometimes A Drama,
Sometimes A Dance . . .**

August 23, XV Cancerversary, Mercer Island
August 29-September 1, Labor Day weekend at Sahale
September 12 to 14, Couples Weekend, Sahale

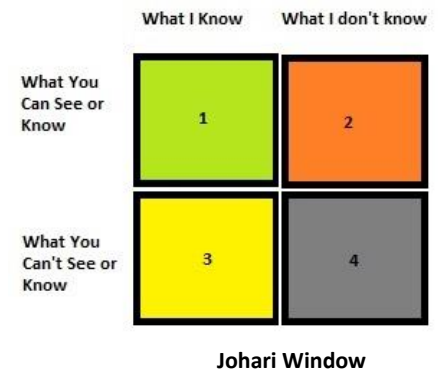
Postcards from HRL 2014

This year's Lab got off to a good start for me with a meaningful Monday morning ritual that we all designed to help us join together and to support our personal intentions for the week. Sometimes I've participated in similar rituals and realized when it was completed that I hadn't stayed present or had become distracted by random thoughts that took me away from my intention. This time, I decided that I really wanted to make this ritual very real for me. Inwardly I *begged* to be released from negativity, to be present to the best of life, not all the troubles.

What I liked about this experience on Monday was that we all planned the ritual and then participated in it. Three groups formed: one to provide an exit from the tent where we were meeting, one to guide us during a walk outside the tent, and the third group, in which I participated, to create an entrance back into the tent. The ritual was conceived of as a crossing over a river to get to a place where we each were changed by the passage. All three groups created a unique experience for each step of our ritual journey. Our group created a ceremonial entry with water, a sacred cornmeal path to the new entrance, and a song taught to us by Dyanne Harshman about crossing the river. With each group having about ten minutes to plan their part of the ritual it was an exercise in joining as a group, having fun being creative, and still coming up with an agreement for our part of the ritual – all in a very brief period of time. With the limited time we created an experience that used objects we found to create symbolic representations of the journey in which we were leading each other. I believe that joining to create the ritual helped make it that much more real to us.

My intention for myself was to let go of grievances, grudges, and compulsive thinking – all inner processes that get in the way of being present, open, and having fun really. As I walked out of the tent and around slowly to the other side, I laid all these distractions and negativity aside. The ritual worked for me. My week was truly filled with happiness, laughter, openness, and intention to relate well. My mind gave up its habit of forever thinking unhelpful thoughts. When I caught myself falling into old behaviors, I was able to see it and make amends with my friends. It always seems to be true each year: this Lab was the best yet. I'm grateful for the power of ritual and for all of us who came together with the intention to learn about being good people and good to each other. – **Kirsten Rohde**

The work of revealing the hidden areas of my life has always been very challenging work for me, particularly the areas I have heavily protected and avoided. The “pain of awareness” is at times very disorienting. For me, this Lab was no exception. Again I have circled around to dealing with expression of my Anger, in both good and not-so-good ways. As my small group assignment and consult with John, I am in a process of interviewing my friends to get a better characterization of what my anger looks like in the relational world between us and how my “slippery” expression impacts how our relationship functions. I appreciated the beginning process of exiting where I was and re-entering my life in a new way. It gave me a chance to begin again. I want to be a better friend. It feels good to have this chance for a “fresh start”. –**Tod Ransdell**



Dear Lab 2014 Friends,



It's just been two days since Lab 2014 closed and although I still feel the deep connections and authentic work of it, the energy high has begun to lessen. I've come to expect and understand this as my subjective experience of the joined community of the week and the way the relating of the whole buoys me up in a very noticeable way. In years past I've reacted negatively to this easing down from the energy surfing of lab so, its good for me to choose to respond rather than react with extra self care; gentle walks, good food, lots of water, extra sleep, and reaching to stay connected.

I'm so appreciative for a very fine Lab this year and for the work and leadership of John and Colette Hoff. Thank you for your craft, your loving care, and your careful application and passing on the Lab Model we use together to create this amazing experience for human growth, healing and celebration of life! –**Bruce Perler**

Dear Friends,
Wish you were here.
No, that's not right ...

Dear Friends,
Wish I were there.

No, that's not quite right, either ...
Dear Friends,

I wish **you** were here.
Not quite right, but better ...

Dear Friends,

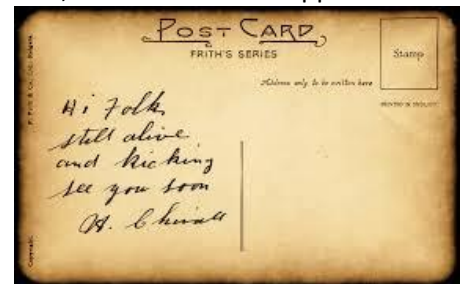
I am so glad that **we** are here, together!
Because, indeed, I have brought you all home with me. I have brought Lab home with me, and the personal expansion I experienced, and the friendships I am developing with you.

