



Village eView

September 5, 2018

Colette Hoff, Editor

COMING UP

Pathwork Exploration Series with
Tom Gaylord, September 9, 7- 9:30

Goodenough Community Council, Sept. 10, 6:30

West Coast Communities Conference, Sept 14 to
16, Sahale

Women's Cultural Gathering, Saturday September
22, 10-2

Sitting around the dinner table the other night, the theme of next week's eView came up. Mike suggested *possibilities* and we liked it. The Goodenough Community is in a time of creative possibilities. The Community Council is studying and applying the principles of Sociocracy as a system of governance and members are enjoying the experience and the possibilities. Possibility is what Sahale is about as we continue to expand our capability to serve more guests in more creative ways.

The West Coast Communities (Un) Conference (Sahale Learning Center **September 14 to 16**) is an illustration of possibilities. Participants will be led using the theme, ***Cultivating Collective Liberation***. The focus will be on social, cultural, spiritual, and deep ecological technologies for communities of the future; intentional communities as living laboratories for social transformation; addressing privilege and oppression within the intentional communities movement and intentional communities as vehicles for cultivating collective liberation in the larger society.

AND, I am happy to announce that each **Bruce and Irene Perler** have each been published this summer!

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

Irene was asked by Conscious Life Journal to write an article titled, Harmony in Family Relationships. She also includes creative practices and approaches to promote harmony in families. The article can be found at <http://mobilemagz.com/flipbooks/atlanta/beautyandhealth/consciouslifejournal/06.19.2018/18/> The Journal is very interesting with good articles.

Communities: Better Together is the title of the article written by Bruce that follows. It is about the possibilities of communities connecting. Bruce shares the story of how his interest was generated to offer his leadership with Elias Serras and Syd Fredrickson for the West Coast Conference.

Many know that Hal Smith and Hollis Ryan are on the trip of a lifetime, also full of learning and possibility. I am amazed at the possibilities they have created in planning this adventure. Hollis has shared her experience through writing a travel journal. And, while I tried editing and selecting passages, you will be reading all of what Hollis has shared. Her writing is inviting us to really know what she and Hal are receiving. Thank you Hollis! The travel journal begins on page 6.

This week, Mike's blog is about Barbara Brucker's unusual birthday with the possibilities that come with a decade birthday. Happy Birthday Barbara.



Communities: Better Together

Fall 2018 issue Communities Magazine

By Bruce Perler

Attending communities conferences has been a powerful way to connect with and feel the deep significance of our movement, the restoration of village life and its integration into our modern world. Over the last few years, I've been fortunate to join in on three of the four West Coast Communities Conferences, beginning in 2015 at Groundswell Institute (groundswell.institute). These experiences, especially enjoyed with fellow travelers from my community, have become a rich part of our shared life.

The last WCCC, fall of 2017, was held at Terra Madre Gardens (www.terramadregardens.com). It was there that I had a powerfully meaningful encounter with Diana Leafe Christian. After years of reading her articles and admiring her straightforward style and ardent support of community done well, it was a mind- and heart-opening experience to meet her in person. She'd heard of the Goodenough Community through her work as editor of Communities (from 1993-2007), and was so pleased to meet me, the person who traveled the furthest to be at the WCCC conference. I still remember the enlivened and humbled feeling of being called out by Diana, appreciated across gathered attendees, for representing an elder community with such a long history, 48 years of offering our cornerstone event, a Human Relations Laboratory (www.goodenough.org/human-relations-lab).

Later in the event I would attend Diana's introduction to Sociocracy, now a pivotal conversation in my community's life. Speaking intimately with Diana about the Goodenough Community's story and our time of life, I became clear of the timeliness of this opportunity to update our governance and decision-making model. After talking with dear friend Elias Serras at the event, I was clear and strongly motivated to host Diana's Sociocracy workshop on behalf of my and other communities in our home region. An old acquaintance, and fellow shaker and mover on the West Coast, Raines Cohen, overheard our conversation and suggested that I contact the reinvigorated Northwest Intentional Communities Association as a collaboration partner in hosting the Sociocracy workshop. Genius idea, Raines, and full of fortune. What a pleasant surprise to find that an old friend, Syd Fredrickson, was now the head of NICA. Now the collaboration ball was rolling.

What began as a fortuitous connection with Diana and great tip from Raines has grown into a multievent collaboration between NICA and the Goodenough Community. We scheduled with Diana to teach her three-day Sociocracy workshop in April of 2018, then began networking with others in NICA towards other exciting projects, including the hosting of NICA's 2018 Spring Gathering and 25th Anniversary Celebration, held at Sahale, the rural learning center run by Goodenough Community. Not long after we'd committed to the Sociocracy training and booked the NICA Gathering, my friend Elias put me in touch with Sky Blue of Twin Oaks and FIC. Elias had proposed to Sky that Sahale might be a good place to host the 2018 WCCC. Soon we were having regular conference calls with Sky, Elias, Paxus, Syd, and myself. Plans were set, and we are now broadening our collaboration, adding more regional players to our team to build on the excellent and growing tradition of the WCCC.

Looking back over the months since the 2017 WCCC, I can't help but notice a series of synchronicities that have been a clear unfolding of opportunities and energy for collaboration on behalf of the broader movement. It's as if the network that is already present is receiving our energy and lighting up to show us still more opportunities. Let's keep our eyes and hearts open; there's so much possible when we're working together.

Bruce Perler is 54 years old and a 20+ year Goodenough Community (www.goodenough.org) member living at its rural retreat and ecovillage, Sahale Learning Center (www.sahaleretreat.org), about two hours' drive west of Seattle. He enjoys networking with regional communities and getting to know more of the movement through the West Coast Communities Conference, this year hosted at Sahale Learning Center as a collaborative project. When not doing building maintenance work at the ecovillage, he is out with his wife enjoying the beauty of the Kitsap and Olympic Peninsula; kayaking, hiking, snowshoeing, and motorcycle camping. Contact him at Bruce@goodenough.org, 206-419-8361.

It's the
possibility of
having a
dream come
true that
makes life
interesting.

- Paulo Coelho

West Coast Communities (Un)Conference 2018

The West Coast Communities Conference will be held **September 14-16, 2018 at Sahale Ecovillage and Learning Center in Washington**. This year's theme is Cultivating Collective Liberation. We'll focus on social, cultural, spiritual, and deep ecological technologies for communities of the future; intentional communities as living laboratories for social transformation; addressing privilege and oppression within intentional communities and the movement; and intentional communities as vehicles for cultivating collective liberation in the larger society.

This conference is an intentional, intergenerational experience of community. Whether you live in an intentional community, are interested in joining or starting one, are a networker or organizer, or are new to intentional communities, this conference will have something for you. Participants will learn about the intentional communities of the western US, gain skills and understanding for living in and developing intentional communities, and find mutual support and camaraderie with others involved with intentional community. We will celebrate the diverse types of community that exist, expand the potential of increased inclusiveness, and explore intentional community as a model for impacting wider social change.

Venue: Sahale Learning Center (www.sahaleretreat.org) is an ecovillage with a dozen residents, valuing permaculture principles, integrating human activities with the land, supporting human development and conscientious stewardship of all living things. It's located about 20 minutes' drive from Belfair, Washington.

Sponsors: The 2018 West Coast Communities Conference is cosponsored by the Fellowship for Intentional Community (ic.org), Northwest Intentional Communities Association (nwcommunities.org), and Goodenough Community (goodenough.org).

For more information:

www.WestCoastCommunitiesConference.org,
WestCoastCommunitiesConference@gmail.com,
www.facebook.com/westcoastcommunitiesconference.

Register Now!



Pathwork Exploration

Tom Gaylord of the Seattle Shambhala Meditation Center has come to us with a proposal related to his own training process and desire to offer service to our community.

Utilizing the context of Pathwork, Tom is helping us explore the deep, long term vision of the Goodenough Community, Pathwork, and the Sahale land, using methods developed in the Contemplative Psychology program at Naropa University. We began August 26 to re-vision our

True Holidays Celebration and found we could accept differentnesses without judgment or conflict. We also intend to advance our work with the site plan for Sahale.

The practices of Meditation, Compassionate Exchange, and Body Speech and Mind are some of the methods we will use. Pathwork veterans will intuitively know these methods, perhaps with a different name. In all cases, the exploration begins with self, resonates with others, and reveals an unfixed and dynamic tapestry of community interconnectedness. It is said that in this work we become like a tuning fork: by listening to our own senses and feelings, we experience the resonance, the sympathetic vibration of our community and our world. In this way, the wisdom and sanity inherent in all situations is revealed.

