



January 20, 2016

Colette Hoff, Editor

Manifest

Calendar of Events:

Friends of Sahale Weekend – Jan 15 to 17

Women's Gathering – January 23

Pathwork – Sunday, January 24

Council – Monday, January 25

Relational Group – January 26

Third Age – February 5

Conscious Couples---February 9



Manifest(adj)

1. Evident to the senses, esp. to the sight; apparent; distinctly perceived; hence, obvious to the understanding; apparent to the mind; easily apprehensible; plain; not obscure
2. Manifest(verb)
to show plainly; to make to appear distinctly, -- usually to the mind; to put beyond question or doubt; to display; to exhibit

Sahale was manifested over a number of years. It was work to hold a dream and believe we would find the rural property our hearts longed for. This past weekend at the Friends of

The Village eView
On-Line News of the Goodenough Community System:
The American Association for the Furtherance of Community
Convocation: A Church and Ministry
Mandala Resources, Inc.
Sahale Learning Center
The EcoVillage at Sahale

Sahale weekend, 28 people gathered to do the work of expanding dreams and visions for Sahale.



You will read in this issue about some of the accomplishments at Sahale from the past year, goals for the weekend, who does what at Sahale, and some of the ideas presented over the weekend. The weekend had a good feeling and a no-holds-barred approach to sharing dreams. The

perspective of what Sahale's message is to us was also present. The group appreciated the great gift Sahale is for so many and represents a way of life, a home, sacred.

Now it is time to *manifest* visions into reality. Over the next few weeks we will explore and write in the eView about the site plan and some of the projects that are being considered. We can work together to help **manifest** our dreams. Editor, Colette Hoff

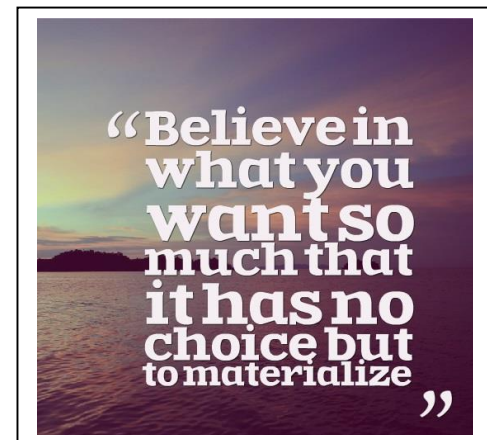
Hollis Ryan who often brings poetry to our events read several selections from poet, David Budbill.

Ode to Wood

Too long have I not sung the praises
of our hardwood trees,
felled, cut, stacked, dried, and hauled
to the house and woodshed,
then split and brought inside all winter long
to put inside our woodstove,
to burn, to keep us warm. This wood
that grows less than half a mile
from our house, these trees
that grow faster than I
can cut them down,
always making more
than we can use.

Oh, finally I sing the praises of wood.
Homegrown and handy, abundant,
convenient, cheap, the growth of these hills
right here at home.

Finally now, I sing the praises
of our hardwood trees. from *Happy Life* David Budbill



Accomplishments at Sahale 2015: The year in review:



(This list represents some of the accomplishments, there have been many more)

- All firewood used this year comes from the land, this is the first year we have not had to purchase firewood – a great cost savings and the result of much work by many.
- All food from our gardens was propagated from seed started in the greenhouse this year.
- A group of Sahale interns went to the West Coast Communities conference in California
- Broken pipe (freezing) fixed and improved in Potlatch ceiling
- Cooler cleaning and repairing interior structure
- Shelving installed in Potlatch container storage cabinet Sort and clear
- Mamook back room cleaned and cleared in preparation for wallboard on ceiling
- Upgraded the hydronic heating system - refit boiler ignition system, update solar array plumbing, more people understand the system
- Friday cleaning has been instituted for all residents. In addition to routine cleaning, a specific area is identified each week for deeper work. The goal is to keep spaces ready for visitors and maintain standards of clean and presentable.
- Reviewed and revised Infrastructure documentation. Operations Manual is both paper and digital
- Addition of 2 banks of grow lights in greenhouse. Thorough cleaning of greenhouse
- Weavery: shelving installed in cabinets, sort and store sewing, art supplies, and other materials; the Loft is cleared and recreated into multi-use “rooms”
- Visit from small tree farm forester from the Dept. of Natural Resources, helping us develop and plan for Douglas firs and other trees; implementation of first steps in the Doug fir camping forest. implementation of first steps in the Doug Fir camping forest (proposed name for this forest is “Heartwood”)
- Inventory was made of the contents of the Log building
- Replaced bridges over the big terraces
- Planted 25 more trees and shrubs by the salmon stream; visits from Salmon Center and Mason Co. toxic weed team to help with clearing and identify plants and help developing overall restoration and maintenance plan for the stream zone
- Helped with Salmon Hatchery and release of fish; continuing to develop relationships with the Salmon Enhancement Center folks
- Cleared carport at Kwanesum
- Hot tub repair (Kwanesum)
- New hot tub in upper campus (was this in 2015?)
- Improving log building foundation
- Electrical connection established from Kwanesum to log building, also connecting to DeMers yurt (electrical through forest from upper campus no longer needed – a good safety improvement)
- Established Connection to AirBnB – visited by many people, some of whom continue to stay connected