One of my favorite memories of Lab 2014 was the last evening together, as we shared our appreciation and our growth with each other, using personal statements, skits, baking, and other expressions. I warmed as each of you spoke or sang or played or danced, and I recognized the ways in which I know you now, compared to how I knew you at our first Lab circle gathering.

It continues to astound me how deeply I can get to know people at Lab. I may not know your last name, or what you do for a living, or even what city you live in, but I learn about how you function inside me, and often I learn at least a little about your experience of me. I begin to drop my assumptions about who you are, and begin to allow your essence to become visible to me. In my eyes, you begin to look different, and in my heart, you begin to live differently. All of this can happen without much conversation, as I shift from having an attitude about who you must be, and instead observe you with kindness and openness.

Thank you for sharing yourself with me. I am all the richer for knowing you.

Love to you from the road, **Hollis Ryan**



**Douglas
DeMers**

*five seven five beat
haiku forms slowly in mind
postcard sent from Road*

*small groups meet often
opening and deepening
new feelings daily*

*like Autumn leaves fall
minds empty and bodies stretch
thank you Bill and Bruce*

*white tent and small groups
Carl Rogers must be smiling
joining connection*

*moon quietly wanes
something felt behind the wind
tent is very wet*

*late night at the Swamp
Red Rooster finds the mashpile
breakfast is delayed*

*children are well held
thanks Ari, Mari, Sadie
smoothly running Lab*

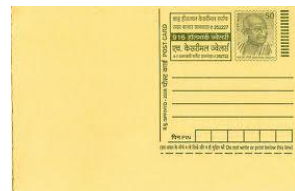
*garden offers bounty
kitchen creates tasty food
bellies are content*

*haunting music flows
m'bira and marimba
bring cups to the well*

Dear Friends,

It was strange not having my partner Barbara Brucker with me during Lab. I did call her twice every day, but that is not the same as being with her. I felt deeply the disappointment that she could not get out of the hospital to be with us at Sahale; however, most of the week I paid attention to my personal work and feel good about what I accomplished. PS. Barbara was released on Sunday, so it has been wonderful having her home.

- **Jim Tocher**



Metaphorically, I'm the cobbler whose kids have no shoes. In real life I'm the children's clinic couples counselor whose marriage of 17 years suffers from neglect. Lab 2014 offered me and my relationship (1) a living-room full of genuinely caring couples, (2) Colette, an eloquent and masterful couples teacher and coach and (3) a space in the center of the room for Nan and me to receive Colette's guidance in talking through a tender and wounded place in our relationship.

Lab 2014 was a live, experiential clinical training in talking through relational difficulties within a multi-cultural, multi-generational, multi-gifted community. The work and practice of that is invaluable to me personally and professionally. Thank you, Colette and John.

ps. I woke up the day after Lab with Key and Peele's Obama Shutdown skit running in my head. <http://www.cc.com/video-clips/rto7zx/key-and-peelee-obama-shutdown> I think I needed a good socio-economic couples-work chuckle, which I got. **Bill Scott**

Marimba Dance Party

OR

How to leave the continent without leaving Lab

This year, toward the end of the Lab week, long-time friend and musical diva Dyanne Harshman brought her friends of Sarungano to play for the Lab. The start was slow and gentle with Mbira tunes and beautiful harmonies charming and soothing us as we listened. About 30 mins into their performance the energy gently shifted from soothing to driving dance rhythms. Wow, what fun!



What a wonderful and festive way to enjoy a taste of Dyanne's life with her Zimbabwe musical group. Thank you so much!! **Bruce Perler**

Lab of Love Words by Yako and Boyd, HRL 2014

There's something happenin' here,
What it is – is becoming clear,
People circlin' round,
With so much friendship to be found

Chorus:

Hey, now, what's that sound,
We're all connected in and out,
Love now and open up,
Come to the well and fill your cup.

There's people speakin' their minds,
Making the change to better mankind,
We're all talkin' things through,
Goodenough is the place for me and you.

(Chorus)

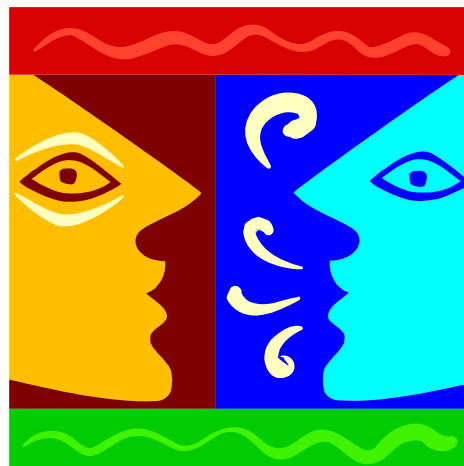
Friendship flowers in me,
Into your life it will seed,
It starts when you're always alone,
You've come to Sahale – and now you're home

(Chorus)

(2x):

All you people sittin' there,

Join together and fill the air "with love!"