Please join us. **Pathwork is a program of Convocation: A Church and Ministry**, founded by John and Colette Hoff in 1986. Many people have attended Pathwork evenings over many years since its inception in 1984. For this series we encourage all who are interested in the future of the Goodenough Community and Sahale to attend. This is an opportunity to join in a unique blending of spiritual and community contemplation and planning for our future. Attendance at all sessions although encouraged, is not required.

Tom Gaylord is the former Center Director of the Seattle Shambhala Meditation Center and is a student of Contemplative Psychology in the Seattle Karuna Training Program.

This program will meet at the **Shambala Center (3107 E Harrison Street Seattle, WA 98112)** in the Madison Valley area of Seattle. Sunday evenings, 7:00 to 9:30 pm.

Dates include: **September 9** and 23; October 7 and 21; and November 4
November 16 to 18 will be a weekend program at Sahale.

For more information: Colette Hoff at hoff@goodenough.org



*How can we overthrow our oppressors
if we haven't overthrown
our inner oppressor as well?
How can we shrug off
the fear-soaked narratives
of the propaganda machine
if we haven't detached
from the anxious self-talk
of our babbling inner narrator
that seeks to dictate
our entire attention?
We can turn off all the screens*

*in our lives that seek
to take over our authority,
but it's the screen in our minds
which holds our attention
that we have to turn off as well.*

*~Caitlin Johnstone
(Rogue journalist. Bogan socialist.
Anarcho-psychonaut.
Guerilla poet. Utopia prepper)*

This wisdom holds a lot of possibility for our inner life as well as outer life. (editor) Sent in by Bill Kohlmeier.



An Epic European Excursion!

Travel Journal written by Hollis Ryan

Wednesday (I think), **August 22** (I think), 2018 (I'm pretty sure what year it is)

Any adventure worthy of the designation "adventure" has to have setbacks to be overcome. In that vein, Hal & I have embarked on a worthy adventure, casting ourselves upon the mercy of strangers, and finding kindness and helpfulness all along the way.

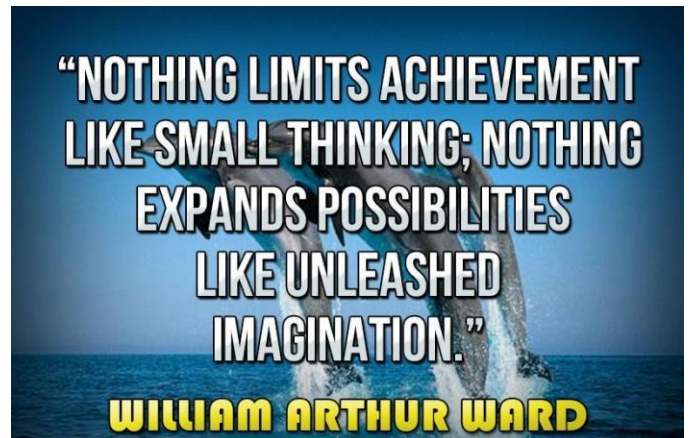
What kinds of setbacks? Well, nothing serious, obviously, because here we are, waiting to embark on our Baltic cruise.

Our journey began months and months ago when I began booking a cruise, flights, shore excursions, train trips, and hotels, and making connections with our dear long-time friends the Elliker family whom we will visit in England. Along the way, I had major proofreading jobs (my post-retirement freelance work), a Human Relations Laboratory to help design, and a workbook for that Lab to help prepare, and Hal spent 3 weeks in Arizona with his brother-in-law, who was recovering from hip surgery. Life was full, and I confessed to Hal on the morning of our departure that, so far, this journey had not yet been fun for me. I was looking forward to 3 weeks of no longer having to make arrangements and being at least somewhat guided and waited upon.

Right on time, our friend Pamela Jefferson arrived at 12:15 Monday afternoon to take us to the airport. Ah, it was comforting to have someone else drive us and deposit us. Our first glimmer that we were on a true adventure came immediately at the airport when we could not find the Icelandair check-in and, then, when we did find it, we learned that the fee I had paid online to check our bags had not registered ... it would cost us 20% more because we were doing it at the

counter instead of online. What to do? Our kindly check-in lady suggested that she charge us for only 1 bag, instead of both bags we were checking, and that instead of carrying Hal's bulky guitar on board, we check that for free as well. Problem solved. Thank you!

Next, Hal was stopped at TSA. Something about his person set off the alarm, and then his briefcase had to be entirely unpacked to find the dense item that could not be identified by x-ray. What was it? It was Hal's packet of euro coins. We chatted with our TSA officer who, when I thanked him for his help, replied, "Thank you for saying that." "You folks are helping keep us safe," I replied. "How could I do anything *but* thank you?" Apparently not everyone who is stopped and searched feels so grateful.



Next, our flight was delayed at least an hour due to the smoke, thick as winter fog, from the British Columbia forest fires. We arrived an hour late in Reykjavik, with only minutes to get to our connecting flight. We had miles to walk –I may not be exaggerating – and when we got to the gate, it was locked! Fortunately, other passengers arrived and, along with spouting off about how the airline could be doing things better, a younger, spryer damsel sprinted back up the stairs and brought us someone with a key. We made it to our flight on time. Thank you, again!

In Hamburg, all went fairly well. The problem I encountered with printing the train ticket was solved by a young man who spoke English (as many people in the hospitality business do), and when we missed our train to Kiel, a variety of helpful railway personnel got us on another train. An hour past the overdue train's expected arrival time, we found a station guard who told us that not only had the train been late (notice: past tense), which we had known, but its departure platform had been changed, which we had not known, so the train had come and gone, unnoticed by us. He pointed us to another platform for a later train and, when it arrived, we were literally shoved on board because there was not enough time for the staff to figure out what to do with us and our expired reservation. We sat in the first-class dining car and enjoyed a beverage and the scenery from Hamburg to Kiel. Thank you!

About this time, I realized that it was no longer Monday. In fact, it was Tuesday evening, about 6:00 p.m. European time, and it had been a long time since either of us had bathed or slept. I prayed that we would encounter no more delays, and my prayers were answered. A helpful taxi driver delivered us to the hotel, we dragged ourselves into our small, comfortable room, showered, and collapsed on firm, comfy beds. Never was a shower so welcome, nor a bed so divine! Lights out at 9:00 p.m., and a sound sleep until 6:30 this morning.

We have boarded our cruise ship, Costa Cruises "Pacifica," and are waiting for our room to be made ready. I think tomorrow is a full day at sea, which will suit me fine as I sit with my feet up. The adventure has begun, and we are off to a great start!

Friday, August 24, 2018

Epic European Excursion, Epistle #2

Ah! Hal & I have spent one full day at sea plus a few hours touring Stockholm. We are relaxing now in our stateroom. That is, Hal is sawing wood on our comfortable bed, and I'm propped up with my laptop in my – where else? – lap, recording a few thoughts about the last few days.

A day at sea was a perfectly restful interlude. I spent time in the library and have checked out 2 English-language novels (I still do not have the knack for using the Kindles we have brought along), and Hal went shopping for a watch. We both napped, and we went to bed exceptionally early.

We both are enjoying people-watching, for the cruise ship with its thousands of passengers displays a conglomeration of “types,” as well as many languages and many cultures. I am forever guessing at a person's nationality based on facial expression, dress, and occasionally language. We hear mostly German and very little English, some French and Italian, and several other languages neither of us recognizes. On our English-language tour this morning, we were joined by people from Croatia, Albania, Ireland, and Switzerland, and still we were a very small group. For the most part, the crew slips easily from one language to another, fluently conversing in whatever language presents itself. The staff are admirable linguists.

And the people themselves are fun to observe ... the young woman and tiny baby, both with sparkly shoes and a white flower in their hair ... the youngsters splashing untiringly in the pools ... the woman with magnificent scarlet earrings ... the gentleman with the towering toupee (at least I believe it was a toupee; real hair could not possibly be piled that high, I'm sure) ... the many passengers, young and old, in wheelchairs ... I am heartened, in fact, by the number of passengers using canes, walkers, and wheelchairs. This indicates to me increased accommodation for those of us with decreased mobility, which opens a wider range of possibilities and pleasures for us all.

And what a lot of people there are! I learned that the total number of people on board is about 4,100, with 1,100 of that number being Costa staff.

I am watching my own responses/reactions to the cruise ship itself and the life and culture it promotes. I switch erratically from admiring the artistry and splendor of the ship to something close to disgust for our need for constant entertainment, stimulation, and consumption. When I am feeling repelled, I notice the glitzy shops and casinos, the garish lights and omnipresent push to spend money, the hordes of people and the constant noise of piped music and live chatter.