- Created a new fence for vegetable garden by the greenhouse
- Creation of new Sahale website, and flyers
- Increased size of Hugelkultur and added fence in meadow.
- New path to the river created
- Training in orchard care and pruning continued this year with interns taking on more pruning.
- Addition of Apiary and training in beekeeping for our now 2 active hives of honeybees

Current Roles at Sahale Learning Center

Home Owners, Residents, Friends

Colette: Manager, responsible for guest services, cleaning, management of food and resources; manages calendar and contracts with outside groups; facilitates meetings of Home Owners

John: Visionary, helping Sahale grow into the future; chair, site plan sub-committee

Irene: Lead for Land Stewards responsible for vegetable and soft fruit gardens, greenhouse management, forest and other natural resources; site plan sub committee, animal husbandry, apiculture, salmon restoration, ecovillage and intern inquiries.

Bruce: Lead for maintenance and infra structure, consulting with Jim Tocher as needed.

Also lead for wood boiler system

Kirsten: lead for ornamental gardens; salmon stream restoration; site plan sub-committee; neighborhood outreach; represents AAFC's role at Sahale

Mike deAnguera: Caretaking; care of routine chores like garbage and recycling, watering; monitors freezing conditions; helps maintain water system;

Jim: infrastructure systems, trainer and consultant

Pam and Elizabeth: dream, design, creation and culture of the Swamp; resources for housekeeping and food service

Rose and Phil: orchard maintenance and training

Special appreciation to many others: Ryan for consulting to the hydronic system and other infrastructure; Norm for help with forestry, bats, among others; and everyone who lends a hand and heart every time you visit.

Intern Roles: (interns routinely help with many specific projects, listed here are just some of the focus areas)

Evelyn: Airbnb management with help from friends; forestry team; help with stream rehabilitation; food production;

Josh: maintenance and repair with Jim/Bruce; wood boiler management and upkeep; food production through Hugelkultur and demonstration project; wood production, maintenance of orchards; fence design and construction

Pharaoh: firewood production; maintenance, repair, construction, gardening helper; orchard pruning, fence design and construction granola and other kitchen specific creations; researcher;

Other interns at Sahale from time to time have also helped out. We appreciate Yako, Anthony, and Tanya for the many ways they have served Sahale and the Goodenough Community.

Sahale's Gift

Composed by Greg Garbarino and the members of the Goodenough Community at our annual weekend, March, 2002

*Walk this land and be
silent
It will heal you day by day.*

*Be still and listen
To all she has to say.*

*Go slow and gentle
You will know your way.*

*Walk this land and be
silent
And she'll heal us day by
day.*



Hello, my friend.

Hollis Ryan (written by Hollis to a friend who wanted to know about the weekend)

I sure wish you could have been with us at the weekend for the Friends of Sahale. It was one of the better weekends I've attended in recent years, and you would have appreciated it, I'm sure. I did not take notes during the weekend – it just wasn't that sort of event – so I'll give you my recollections as best as I can. Please ask Colette for the packet that was handed out on Friday evening. I think she had some extras.

On Friday evening, we considered what it means to be a friend of Sahale. There were many expressions, which I cannot capture completely, but a synopsis would include the shared feeling that Sahale is a special place, and not just geographically. People spoke of Sahale with awe, and spoke about the spirit of Sahale. We acknowledged that the relational ambience at Sahale is special – and that comes from the many years of development of the Goodenough Community. As a townie, I had to make the point that Sahale is an expression of the Goodenough Community. It is a part of the Community, and there is a mutual benefit between the Community and Sahale; we might say that the Community is Sahale's mother. And, Sahale is not the Community. People spoke of many ways of contributing to Sahale: money, of course; gardening; cleaning; repair; helping at events ... and on and on. It was mentioned again and again that it is fun to work at Sahale and support the way of life that has developed. We also noted that guests at Sahale often comment on how pleasant it is to experience the Sahale way of life.