ALL WE CAN DO IS SHARE OURSELVES



by Panache Desai

This article submitted by Bill Kohlmeier is fitting for the importance of *Talking Things Through*. Editor

So many of us believe that we have to do something. We have to take action in order to make a difference in the world. We must have a higher purpose, a mission, a profound calling. And while action certainly has its place, it's really "how we are" in the world that makes the difference.

Consider this: if you are at peace with yourself, you are already making a difference. We can donate money, or send aid, or volunteer at a shelter, but the first thing we must do is take responsibility and stock of our own path of consciousness. If we come into harmony with ourselves and vibrate from that out into the world, we are the de facto change.

It's not about the magnitude. It's not about the grand nature of the contribution externally. If we gather up all the parts of ourselves and love them, that love becomes contagious. The ripple effect of this kind of energy is tremendous -- in some ways more profound than all the external contributions that have ever been made. Because the more we are at peace with ourselves, the more our collective energy will shift, and anything that stands in the way of peace and tranquility will have no choice but to end or dissolve.

That's all there is left to do. Once we have embraced all that we are, once we've come into a place of peace, all we can do is share ourselves. Give ourselves away. Give ourselves to as many people as possible. We will no longer be seeking to become complete by rescuing others, because we will realize that we are already complete. Then, love is the only thing left.

Tonight, as we turn out the lights, let us know that a day will come when we will be called into contribution. We will know when it happens. We will recognize it. We won't wonder if we should or shouldn't, nor will we question our motives. We will simply -- with grace and dignity, and fullness of heart -- do what needs to be done.

Panache Desai is a British spiritual teacher, healer and author.



A Workshop for Couples: Friendship and Fun . . .

September 12 to 14, 2014

John and Colette Hoff

There have been several studies of relationship that were done in the last 10 years and they draw a similar conclusion:

- Long-lived relationships value most the friendship that has grown.
- Friendship is defined partly by the ease with which partners live with each other, and partly by the thoughtfulness with which partners tend to each other's needs.

We are developing a weekend for couples with help from the Perlors and some other couples that will be attending. We have decided to encourage couples **to focus on strengthening their friendship and learning how to work together as partners who bring important but different gifts to the relationship.**

In our 34 years of marriage we have also worked together coaching people to be friends and married people to be more effective partners. The couples who have been rearing children tell us they receive complements from their children on the way they work well with each other. These children parents acknowledge they are learning how to be friends with each other. So we are focusing on the specific intentions and the practical agreements that make marriage and family and friendships work.

There is always a lot of value in practicing together and noticing how the same skills are practiced by different personalities and in a variety of situations. We are convinced that trying harder doesn't help as much as consciously developing skills. Could **your** relationship use a tune-up and some support from others?

Preparing for This Workshop

Couples have always indicated to us that they have a certain amount of apprehension in coming to a couples workshop. We suggest that you use this energy wisely preparing together to get some of the work you need to do – **done!** Here are suggestions.

To help this workshop meet your specific needs:

1. **Together**, set aside an hour (not more) to **identify the trouble spots in your relationship.**
2. **Individually**, reflect on what you could **do** to improve your effectiveness and enjoyment your relationship. That is, **state your intentions to individually improve your relationship.**
3. Individually, write a brief note to each other that **promises to do your part** to make this relationship workshop effective for you both.
4. Discuss **together** some of the **songs that you have been mutually enjoyed** and be prepared to share them.



What You Can Expect at This Workshop

This workshop will be held at Sahale Learning Center, a beautiful setting at the tip of the Kitsap peninsula on the Tahuya River about a mile from Hood Canal. You will be able to hike and get some exercise. You will also be paired with another couple or two where you can practice and be observed and receive feedback. You will also have several **sessions together as a couple** when you practice skills and explore ideas alone and together. We will be sharing bountiful meals and will have opportunities to socialize as a group.

Cost: The cost of the weekend is \$350 per couple which includes room and board as well as learning materials.



Labor Day Weekend at Sahale, Friday August 29 to Monday September.



All are welcome to come play, pick blackberries, fell trees and enjoy the Swamp. Please email Colette at hoff@goodenough.org to register when you will be arriving, when you will be leaving, and how many in your party. As always, snacks and beverages to share are most appreciated.