I thoroughly enjoy, however, the over-the-top decorative style throughout the ship, something like Cirque du Soleil or Theatre Zinzanni. I notice the imaginative and effective use of color (yes, garish in places, but deliberately and humorously so) and odd angles and curves, the genuine luxury of deep leather chairs in the library, the careful elegance of the dining rooms, and above all the absolutely perfect and attentive service from every single member of the cruise staff.

Our stateroom is sizable, *and it has a window!* When we took an Alaska cruise, I believe we were in steerage (!), with no outside connection, and I swear we were below the waterline. Here,

we are on Deck 1, with a view to the water, not far below us. Hal, in particular, likes to sit in the window with his morning coffee; this morning, we were entering the fjord leading to Stockholm as we sipped and watched.



As we approached Stockholm, it was clear to me that I was in a foreign country. The architecture is different from any I have seen in other countries. It looks just like the pictures of Sweden! Our tour of Stockholm included the palace and the Old City and, although in some ways the palace and the city are like any other palace and old town in Europe, they are also unique. Like other Old Towns, the streets are cobbled and narrow, and the houses are built tall and close together. Yet the overall look is definitively Scandinavian. Our guide explained the tunnel effect

of this Old Town: Because Stockholm is built on islands, there is no more land to build on, so buildings are erected *over* the streets, creating a tunnel. It's a bit like a residential version of Freeway Park in Seattle, although much smaller. I thought I had reserved a tour that would also take us to the Vasa Museum with the resurrected 17th-century ship but, alas, I did not.

Hal & I each purchased a spa ticket, allowing us to use the spa at any time. Along with my ticket, I purchased a manicure and hand and foot massage. I am about to don my spa robe – a luxuriously thick and heavy terry robe with pockets lent to me by the spa for the duration of the voyage – and trip along to the spa. I plan to use the hot tub, sauna, steam room, and hot beds before melting into the manicurist's chair. From the spa, which is at the front and top of the ship, I'll be able to watch us depart from Stockholm, on our way to our next port of call: Talinn.

Epic European Excursion, Epistle #3

This morning at 7:30 we docked in Helsinki, and at 1:00 p.m. we were at sea again. This gave us time for an excursion to Porvoo, the second oldest city (or, more properly, town) in Finland. It was established in the thirteenth century and now has 800 residents. Its buildings mostly date from the 18th century, after the Great Fire of Porvoo, but the church (now consecrated as a cathedral) dates to the fifteenth century. Built on the bank of a peaceful river where ships used to arrive from the Baltic, Porvoo climbs past red-ochre-painted ancient warehouses, up through perhaps 2 cobbled streets of shops, and even more steeply up to the church, overlooking Porvoo.

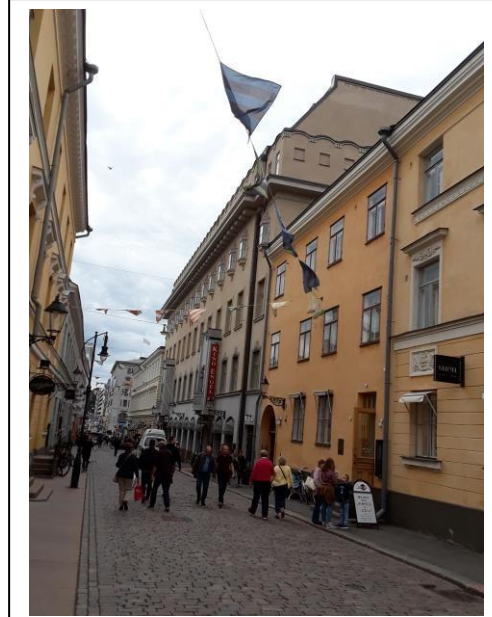
Having wandered through Porvoo, we were driven back to Helsinki and turned loose in what might be called Parliament Square, or Senate Square. I was struck by the contrast between the quiet, ancient town and the bustling, much more modern city. Helsinki was founded in 1812 on the site of a little village by the Russian Emperor Alexander I, who wanted a dignified, modern capital for his state, or province, of Finland. (Remember, Finland has been owned by other countries until its independence in the 1920s – and even then, it lost territory to Russia after World War II.)

The city was designed by a German architect, much in the style (to my untrained eye) of the New Towns of old European and British cities.

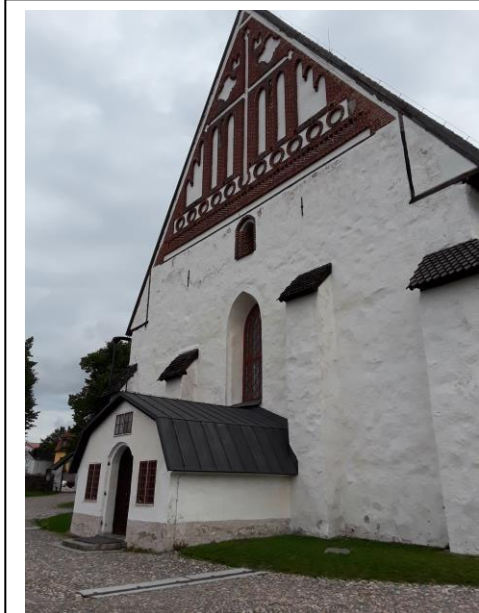
Take a look at some differences



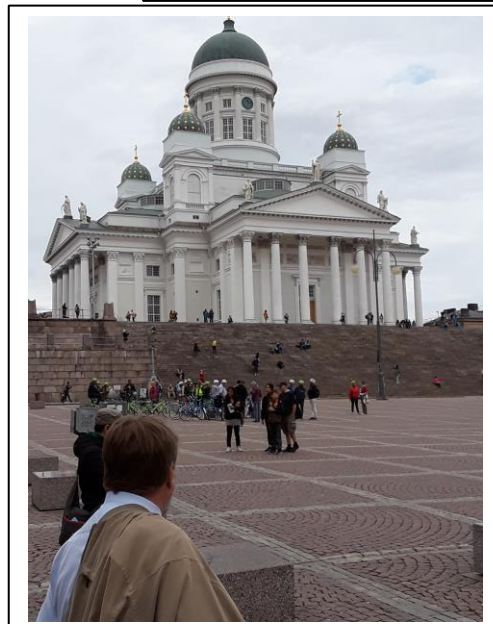
A street off the main square in Porvoo



A street off the main square in Helsinki



Porvoo cathedral

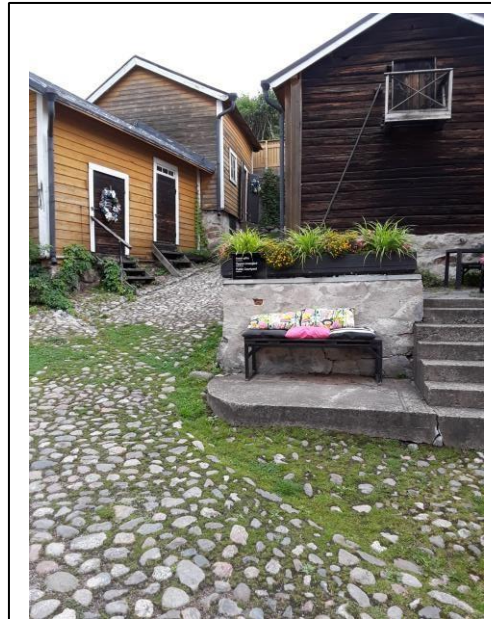


Helsinki church

More views of Porvoo:



Porvoo



Porvoohomes



Inside the Porvoo cathedral hangs a replica of a ship . When Porvoo was a port city, its sailors would make models of their ships and hang them in the cathedral so their families could pray for their safe and prosperous return.

Our guide skillfully spoke to a bus-full of French and English speakers, switching easily between the 2 languages and steeping us in information about Finland and Finns. I had been intrigued to learn that Stockholm was built on many islands (14, I think) – and now I learn that Helsinki is built on even more islands: 300! I have always been impressed by Minnesota’s claim to 10,000 lakes and can hardly imagine that Finland has 180,000 lakes. So much water! All that water gives Finland its name, Suomi, in this way: Overall, the soil is only about a meter deep over granite. For 3 months in the spring and a couple of months in late autumn, it customarily rains heavily. The soil cannot absorb that much moisture, and hence the name Su Omi (marsh land).

We learned that Finland is poor in natural resources, so everything Finnish is made from scratch, with value added to it. For example, there are no natural forests in Finland, only forests that have been planted by man himself. The trees are grown for 60 to 80 years, thinned every 5 years, and then harvested. The tree-farming family (for with a crop that takes generations to grow, tree farming must be a family business) plants again and in another generation or 2, harvests another crop. The wood, however, is not exported simply as wood, nor even as pulp. It is exported as a finished paper product. The tree industry engenders another industry, that of manufacturing the machinery for thinning, harvesting, and transporting the forests, and the machinery for the pulp and paper industry.