On Saturday, there were a couple of processes to dream about Sahale. In one process, we sat with friends and put forth our personal dreams for Sahale. In my group, there were a lot of exciting ideas. Many of the ideas from all three groups have been around for a while, and have grown and been refined.

We had an informative hour or more, as a whole group, learning about site planning and Sahale's zones. This helped me understand some of the possibilities and some of the limitations that each dream and project will face.

Later, our groups revisited our dreams. Each group chose a dream to develop, and brought that back to the large group. In our group, we noticed that, although we chose one dream, it was connected to many other projects and dreams. For example, we started by thinking about renovating the log building and turning it into a "convention center" meeting space with accommodations upstairs. To accomplish a renovation, we would have to find storage space for all the things currently stored there and create a workshop to replace the tool shop that is there. Since a lot of the stored stuff belongs to the Swamp, we spent time considering building a permanent Swamp and considering whether it should be

located elsewhere (we decided no). We considered what would be needed for a wood shop and recommended a location, and realized that the current tool shed could be emptied into the wood shop, leaving the shed available for other uses, such as dwelling spaces. We recognized from the get-go that renovation of the log building is a 5- to 10-year project, so instead of replacing the white tent with this new gathering place, we would recommend repairing/rebuilding the white tent and eventually having both meeting spaces.

So, you see, one thing leads to another. We presented our ideas, as did the other groups. These are all ideas, not agreed-upon projects, but the thinking on them has been started, so when they rise in the priority list, some groundwork has been done.

Back in the full group, we considered the future of the white tent. Parts of the tent are giving way and will last through the season only with tender care. There are several options: (1) Coddle the tent through the summer; (2) Buy a new top (roof) for the tent, since that is what is falling apart; (3) Discard the tent altogether and build a new structure; (4) Buy a new roof and install it higher than is currently needed so that we can build an elevated, permanent floor that will be above flood level ... I think there were some other options. We came to the conclusion that we would coax the tent through another season and buy a new roof – a 3-person team will take the group's recommendation and figure out next steps.

On Saturday evening, we had a preview of the videos that Anthony and Yako have been making of interviews with Community members. We also toured the beautiful new Sahale website. I can truly say that the room was filled with appreciation and joy as we viewed both the movies and the website.

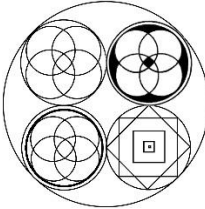
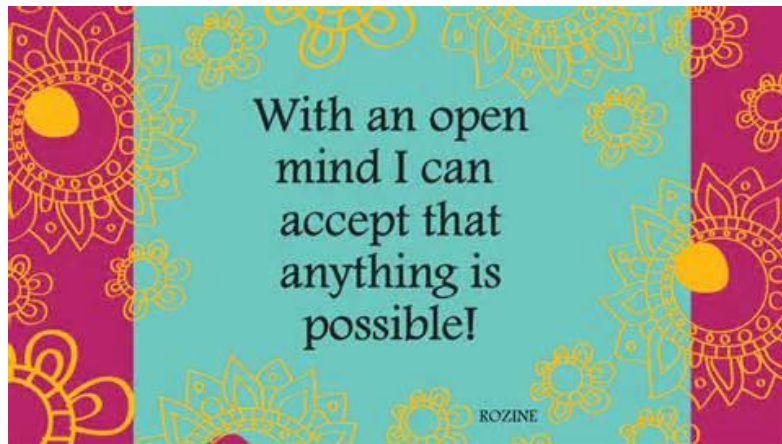
On Sunday, we reviewed Sahale's financials. Colette is grateful for our new bookkeeper, Brandy Bradford, who was able to pull together a financial report. Sahale is part of the American Association for the Furtherance of Community and, since we do not do project accounting, the figures are intermingled with those of the other organizations. But ... Sahale is in the black! Colette declares herself available to spend time going over the financials with anyone who wants more detail, so send her an email if you are interested in knowing more.