*Complaining as well as fault finding and reactivity
strengthen the ego's sense of boundary and separateness
on which its survival depends.*

*But they also strengthen the ego in another way
by giving it a feeling of superiority on which it thrives.
It may not be immediately apparent how complaining,
say, about a traffic jam, about politicians,
about the "greedy wealthy" or the "lazy unemployed,"
or your colleagues or ex-spouse, men or women,
can give you a sense of superiority.*

Here is why.

*When you complain, by implication you are right
and the person or situation you complain about
or react against is wrong.*

*There is nothing that strengthens the ego more
than being right.*

*Being right is identification with a mental position—
a perspective, an opinion, a judgment, a story.
For you to be right, of course,
you need someone else to be wrong.
And so the ego loves to make wrong in order to be right.
In other words: You need to make others wrong
in order to get a stronger sense of who you are.
Not only a person, but also a situation can be made wrong
through complaining and reactivity,
which always implies that "this should not be happening."
Being right places you in a position
of imagined moral superiority
in relation to the person or situation that is being judged
and found wanting.
It is that sense of superiority the ego craves
and through which it enhances itself.*

*~Eckhart Tolle
(1948 to pres., German Philosopher and Mystic)*

Community Watchcare:

News from Barb (Barbara Brucker)

CaringBridge

By [Barbara Brucker](#) —

So yesterday was the long awaited MRI. I did have the MRI. Unfortunately, they couldn't do the part using contrast because my kidney function is still not good enough for it to be safe. Based on the MRI, it appears that the chemo is doing what they want it to do and the tumor is not growing. We need another MRI with contrast to really know and that will happen after my next round of chemo.



With my kidney function compromised I am being monitored closely by the docs. My methotrexate level on Sunday when I was discharged was 0.4. They drew a methotrexate level at the outpatient lab yesterday and the level had gone up to 0.5 - which is not good. Don't want it to go up. My outpatient meds have been adjusted and I am supposed to drink two gallons of water/day (5 - 6 24oz water bottles worth). I will have another methotrexate level drawn on Thursday. The sluggish kidneys are having trouble clearing the methotrexate.

The goal now is to get my kidneys back online so that I can have another round of methotrexate

followed by an MRI - ideally on September 2. Right now the priority is the kidneys, and we are all frustrated by how long it's taking. Meanwhile, I am continuing to be challenged to go with the flow. Amazing how difficult it is.

As a distraction to all the medical stuff, I am looking forward to going out to Sahale with Jim tomorrow and returning on Thursday. It's a very simple thing however I am really looking forward to spending even one night in our tent. I enjoy sleeping in it and looking out at the lights on the Buddha at night. It's always one of my great pleasures during lab (which I totally missed with my last hospitalization's endless extensions). The processing of my 2 gallons of water should be entertaining during the night, and it will be worth it. I'll have another blood draw on Thursday, and am hoping for improved kidney function and a decreased methotrexate level.

Throughout all of this my physical abilities remain strong. Went to Snoqualmie Falls today and hiked most of the way to the bottom before it turned out that I needed to turn around before reaching my target. The occasion for the turnaround was to assure that I got back to town to pick up a prescription before the Swedish outpatient pharmacy closed. I needed to go to that pharmacy because my usual pharmacy did not have the prescribed medication in stock. It felt good to get out in nature for a bit, and it was hard to cut my hike short. This is what it's like to live in a body that behaves healthily but has a serious medical issue. It would be infinitely worse to feel lousy all the time so I truly am thankful. I also am frustrated because right now I am often unable to do what I want due to medical concerns. I continue to live in the belief that things will get better - it's the getting there that's a challenge! Stay strong and carry on

We are saddened by the following two announcements:

Dear Collette and Goodenough Community,

Forwarding this information to you. Our dearly departed sister worked very closely with Fred Jameson, Beaver Chief and you probably know her from that work, and perhaps other work as well. Please feel free to contact me for any more information as needed.

Sincerely,

SiSwinKlae, Laurel Boucher (206)-777-5258

Anita Karin Fisk 1948-2014 **Memorial Service Saturday, September 6**

Anita Fisk, a long-time resident of Seattle, passed over July 25, 2014.

Her memorial service will begin at noon Saturday September 6 at Interfaith Community Sanctuary, 1763 NW 62nd Street, Seattle 98107.

The memorial will follow the Si Si Wiss tradition. The medicine circle will be facilitated by SiSwinKlae, Laurel Boucher. There will be time for songs, prayers and sharing. Drums, rattles and bells welcome.

Preceding the circle will be a **noon meal** where all are invited to bring food to share at the potluck lunch. The family will bring some of Anita's favorite foods. Messages to the family can be posted at Anita's Facebook page <https://www.facebook.com/anita.fisk.5>

Donations will be gladly accepted by the Interfaith Community Sanctuary for use of the space.