Banking, insurance, high tech, and other service industries are a large portion of Finland’s economy since it has so few resources to export. But, says our guide, the world does not know about the brands that Finland exports because Finns are shy. They can sell their products, but

they cannot bring themselves to sell their national image. Thus, households around the world have Finnish products galore, products which we recognize for their quality – Fiskars scissors, for example, and Nokia – but we do not recognize these as Finnish per se, and thus do not seek out products specifically made in Finland.

Our guide tells us that Finnish shyness extends to the personal space required around them. Even on elevators that are designed to hold 10 – 12 people, 4 or 5 people constitute a full elevator in order to preserve a personal space that will not require touching another person. He tells us that Finns are too shy to talk with each other unless they have had a couple of shots of vodka. He also described Finns as being very practical. Based on my knowledge of one person of Finnish descent (my cousin Martha’s husband John Oyala), I have to agree. John is one of the handiest people I know, even handier than my own dear Hal.

As witness to that Finnish practicality, we learned that the sidewalks and pedestrian streets of Helsinki (and within a few years, the streets in many other towns as well) are heated with an underground hot-water system to melt the snow. Practicality also takes the form of extending island-bound Helsinki into the water surrounding it, creating more and more land. We saw that effort in progress where we were docked.

On the way to Porvoo, our guide played a BBC recording of Sibelius’ *Finlandia*, a piece that always stirs me. He told us that this is beloved to the Finns not only for its beauty but also because under Russian rule, it was forbidden to play nationalistic music. When *Finlandia* was on the program, Russian soldiers were dispatched to intercede. Sibelius stepped out in front of the soldiers and their guns, telling them, “No, no, we are not playing *Finlandia*. We are playing *Fantasia*. Take a look at the music and see for yourselves.” And, sure enough, the music was printed with the name *Fantasia*. The soldiers departed, and Sibelius conducted *Finlandia*. He is deeply admired, and *Finlandia* is played in schools, theaters, and elsewhere, often bringing tears to the eyes of otherwise stoic Finns.

We are headed now to Riga, Latvia, where we will spend much of tomorrow. Visiting Riga has been the purpose of our trip in the first place, having great curiosity about the birthplace of Hal’s brother-in-law Atis Krigeris.

We have spent 2 days in St. Petersburg, and I shall have to gather myself to even begin to describe the splendors. Just as everyone has told us, St. Petersburg is almost beyond description.

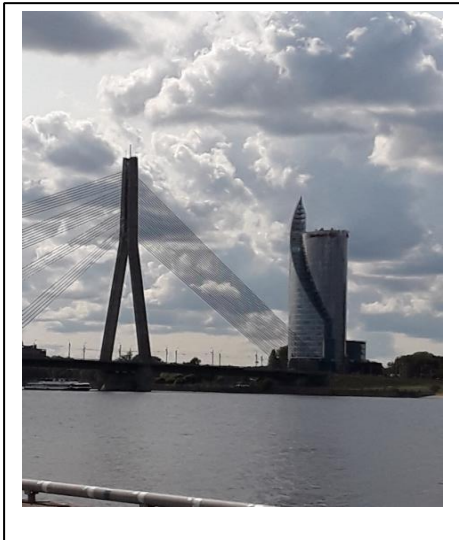
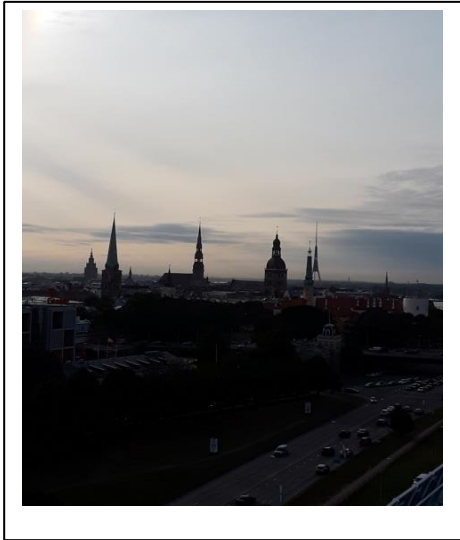
Epic European Excursion, Epistle #4

Wednesday, August 29, 2018

Hal and I have both lost track of the day of the week, let alone the day of the month. I’m pretty sure today has been Wednesday, the 29th day of August. If I’m wrong, it’s close enough.

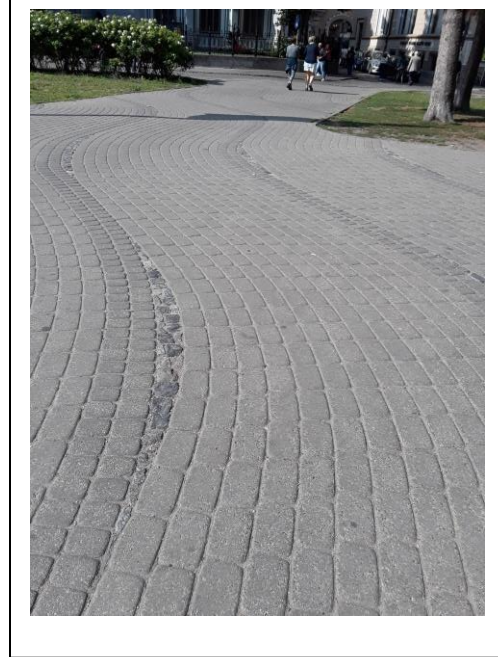
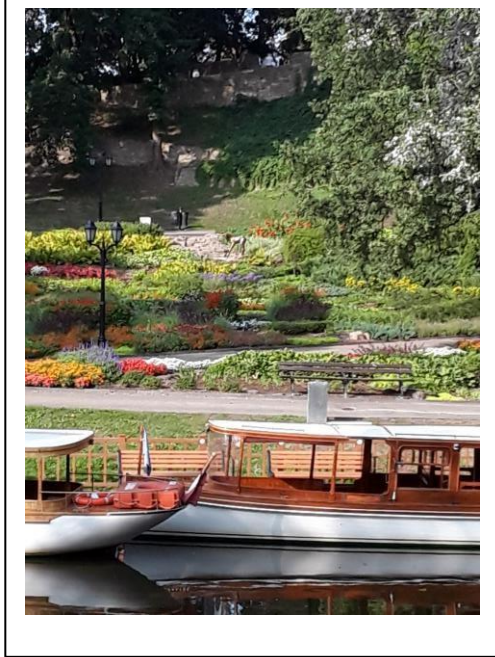
We are joking with others on the cruise that this is supposed to be a vacation but with walking tours every day, all of us with gray hair are recognizing that we are not as young as we were, say, a year or 2 ago. It’s hard work being on a cruise! And fun.

We floated into Riga, Latvia, this morning, and Hal and I watched from our own window as we passed through the canal leading into the city. Later, we climbed to the top of the ship where on one side we saw the towers of the old city while on the other side were ultra-modern structures.



Riga was founded in 1201 by a German bishop intent on spreading Christianity to the north. Foundations of some buildings date to the thirteenth century while the structures over those foundations have been built and re-built.

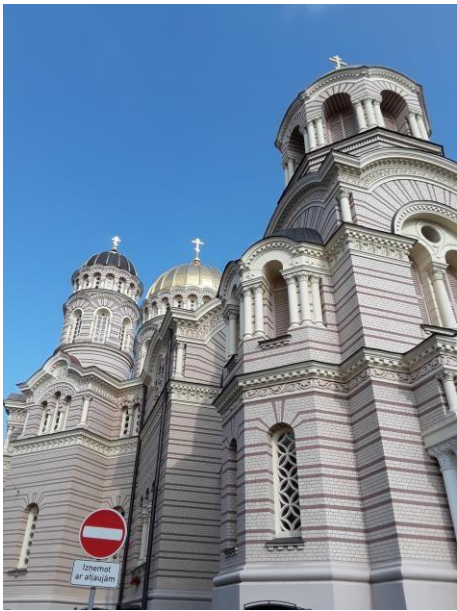
Also built on an existing structure are houses that use the old city wall as their fourth wall. The city wall itself was constructed in early days alongside a small river that served as a moat. The river has since dried up but is commemorated by wave-like designs in benches and paving stones (setts) in a city square. One of the first sights on our walking tour was a view from a park across the river to remnants of the city wall. Here you see the wall – look through the greenery to find it – and the wavy setts:



Our guide commented with pride several times about the creativity demonstrated in Riga, where parks and city squares have been created and still remain, after many years. One such park had first been a clearing that was part of the city's defenses, then became a military training ground, then was planted with trees in rows so that soldiers on horses could train between the trees and the citizenry could enjoy a park, and now is simply a park. Another example is a large square now given over to city celebrations and markets; this was created in the space left by the destruction of a block of buildings in World War II. It surprised me to hear the guide repeatedly exclaim that the parks continue to exist after 150 years, or 50 years, and I wonder whether it is unusual in other cities to maintain parks and open spaces. I do not know.