We also learned that Kirsten is researching the possibility of placing Sahale in a conservancy so that our values are clearly stated, and the future use of Sahale will be required to adhere to the purposes we establish. All of the homeowners of Sahale have made wills specifying that their property will be transferred to the Association or to the conservancy, so we can be sure that the land will be kept together, not parceled off to others, and it will be protected..

We divided into groups again – one group concentrated on the Seahawks game, to no avail, and the others focused on esthetics, housing, and land stewardship. We reported our thoughts and concerns into the larger group, with some attention paid to recommending priorities.

My friend, we did so much, and it was such a light-filled weekend (not light from the sun, I must add; it poured much of the time!)

As ever,
Hollis



Council Meeting, Monday, January 25, 2016

An opportunity to join with others and consider the future of the community is **Monday, January 25**. This evening will provide orientation to the workings of the Council and some of the directions currently being considered as well as discussion about what the Goodenough Community should offer in the future.

In 2016, the Council is experimenting with meeting monthly with the full Council and a second planning meeting per month. Could this be the year you are called to serve? RSVP by emailing Elizabeth (elizabeth.ann.jarrett@gmail.com) because we serve dinner and would love to include you.

Pathwork, An Aspect of Stewardship

Colette and John Hoff

Sunday January 24, we are **inviting all interested** to participate in a “**Pathwork Process**,” a process of sharing our own faith journeys and issues with development. Pathwork is an illustration of a philosophy that the participants want to pass on to those interested. There is a felt-sense of stewardship to ideas of the Perennial Philosophy as taught by John L. Hoff.

The focus of what is happening in our lives now enables group members to experience caring for their life by others adding to the connection among members. It is a process in

which we **coach each other** and elicit insights from those who have done psychological and relational work with themselves. John and Colette Hoff have been asked to provide leadership and to resource us thematically. Email hoff@goodenough.org to RSVP. Pathwork meets at the Community Center at 3610 SW Barton St. Last time Pathwork met we worked with a reading about the elements of a good life, which is at the end of the eView.

A NEW OFFERING: A Relationship Group

The good life is built with good relationships. *Robert Waldinger,*
Colette Hoff

Beginning on **Tuesday, January 26 at 7:30 p.m.**, John and I will be meeting with anyone interested in working on self-development with a relational perspective. Single people are encouraged and married couples will find benefit. You will be learning about relationship and relating. Let us know (John and Colette Hoff) that you are interested. The group will meet at the Community Center at 3610 SW Barton St. Call Colette (206 755 9404) or email hoff@goodenough.org



The deAnguera Blog: Manifesting Our Vision 2016



What do we want for Sahale? That's what we spent last weekend on. We began Friday night with a walk outside in the cold and rain. It's still winter time with short days and long nights. It was very good to take it all in even the rain and the cold. You get some sense of that in the left hand photo. If we really wanted to know Sahale we had to experience her winter season as well as her summer season.

Sahale is my home. For others it represents a place to unwind from the stress of urban living. I have lived here for over 7 years. It made me think of what Wendell Berry said about farming, "You don't go to work. You live at work". In other words he's showing that farming is not an occupation but rather a life. I choose a life out here at Sahale instead of an occupation.

As we shared our dreams for Sahale I thought of us as a circle with an altar at the center. That altar is pictured on the right with some new flyers designed by our good friend Dray. We added green things found during our Friday evening walk. A candle served as our focal point. To me a circle like this can feel very powerful combining meditation with listing our ideas which were posted around the Kloshe living room.

I thought back to the Permaculture book I got from one of my nieces last Christmas. It's the story of how a mom put it together with her family. This is something I could never have done without Sahale. How would I know what to plant, what livestock to raise, let alone what land to buy? I lived my entire life in a city. I didn't have what it took to be a permaculture person like Mike Pilarski. To cross over to this new life I needed a community. No other way would have worked for me.

My dream is someday we can show a lot of people how to form communities like ours. That's one way we can help build a new world.

We can educate visitors about the health benefits of Sahale. Rose Buchmeier pointed out that's what is done at the Blodel Reserve. I am aware that there is such a thing as wilderness deficit disorder'. It is manifesting in young urban dwellers and a cure is places like Sahale. Here the young not only get to experience the woods but can learn basic farming and carpentry skills as well.

The dream of a number of us is to have elder care here at Sahale. Being cared for by a community would sure beat being in an institution like the Mount St. Vincent Home. I like the idea of doing things like this **together**. We can gain practice so when any of us needs care we know where to find it.



How about a band for the evening? Entertainment by Bruce Perler, Josh Demers, Yako Serras, and Anthony Jepson.