Volunteers are needed for hosting, setup, kitchen, and cleanup. If you feel called to help, please contact Anita's son Alex West at alxfwest@yahoo.com or Laurel Boucher at toucheboucher@gmail.com

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Interfaith Community Sanctuary
1763 NW 62nd Street
Seattle, WA 98017
<http://interfaithcommunitysanctuary.org/>



Memorial Service for Susan Chiat

(This announcement was sent out by Women of Wisdom. Susan attended a Goodenough Women's weekend a few years ago. She was a lovely woman and will be missed. editor)

Susan Chiat was our very first board president for Women of Wisdom Foundation and contributed her wonderful gifts to our first three years of developing the organization and creating our programs. We honor her for her grace and beauty and friendship.

Susan passed from this life with Peace and Grace ... please join us in celebrating the beauty, joy, and many accomplishments of her life.

The service will be held in the church sanctuary at East Shore Unitarian Church in Bellevue with a reception immediately following the service in Spring Hall (also at East Shore Unitarian Church).

Please bring your favorite photos of Susan and share in the richness of her many communities.



The deAnguera Blog: Lab 2014 – The Village



To me this year's Lab was about The Village. That's the image sticking firmly in my mind ever since Dyanne Harshman introduced us to Zimbabwean songs along with her group Sarungano. They played for us on the mbira as well as other African instruments. Dyanne had us imagining gathering around a village well where the water was.

The mbira and African songs really opened up a connection to my heart. I had tears in my eyes. I was convinced that this was how life was meant to be lived. People sharing the harvest together along with their music. For over 95% of the time people have lived on this planet we have lived in tribes. The idea that we should live apart in huge cities is only a very recent development and not necessarily a healthy one.

When Sarungano started playing we began dancing. It felt so right to do so. I bounded around the dance floor. You can see me in the left hand picture dancing with Kirsten. I included this picture because I can get so self conscious about images of myself. Not really sure why. I mention this because one of the things we all worked on was learning to be more self accepting.

To live in a village means to be able to work as a village. This requires us to be able to talk things through. Conflict is inevitable in any group of people. This Lab was about talking things through – skills we needed to work through any conflicts. This helps lay the foundation for cooperative culture.

Our small groups gave all of us practice in learning how to relate with each other even in tough times.

As I work together with my other group members I can become more confident in the choices I make in my life. We can help each other make better choices.

In order for me to make better choices, I have to know myself deeply. Otherwise my waking life resembles my dream life where I am not conscious in any of the choices I make.

When I make my choices based on my fears, the outcome is rarely pleasant as I have learned. I am also not a trustworthy person who cannot help with any collective decisions.

Authorities don't want us making important decisions on our own because they are afraid we might no longer need them. They have us making their decisions because they are 'better' than us. This is how we give away our power. After a while we no longer remember how to feed and clothe ourselves let alone help our neighbors. We put our elders into old people's homes.

I remember Kathy Rado and her partner Renee sharing the wisdom of their Alaska Native culture with us. They didn't see us taking care of our elders like we should. That was a reminding we needed from them.

When the tribe is gone, we are easy to manipulate and control. We can be used up and thrown away with no complaints.

Sarungano came to us from Whidbey Island and they had to go back that evening along with Dyanne. They hated to go and we hated to see them leave. Here I should point out that some traditional cultures have no word for 'goodbye'. In a sense we are always together even if we happen to be apart.



Here's a group of Jenga gamers including Bill Scott, Bruce Perler, and Irene Perler in extreme suspense. One of many exciting diversions available in the Swamp.



Community Watchcare: ***Cancerversary Fifteen, August 23!***

From Hollis Ryan

I am so happy to forward to you Sam's (Staatz) "save the date" invitation (**August 23**) to **Cancerversary XV**. Yes, that is Cancerversary Fifteen!

When I look back 15 years to the summer of 1999, so many memories and so many feelings wash over me. Chief among them is deep gratitude for our good fortune. After all, Sam's prognosis was grim. At Cancerversary I, we were not expecting to be able to celebrate Cancerversary II.

I am grateful, too, for the many new friendships formed because of Sam's cancer. We joined the University of Washington Medical Center's Brain Tumor Support Group, and entered an entirely new set of relationships. Sadly, some of those friendships have ended with the passing of our friends, and I pause to remember them and to send warm thoughts to their families. And quite a number of these friendships have survived and endured for many years, and I celebrate them!

Many, many good things have grown from what at first seemed like a horrible experience with no possible good outcome. We have, as I say, new friends. I have found a satisfying career based on my experience as Sam's caregiver. Each of us has experienced personal growth and deepening. Our own relationships within our extended family have been renewed and refreshed and strengthened. The list goes on.