The city is a famous center for Art Nouveau and has 800 buildings in that style. I encourage you to look up Riga on the internet to see those lovely buildings. Alongside some of the Art Nouveau buildings is a 5-star hotel which was built, our guide informed us, as a 5-star hotel during the soviet occupation. It was reserved for the use of soviet dignitaries visiting Riga. As our guide quietly noted, in a culture where all are supposedly equal with equal rights to comfort, some enjoyed more equality than others.

Our guide took us through many parts of Riga, including the oldest Russian Orthodox church in Riga, medieval guild houses, the stock exchange, parts of the city wall, old warehouses.



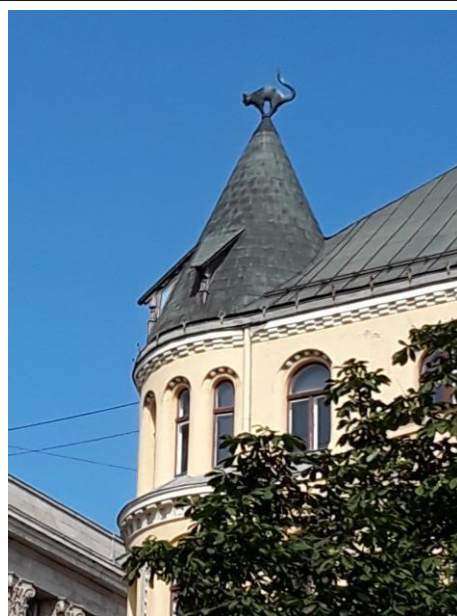
The oldest Russian Orthodox church in Riga



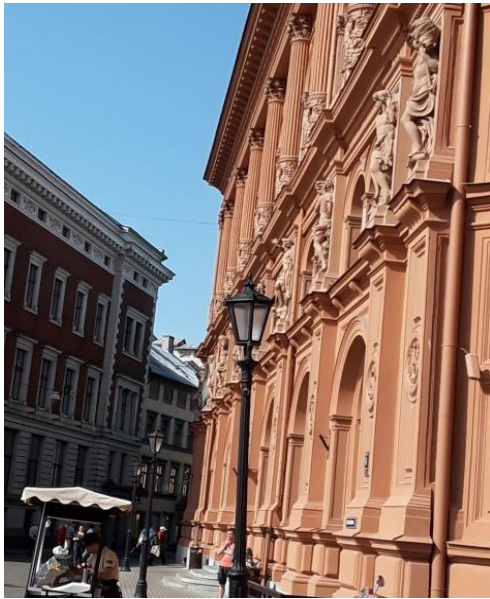
Part of the old town



Buildings like this medieval warehouse are being made into apartments that rent for 4,000 euros per square meter.



A wealthy merchant was denied membership in all the existing guilds. In retaliation, he formed his own guild and at this guild house tower he placed a cat hissing at his competitors.

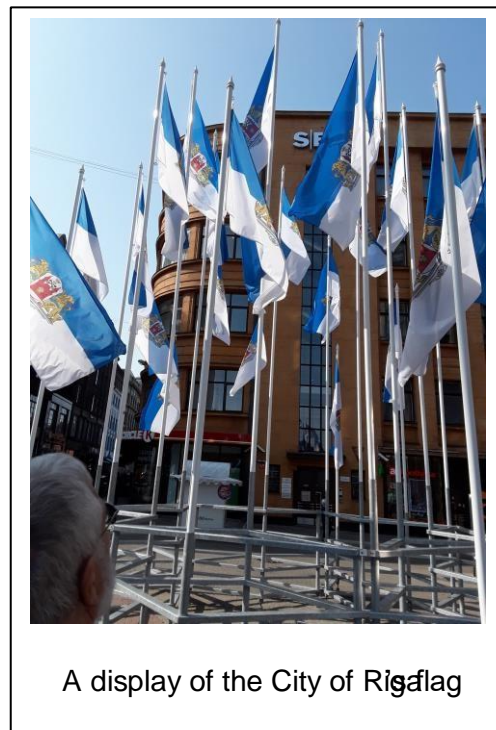
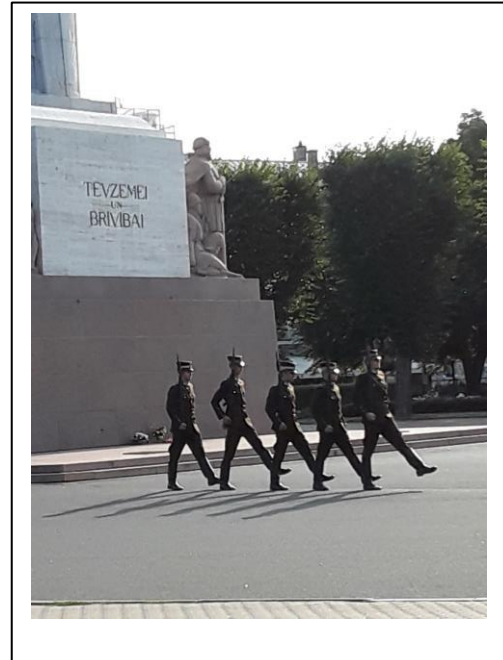
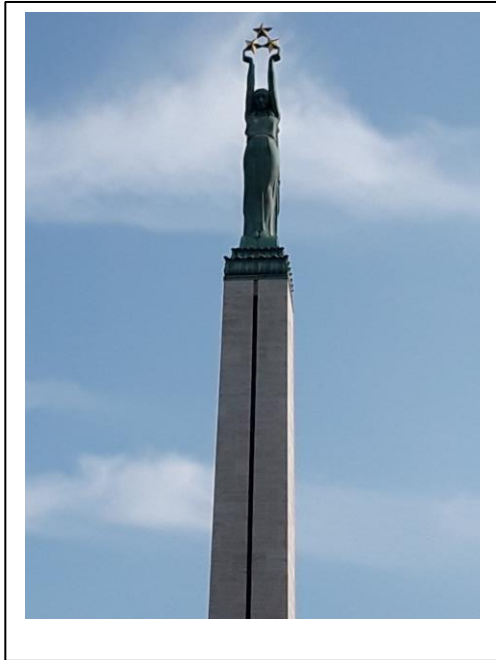


We learned that a basis for Riga's commercial success was that from this stock exchange a telegraph extended to the docks. As soon as a ship arrived, the financiers knew its cargo, who was buying where it was to be delivered, thus saving time. As our guide said, "Time is money."



The Powder Tower which once stored gunpowder

Most poignant was the Freedom Statue which is on a street whose names reflect Latvian history. It was Elizabeth Street, then Lenin Street, then Hitler Street, then Stalin Street, then Lenin Street, and now Elizabeth Street again. The statue itself, built before soviet times, depicts a woman holding aloft 3 stars. Originally the 3 stars represented parts of Latvia. Under soviet rule, the statue escaped destruction because the soviets declared the 3 stars represented 3 Baltic states under soviet rule: Lithuania, Estonia, and Latvia. Now, the stars again represent Latvia. While we watched, the honor guard arrived, bowed their heads to the statue, presented arms, then marched sedately to the front of the statue where 2 of the soldiers advanced to the base of the statue where they would continue to stand, honoring and protecting Freedom.



A display of the City of Riga flag

Epic European Excursion, Epistle #5

Thursday, August 30, 2018

Although Klaipeda is not the capital of Lithuania, it is the country's third largest city and its only port. When I was booking our tours before leaving Seattle, I was sure that by this point of our cruise we would be interested in going outside the city, so today's excursion included a short walking tour of the old town, —

lunch in a rural restaurant, and a visit to an ornithological center about an hour from town.

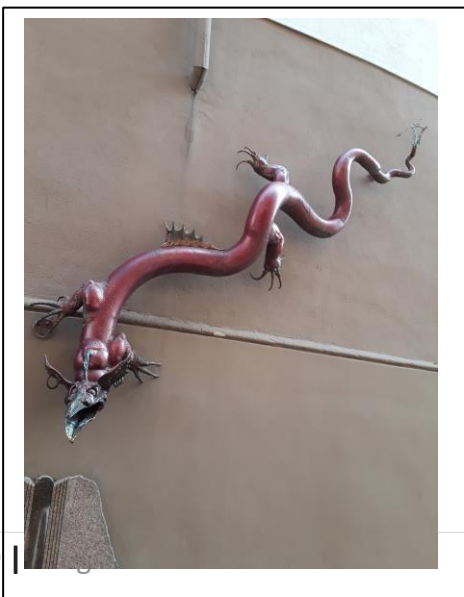
Klaipeda was founded by the Teutonic Knights and thus its remaining Old Town looks much like an old German city. Visualize Rothenberg ob der Tauber, for example. For 2 reasons, most buildings were half-timbered. One reason is that half-timbering was cheap: You could fill in between the timbers with trash before plastering over it. The other reason is that a wood-and-plaster building is much lighter than a stone or brick building, so it did not settle or sink in the marshy land. (Guess what the name “Lithuania” means ... “Land of the Rain”!) However, as seems to be part of almost every old city’s story, a disastrous fire destroyed many of the wooden buildings, and it was decreed that all new buildings would be made of stone or brick.