And so, as Cancerversary XV approaches, I feel reflective. And ... I feel like celebrating! I hope that you will join the festivities. Even if you cannot join us in person, I hope that from a distance you will celebrate with us. It is indeed a joyous and grand occasion.

With love, Hollis

And a message from Sam:

My brain tumor turns 15. I need all the wiggly bits on both hands and one foot to count that high, so that's worth a party. And not just any old party. Cancerversary XV. That's what. What's that mean, you ask? Well, for now all you need do is mark **Saturday, August 23** on your calendar. And plan to be here on that day. Stay tuned; more details will follow on a more appropriate date.

Sam Staatz

P.O. Box 28670

Seattle, WA 98118-8670

staatzs@comcast.net h (206) 568-8678 –c (206) 550-5932



EVENTS OF INTEREST



Take a simple survey and help with an Oxford University study!

A research project from masters student, Sarah Boone

Please spread the invitation to anyone you can...Sarah is trying to get over 200 responses to the survey in the next month.

Dear Community Member,

For those of you who may not know me, my name is Sarah Boone and I am an alumna from the University of Washington and a current graduate student at the University of Oxford. (I am also Bruce and Irene Perler's daughter.) I am writing now because I am conducting some exciting new research on water conservation in your area, and would like to invite residents in your neighborhood to participate. This research involves a short online survey (less than 10 min!) that looks at how a number of different factors influence our use and conservation of water. Research like this is important as it gives academics and policy-makers insight into how to manage our resources more sustainably and how to improve services in your community. This study meets the highest standards of ethics for participatory research as set by the University of Oxford. Also, all answers to the survey questions are completely anonymous. I have attached more information about myself and the study to this email if you would like to know more.

To participate in this study, you and your friends/neighbors can simply follow this public link:

<https://research.socialsci.com/s/seattlewaterconservation>

(Note: If you are like me and never click on links in emails, then just type this URL into your browser.)

After participating in this study would you be willing to forward this email to people in your community? Thank you very much for supporting this important work! As a fellow Seattleite, I hope that through this research we can help improve decision-making about water and our stewardship of this precious resource.

Please feel free to email me with any questions or comments!

Kind regards,

Sarah Boone

MSc Student in Water Science, Policy and Management
School of Geography and the Environment
University of Oxford, United Kingdom
sarah.boone@bnc.ox.ac.uk / +44 (746) 221 8182



[view email in browser](#)



The NW Permaculture Convergence Board is happy to announce a new partnership (umbrellad-er-ship) for the 2014 season. We encourage all our members to attend the [Whatcom Skillshare Faire](#) happening August 23-24 outside of Bellingham. We will have a 'Permaculture' area of the fair and on Sunday morning will hold our annual meeting there.

The Skillshare is a project of Transition Whatcom, and the worldwide Transition movement began with a Permaculture course!

[Registration happens through the Faire](#) and we are able to offer a discounted meal plan for members ([see below](#)).

Or, if you're a woman, see you at the [West Coast Women's Permaculture Gathering](#) happening **September 18 to 21** in Washington.

Camp Hamilton is located near Monroe, Washington and provides groups the perfect opportunity to retreat into the woods. Camp Hamilton's natural beauty contains 570 acres of forest, 80 acre Lake Hannon and trails throughout the extensive property. Bunk/dormitory style facilities are heated and have restrooms and showers nearby. They serve home cooked, family-style meals in a cozy dining hall.

Or, if you'd like to converge with the whole western hemisphere, see you at the [North American Convergence](#) (link)



Harmony Park is a beautiful 40-acre outdoor events venue and budding permaculture demonstration site with a gorgeous lake.

This is a historic event you won't want to miss! The NAPC includes workshops for all levels and ages, open panels, as well as super-fun, hands-on activities and a design implementation that will leave the site better than when we arrived (sometimes you just need to put your hands in soil). And there's more! Before and after the NAPC, there will be urban and rural site tours plus multiple-day workshop intensives led by some of North America's most respected permaculturists like Toby Hemenway, Jude Hobbs and Mark Shepard. Practitioners and designers from rich, diverse backgrounds—urban and rural, young and old, men and women—will impart their wisdom and expertise. There's so much to learn and share! **The North American Permaculture Convergence will help to connect and advance North American networks of permaculture practitioners. The NAPC will also create opportunities for in-person and virtual connections, sharing resources and defining the structure, function and organization of our collective groups moving forward.**

This very first North American Permaculture Convergence offers a special opportunity to meet up to 1,000 permaculture movers and shakers from across North America to share our successes and strategize how to create a permaculture future. Permaculture pioneers, authors, teachers, organizers, consultants, visionaries and farmers getting together to talk story and build symbiotic relationships.