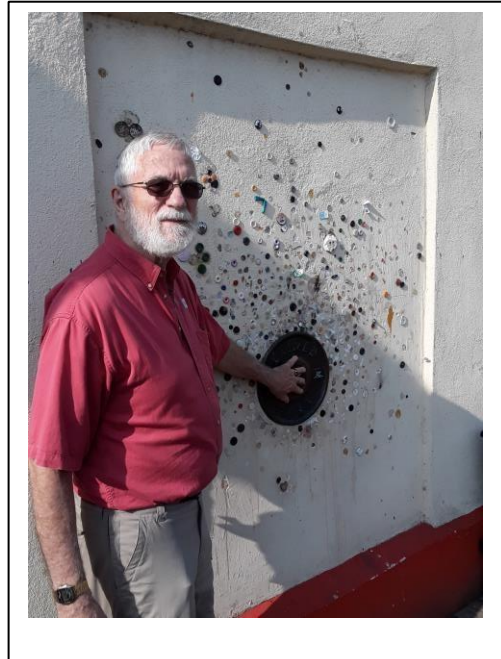
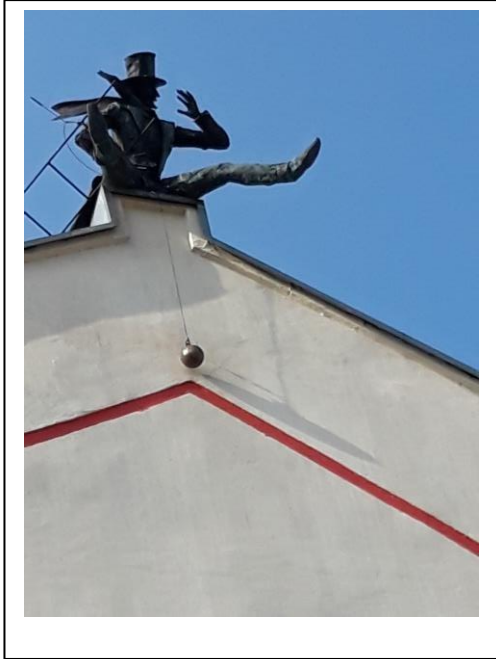
Many of the buildings erected after the fire display a Prussian influence. And, after World War II, when fully one-half of Klaipeda was destroyed, the soviets exerted their influence. “One-half of Klaipeda is soviet-ical style [our guide’s phrase], which is ugly, but what to do?” our guide told us with a philosophical shrug.

So, how did Klaipeda get its name? We know that Lithuania means “Land of the Rain,” and like the other Baltic countries we have visited, we learned that normally there is a lot of rain. So much rain, in fact, that to give us an idea of the amount of rain that is considered normal, our guide told us how many *hours* of *sunshine* they can expect in a year, which turns out to be about 1,900 hours (about 80 days).

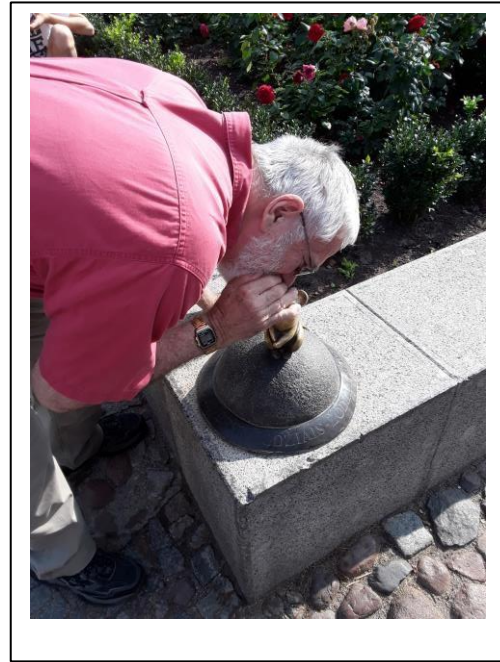
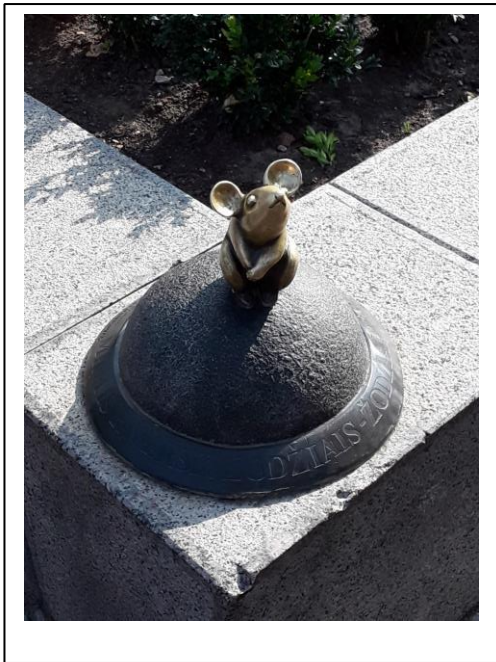
“Klaipeda” does not refer to the weather or geography; it means “horrible footprint.” The legend is that 2 brothers were exploring and spent the night here. In the morning, one brother was missing, and the only clue the remaining brother found was a horrible footprint, indicating that perhaps a dreadful creature had snatched him away. Crawling down the side of a wall is a representation of this creature, and below it is the artist’s rendition of an ugly footprint.

In Lithuania, you can claim happiness by touching the button of a chimney sweep. On the roof of a building is perched a chimney sweep. The only problem is, the chimney sweep’s button is also on the roof, completely out of reach of anyone except perhaps another chimney sweep. What to do? Install a button at ground level, of course! One large button is surrounded by many other buttons glued to the plaque beside it. Touch this button while making a wish and you, too, may find happiness.

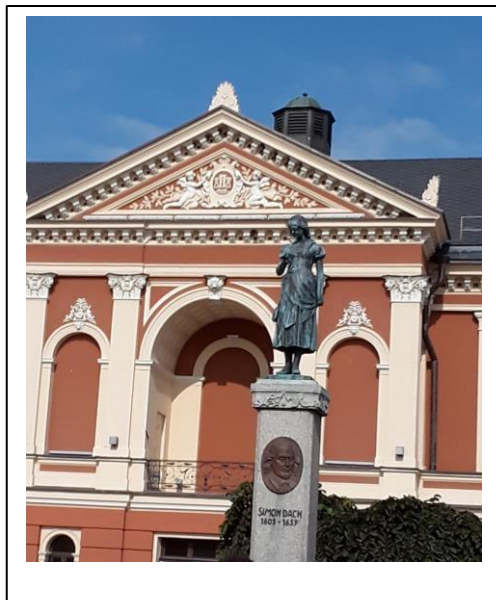




What else drew our attention in Klaipeda? How about a mouse? Or a pot overflowing with coins? A modest mouse sculpture only 17 centimeters tall is inscribed, "Convert your ideas into words – words will become magic." Put your wish into words whispered into the mouse's ear and your wish just might come true! As for a pot of coins ... Klaipeda has been an important port for so many centuries that merchants and sailors from all nations have come through, as attested by the coins of many nations and many eras that archeologists have unearthed. Symbolizing these coins is a pot filled to overflowing with coins of all kinds. Touch these coins to gain wealth, perhaps monetary wealth, or the wealth of being surrounded by loving family and friends, or the treasure of good health.



On a more somber note, at the Theater Square, our guide pointed out the simple balcony on the front of the stately Opera House. "This," she said, "is not a romantic balcony like Romeo and Juliet's. It is a sad balcony." Hitler gave a speech from this balcony, commanding all the residents of Klaipeda to stand in the square to listen, and "to be happy." During the speech, the only back turned to Hitler was that of this statue, Anna. The morning after the speech, the statue was gone. In its place now is a replica.



After our brief walking tour, we enjoyed lunch at a country restaurant and visited an ornithological study center where birds are caught in netted cages, banded, and released. The expert talking with us has personally banded more than 600,000 birds and is proud to declare that he is second to only one person. He intends to band 60,000 in the next year so that he can be Number One in the world!