EVERY PERMACULTURIST IN NORTH AMERICA IS INVITED! Old and young, Experienced and novice. The NAPC is a historic moment. It marks the cusp of a new era, the turning of the wheel, the passing of the guard. Be a part of this historic event.

This is a meeting of the minds. This is a gathering of the experts.

(Remember Sahale hosted the first NW Permaculture convergence, Editor)

We are very pleased to announce:

The Inland Northwest Permaculture Guild's 2014 Convergence: **"Back to the Roots"**

at the beautiful Heartsong Retreat Center

7034 Hwy 291, Tumtum, WA

(between mile markers 24 and 25)

Four days! Thursday through Sunday, Sept. 11, 12, 13, and 14.

Contact us: zone1@inlandnorthwestpermaculture.com

509-725-0712

Why are we doing this? For *fun*; for the *value* of coming together as a group; to *deepen* our understanding of permaculture principals and practice; to facilitate a *sacred* honoring of the land and it's marvelous multiple inhabitants with its glorious varied species; to maintain and reinforce our regional *interconnectedness*; to develop a *core* of individuals that the community can depend on as the necessity of implementing permaculture *solutions* becomes more dire; to *nurture* a lasting relationship with the Heartsong Center as an on-going venue for permaculture-related activities; so that we can express our *love for Earth* and the global picture by accomplishing as much as possible in our short time together and laying the groundwork for productive work *for many years to come*.



[>>> Register Now! <<<](#)

(Please pre-register as we need to know the number of people attending)

[>>> Apply as a Presenter and/or Trading Circle Booth <<<](#)

This year, we are trying a more "Do-It-Yourself" approach to organizing our annual gathering. The richness of our collective experience will be enhanced by the active participation of attendees who share their talents and gifts with the group.

[>>> Become a Convergence Sponsor <<<](#)

The Heartsong Center is in a beautiful setting just 20 miles northwest of Spokane. Heartsong abuts a large, wooded park with nature trails and a lake. The center itself has ample meadows for car camping and RVs, wooded hideaways and grassy grottoes for tent camping, space for a Daily Trade Circle (which will be something along the lines of a barter fair/farmers' market/trade show), outdoor demonstration areas, some indoor lodging options, a sauna, showers and ample parking. [Have a look at pictures of Heartsong.](#)

There is a large main building that houses a good sized, commercial-style kitchen, a large upstairs meeting room (can seat 60 people and shared floor space for sleeping-- bedding and personal belongings put away or set aside during the day), a downstairs meeting space that can be used as a breakout area or small workshop space, a large, shaded outdoor porch useful as a meeting/workshop space and a shower (there's another shower available in an outbuilding).

There will be a large, "big top" tent we'll use for multiple purposes. There is a house on the property that is known as the Women's Lodge that can house 8 to 11 women. There is a yurt available for lodging. It is a shared floor space indoor sleeping area. There is a small cabin that can house up to six in a shared sleeping space that is reserved for seniors or special needs attendees.

There is a small, wood-fired sauna with a pond adjacent to it that is available for use. All attendees are encouraged to bring firewood for a community fire circle as well as for the sauna.

A short walk up the driveway takes you to a scenic lake called Red Lake that has good swimming or canoeing/kayaking (bring your own boat). Children must be closely supervised and must wear life-vest when in a boat.

Admission will be by donation with a suggested donation of \$40 (except for work traders). No one will be turned away for lack of funds. Everyone will be expected to sign up for a minimum of one hour of volunteer work during the event.

Pre-registration is strongly encouraged! [Register now!](#)

If you would like to sign up for work trade, please sign up [HERE](#). Please sign up by Aug. 20.

We invite you to [share what you know](#) at the Convergence, whether as a workshop presenter, hands-on project coordinator/teacher, demonstration presenter, artist and/or a trader/artist/artisan/producer/grower/abler at the Daily Trading Circle. Please describe what you would like to offer on our website before August 31 so that we can review your presenter applications and add you to the Convergence schedule. All presenters are encouraged to bring their own canopies. Apply to present [HERE](#). Apply for a booth in the Trading Circle [HERE](#).





Bit O'Post Lab

Elizabeth Jarrett-Jefferson

On Talking Things Through

I'm very cerebral. I like to think things through.

Liz Phair quotes

"When you don't talk, there's a lot of stuff that ends up not getting said."

— [Catherine Gilbert Murdock](#), [Dairy Queen](#)

"For millions of years, mankind lived just like the animals. Then something happened which unleashed the power of our imagination. We learned to talk and we learned to listen. Speech has allowed the communication of ideas, enabling human beings to work together to build the impossible. Mankind's greatest achievements have come about by talking, and its greatest failures by not talking. It doesn't have to be like this. Our greatest hopes could become reality in the future. With the technology at our disposal, the possibilities are unbounded. All we need to do is make sure we keep talking."

— [Stephen Hawking](#)

"You gotta be careful: don't say a word to nobody about nothing anytime ever."

— [Johnny Depp](#)

"I hated talking, and I hated listening to everyone else stumble on their words and try to phrase things in the vaguest possible way so they wouldn't sound dumb."

— [John Green](#), [Looking for Alaska](#)

"When I get ready to talk to people, I spend two thirds of the time thinking what they want to hear and one third thinking about what I want to say."

— [Abraham Lincoln](#)

"When you give yourself permission to communicate what matters to you in every situation you will have peace despite rejection or disapproval. Putting a voice to your soul helps you to let go of the negative energy of fear and regret."

— [Shannon L. Alder](#)

"Did your mom ever tell you, 'If you can't say something nice, don't say anything'? She was right—and talking nicely also applies when you're talking to yourself, even inside your head. (339)"

— [Victoria Moran](#), [Younger by the Day: 365 Ways to Rejuvenate Your Body and Revitalize Your Spirit](#)

"I knew people were talking, but I wasn't listening. I wasn't interested in anything anyone had to say."

— [Michael Thomas Ford](#), [Suicide Notes](#)

"We have two ears and one mouth and we should use them proportionally."

— [Susan Cain](#), [Quiet: The Power of Introverts in a World That Can't Stop Talking](#)

"Even though friends say they are interested in your life, they never really want to talk about you as much as you want them to. (68)"

— [Charise Mericle Harper](#), [Flashcards of My Life](#)

"No matter what we talk about, we are talking about ourselves"

— [Hugh Prather](#), [I Touch the Earth, the Earth Touches Me](#)



The Goodenough Community:

Cultural Programs & Events in 2014

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 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.

Third Age Gatherings

Joan Valles

"Old age is ready to undertake tasks that youth shirked because they would take too long." W. Somerset Maugham



The Third Age group is for older adults, approximately age 60 and up, who are interested in exploring the issues of living well while aging, and supporting each other in this "third stage" of life. Call Joan Valles for more information at 206 763 2258, or email me at joanvalles70@yahoo.com

“The value of old age depends upon the person who reaches it. To some men of early performance it is useless. To others, who are late to develop, it just enables them to finish the job.”
--Thomas Hardy

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 along “the road less traveled.”

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.

Human Relations Laboratory
August 9 to 15, 2014

The best event to experience the Goodenough Community!



Seven Fun-filled Days of Social Creativity & Experiential
Learning about Friendship and Effective Relationship

Sahale Learning Center

A 68-acre retreat on Kitsap Peninsula

Family Enrichment Network Parent Group

If you are interested in developing a supportive parent circle for study and conversation about family life, to begin this fall, please contact *Irene Perler* at 206-419-3477 **or email**

irene_perler@hotmail.com. Topics could include: simplifying and organizing life, creating a family culture, development stages and sibling dynamics, understanding roles within the family.

A Fall Harvest Weekend – November 7, 8, 9



Join the men and women of the Goodenough Community for a weekend in processing apples at Sahale. We'll make cider and applesauce and all participants will come away with some products! **November 7, 8, 9, 2014**, at Sahale Learning Center. A donation for food will be appreciated.

True Holidays Celebration - Saturday, December 6



Our annual celebration will be held on Saturday, **December 6, 2014**. This event has more than 25 years of history and is set 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 commences at 7:00pm

Winter Solstice Bus Trip – Saturday, December 20

Old fashioned fun for all ages! With your friends and family, enjoy this day-long journey that embraces the longest night of the year.

We will board a chartered bus and travel over Snoqualmie and Blewett Passes to the beautiful Bavarian Christmas village of Leavenworth. Then we'll head to Eagle Creek Ranch, just outside of Leavenworth, where a horse-drawn sleigh ride awaits us, followed by a buffet dinner.



New Year's Eve Weekend at Sahale!



This year New Year's Eve is on **Wednesday** night. You are invited to come to Sahale for the weekend to join in saying goodbye to 2014 and hello to 2015. You are welcome to come as early as Friday. We plan to have our usual times in good conversation, winter walks, hot tubbing, making meals together and celebrating the change of year. **Dinner will be served at 7:30pm** on New Year's Eve. Of course, we will have our **6th annual** Train Dominoes Tournament. Time will also be given for serious reflection and joyful celebration.

Email Kirsten, Bruce or Elizabeth: krohde14@outlook.com, bruce_perler@hotmail.com, elizabeth.ann.jarrett@gmail.com

Quest: A Counseling and Healing Center

Our belief is that mental and emotional health are prerequisites 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 more effective. Call John (206 963-4738), Colette (206 -755 8404). We're continuing to use the office at 2007 33rd So in Seattle.