He banded and released several birds for us, including a cuckoo and several dragonflies. He cannot band dragonflies, but he writes on their wings with a marker. Birds banded and released from this facility are found in Africa and all over Europe and Britain.

Tomorrow will be our last excursion from this ship. You may expect a couple more letters from me, and then probably I will not write many while we visit our friends in England.

Epic European Excursion, Epistle #6

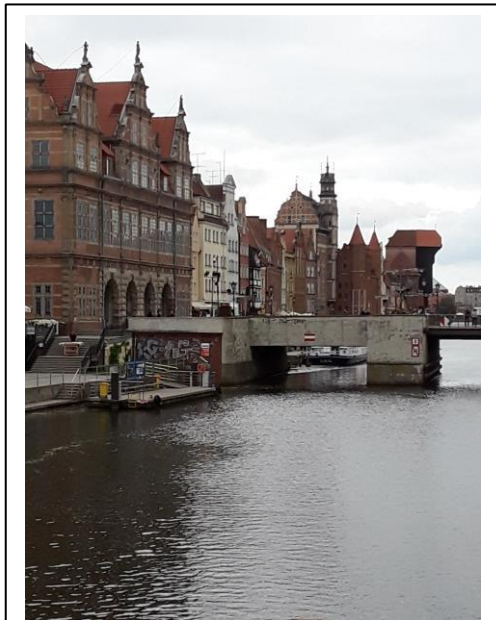
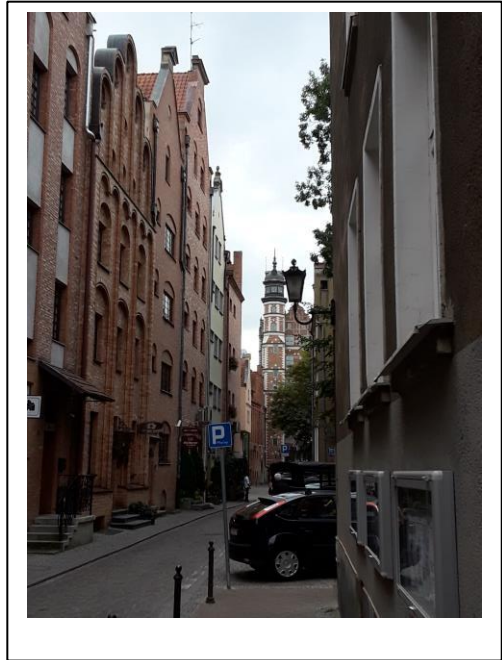
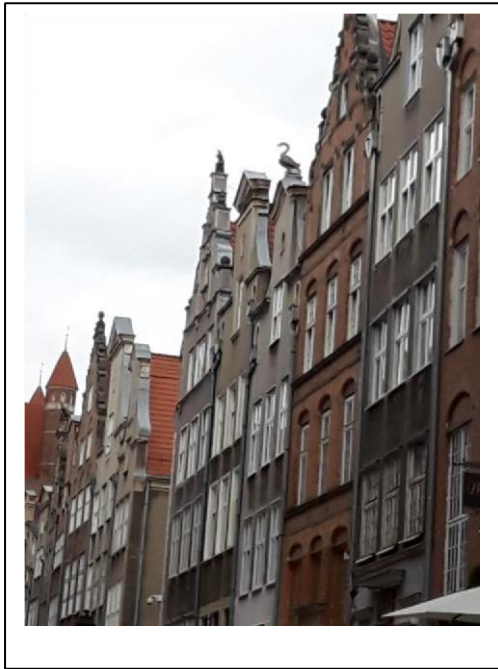
Friday, August 31, 2018

Today we toured Gdansk (Danzig), Poland. What an unexpected treat! I had vowed to myself that I would not take any more pictures of old buildings. After all, as you can see if you have glanced through my letters, I have taken pictures of a *lot* of old buildings. I broke my self-promise almost immediately.

Gdansk is spectacular, not only for the beauty of the city but also for the story behind the buildings. You probably know that 90% of the city was destroyed during World War II, first by the Nazis who entered the city on September 1, 1939 (that anniversary is tomorrow), then by the Russians who arrived 2 weeks later, then by the Russian bombs, then again by the Russians who vindictively set the city on fire as they left the city, and finally by the Allies' bombs. And yet today the city looks untouched from centuries ago.

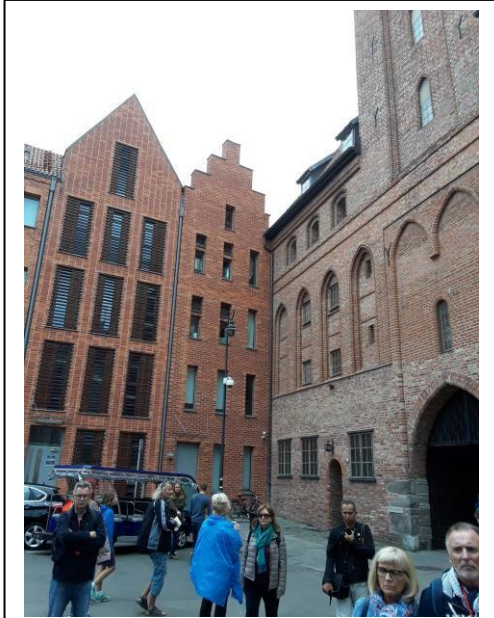
What happened? During the centuries, Gdansk was owned by other countries, and the German influence was very strong. In fact, the city's German name, Danzig, is better known than its Polish name. After the war, the first impulse was to clear the rubble and quickly build a new city. Then the citizenry rallied around the concept of establishing, through reconstruction, that Gdansk is Polish, not German. And thus the city center was reconstructed as it had been, brimming with Polish tradition. Every building invites admiration, its construction and detail flawlessly imitating the originals. I am posting here only a few of the many,

many photos I took. Note that the buildings you see here are mostly younger than 73 years, having been constructed after 1945.



Our guide showed us a depiction of this scene dated in the 1700s, looking exactly as it does today.

The architecture of fully modern buildings mirrors the look of the ancient buildings, using the traditional peaked façade and very narrow width.



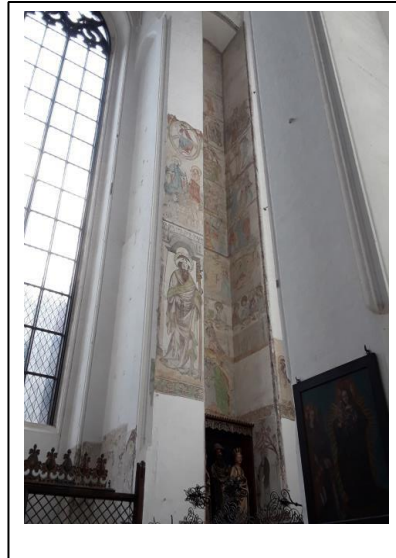
A building of modern architectural style abuts an ancient city gate.



Over the river, the architecture closely resembles the traditional look.

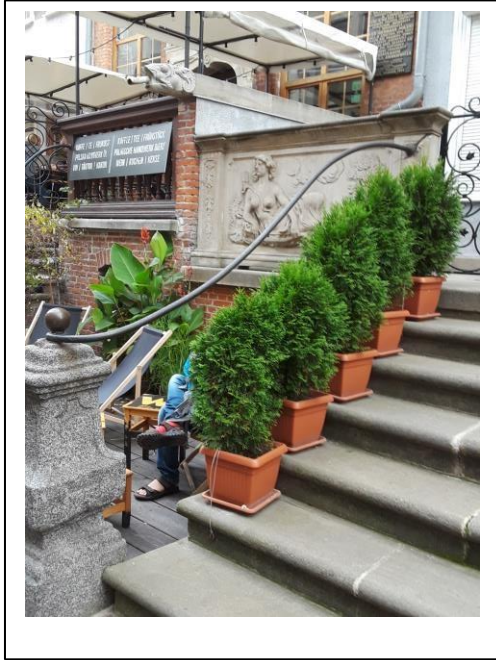
St. Mary's church is the largest Catholic church constructed of brick in Europe. I find that fact by itself interesting but not compelling. What drew my attention was learning that when the church was bombed, the outer walls were left standing, for the most part, but the interior was fully destroyed by fire, a fire so hot it melted the bricks. Yet in reconstructing the church, under the Protestant-applied whitewash has been revealed delicate frescoes from the building's original days as a Catholic church. How could these have survived such an inferno?

Many of the church's icons, paintings, and furnishings are original to the church; they were whisked away for safekeeping during the war and were recovered later.



As is usual, my eye was captured by the details and today I was fascinated by railings, as well as other decorative touches.





The shirt displays a political slogan. However, look closely where there would normally be a figure. Neptune's modesty is protected by the tail of one of his horses of the sea.

By a fluke of fortune, we were in Gdansk on the anniversary of the uprising of the shipyard workers led by Lech Walesa. As we circled the monument honoring the uprising, people carrying flags were arriving to commemorate the event. The monument is gigantic and is the European, not the Polish, monument to the fallen shipyard workers. The rest of Europe recognizes that it was this moment that began the dissolution of the soviet grip on eastern Europe and led to fresh independence for the Baltic states and others.

In every formerly occupied city we visited, our guides spoke movingly of their country gaining its independence from the soviets. Independence ... so precious and so fragile, yet easy to take for granted when, like Hal and me, we have known no other way of life.

I remember visiting eastern Europe in 1971. Because it was February, it was cold and bleak, but life itself seemed bleak. People would approach us, scrabbling at our wrists, wanting to buy our watches, and waiting outside hard currency shops to ask us to buy them coffee. Although the cities we visited then were beautiful, the atmosphere was grim. Soldiers with machine guns patrolled the streets and railway stations and we saw little exuberance.

Today, the Baltic cities appear lively and colorful and our guides, instead of being hushed and constrained as were our guides in 1971, are proud of their country and grateful for their independence, a lovely and welcome contrast.

May peace and independence continue to break out all over the world.



Draft Calendar for the Goodenough Community, Fall 2018

Please contact Colette Hoff if you want to make a suggestion.

Pathwork dates include September 9 and 23; October 7 and 21; and November 4
November 16 to 18 will be a weekend program at Sahale.

The **Community Council** will be meeting, **Mondays at 6:30** for a light dinner. The next meeting will be at the home of Tom George (8708 182nd Place SW Edmonds, WA 98026.

Thank you Tom for welcoming the Council to your home!

Additional dates include: September 10, 24; October 8, 22; November 5

The **Third Age** group will meet on October 26 at the home of Joan, Barbara, and Jim.
December 14 is the next proposed date.

The **Women's Culture** will gather on **September 22, from 10:00 to 2:00** location will follow. Marjenta noticed that **Holly Near** is playing on Saturday September 22 at the Columbia City Theater in Seattle. Please purchase your own ticket (\$25) and let Marjenta know if you are planning to attend.

Holly Near @ Columbia City Theater.

http://www.songkick.com/concerts/34490444-holly-near-at-columbia-city-theater?utm_source=13783&utm_medium=partner

The next meeting will be **Saturday October 27**, 10:00 to 2:00 p.m

The **Men's Culture** will announce proposed dates next week.

Christmas Day dinner at Sahale is becoming tradition. Make your plans.

New Year's Eve at Sahale will be a Monday night. Plan to come for the weekend!

The **Friends of Sahale** 4th Annual weekend will be **January 18 to 20**.

Sahale Summer Camp will be **June 23 to June 29, 2019**.

The **Human Relations Laboratory** will be **August 4 to 10, 2019**.



The deAnguera Blog: Barbara's 70th Birthday



Where to celebrate your 70th birthday? How about Paradise Inn on Mt. Rainier? That's where we helped Barbara Brucker celebrate her birthday.

Sawtooth mountains rose up outside the Inn and the temperature was cold. Good thing I brought my heavy coat. Mt. Rainier shrouded herself in dark menacing clouds with small patches of blue sky where the sun shone through. The air was light and wonderful to breathe. This would have been a good place to come during our really smoky times.

For dinner there were few selections on the menu. One was bison stew. I guess Paradise is the setting for exotic dishes. We shared bowls of salmon and cauliflower bisque. Tasty. I had a burger and French fries. It was done just right with a hunk of beef. Nice and juicy. Of course Mike should not eat so many burgers and fries but he likes them. Guess it was okay one more time. Besides this was special.

Age 70 is quite a milestone as even Barbara remarked. For me it's only 7 years away. Wow! The years seem to pass so fast. Is it possible time speeds up as one gets older? It certainly feels that way.

Barbara, we love all the years of your life you have shared with us. We appreciate your leadership and can do attitude in the kitchen as elsewhere. You have guided us when we needed it. We also love your compassion and the fact you have worked so hard being the best you can be.

One of the reasons we went to Paradise Inn is that Jeremy, one of our former Work aways has a job there as cook. It's a seasonal position where he is provided food and lodging. He said help is short so jobs are relatively easy to get. That got me to thinking. I've always wanted to live in such a wonderful place at least for a while. I can't cook but I could wash dishes. I already know how to use our commercial dishwasher. So I stashed that away in the back of my mind.

Living at Sahale has freed me from having to think of building a career. Maybe a few thousand dollars per year might not be bad. Especially in such a spectacular setting.

As we all know life is filled with numerous challenges both within oneself and without. These include health as I am all too aware. Reaching 70 is success like climbing up to the top of a mountain. I have to admire people who made it this far. They are indeed quite fortunate.

What's most important for Barbara is the company she keeps. Nothing could be better than community friends. We are family. None of us has to travel through life alone. Thank you to the Goodenough Community for being there for all of us.



Go Barbara! She's going for a short hike before dinner. Opportunity should be seized in the moment.



Spatialist for Hire

Pam Jefferson

Do you need help with organizing a room for more efficient storage and use of the space? Do you need help sorting and organizing your stuff? I can do all of it for you or just give you some ideas for you to work with. My hourly rate is \$25.00. You can reach me at **206 372 9801**.

Free FRUIT TASTING!

MarketFreshFruit.com
eat healthy at work

Seattle's local office fruit delivery service

Birthdays & Anniversaries & Weddings!

- ✚ **Happy wedding day, Sarah Benner-Kenagy and Will Henderson, August 31.**
- ✚ Happy birthday, **Cally Fulton** – September 1
- ✚ Happy birthday, **Katie Sullivan** – September 3
- ✚ Happy 36th birthday, **Keith Jarrett** – September 5
- ✚ Happy 9th anniversary, **Eric and Samantha Sieverling** – September 5
- ✚ Happy birthday, **Elizabeth Jarrett-Jefferson**- September 6
- ✚ Happy **70th** birthday, **Barbara Brucker**, September 9
- ✚ Happy birthday, **Drai Schindler**, September 10
- ✚ Happy birthday, **Claudia Fitch**, September 11



Sarah and Will



“It’s always Sit, Stay, Heel - never Think, Innovate, Be yourself.”



Calendar of Programs and Events

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 ... and more.

In the Goodenough Community, we recognize such ways to connect as expressions of living life fully and in communities of all kinds. Throughout the year we offer programs that help you participate in your own development, learn about relating well with others, and discover your potential to have a good time in life and with others.

We welcome your interest and your participation, and hope that you will join us at any – or many! – of this year’s events. More information about programs and upcoming events can be found on our website: www.goodenough.org

The Third Age - Those of us age 60 and older have been gathering every other month, Friday evenings in Seattle. **Future meetings:** We will start our meetings again in the fall. Contact Kirsten Rohde for more information: krohde14@outlook.com

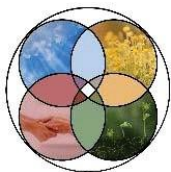


The Women's Program is a long-established and ever-growing way for women to enjoy each other's company, learn about themselves as women, and even perhaps to experience the Divine Feminine. Contact Hollis Guill Ryan for more information and directions to our meeting place: hollisr@comcast.net.

The Men's Program is 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. Contact Bruce Perler for more information: bruce_perler@hotmail.com



Pathwork, a Program of Convocation: A Church and Ministry. On alternate Sunday evenings an interfaith circle of practice meets between 7:00 and 9:30 PM under the leadership of Colette Hoff. This is a time to learn together about our personal development, to talk out our chosen practices for the development of a spirit filled life, and to learn the skills of joining with others in service. **Gatherings are in Seattle.** See the article in this eView about the fall program: August 26, September 9, 23, October 7, 21, November 4 and November 16-18 weekend. See *article previously in this eView*. Contact Colette Hoff for more information: hoff@goodenough.org



The Goodenough Community Council meets alternate Monday evenings in Seattle to discuss the day-to-day activities of the community and engage in planning, evaluation, and more. Contact Colette Hoff if you are interested: hoff@goodenough.org



True Holidays Celebration, Saturday, December 1, 2018

Be part of this fun-filled family-oriented evening, and prepare yourself for the winter season (whatever faith tradition you follow) that fills your heart. Contact: Kirsten Rohde, krohde14@outlook.com

Work and Play Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend 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. Please email hoff@goodenough.org with information about what may be coming up. It is a great time to bring friends to share Sahale!

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 more effective in relationships. Call Colette (206-755 8404) for an appointment.