Themes for upcoming eViews:

January 27, Optimism

February 3, Future

Consider contributing an article or reading.



Community News

Congratulations to Annalise and Reggie Callo on the birth on January 11 of their first baby and new daughter, **Josephine Mae Callo.**

Josie was born at 7:24PM and weighed in at 4lbs 8oz, and 16 inches long. Annalise reports that "she is perfect." We are so happy for you!

Our prayers are with **Kathleen Mary Notley**, who has recently learned she

has metastasized lung cancer. Posting on Facebook or emailing short messages (kathleennotley@comcast.net) would be much appreciated. Kathleen has a strong, fighting spirit & is under the care of a team of wonderful doctors. Please send her your prayers and good energy.



Birthdays

♥ **Joan Valles – January 25. Happy birthday Joan!**

An Offer

Ladies and Gents,

I will be making a trip to AZ this coming April, and am short in the fund department. Colette has given me permission to post on the e-View some tasks I am capable of and am willing to perform for pay.

In part, but not wholly, they consist of:

Car detailing, which you would be better off bringing here so I have all my accouterments,

Wood splitting and stacking, it would be better for both of us if it were cut already,

Moving, or cleaning out a storage locker,

House detailing, to include vacuuming or anything along house cleaning,

I am sure there are more, I am not able to think of them all right now.

It would work best if I had a 3 days heads up so as to be able to plan rides etc. And the detail of either contract or per hour we can work out before-hand.

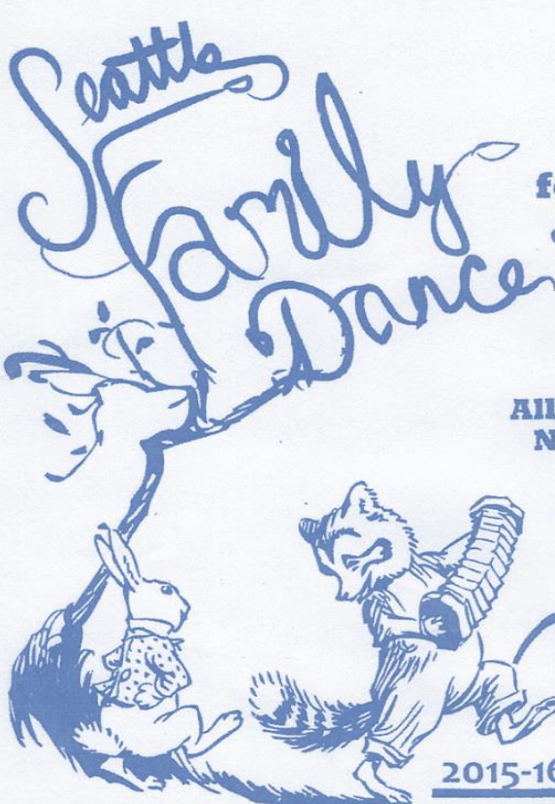
In AZ, I will be visiting a friend of mine and assisting her and her husband on their farm for at least a year. The funds are for 'emergencies' you could say.

Thank you, and the number I am most likely reachable at is the landline, 360-275-3957.

Pharaoh

Contra Dancing around Town,

At this year's True Holidays event last December, Sherri Nevins and her musician friends provided us with a wonderful time of contra dancing. Sherri passed on these times for more contra dancing this year.



Seattle Family Dance

Folk dancing for children & families!

LIVE music

**All dances taught
NO EXPERIENCE
NECESSARY!**

**IDEAL for kids
10 & under**

2015-16 Dances

- October 4
- November 1
- January 3
- February 7
- March 6
- April 3 and
- May at Folklife

**1st Sunday of the month
3-5 p.m. at the
Phinney Neighborhood Center
Community Room**

6532 Phinney Avenue North
(red brick building, lower parking lot)

SFS/PNA Members: \$5 per person, \$15 per family;
all others \$6 per person, \$18 per family

More Info: amytreebo.com or seattledance.org/family

Seattle Folklore Society
PNA
Community Begins Here



- Dec 10-"Contra Sutra" (Ryan McKasson, Marni Rachmiel, Dave Bartley, & Rich Scher) fiddle & viola, flute & sax, guitar, mandolin, cittern, percussion; Michael Karcher caller
- Dec 17-Eileen Nicholson (Syracuse, NY), Eric Anderson, & Terry Wergeland (fiddle, accordion, piano); Bob Nicholson caller
- Dec 24-"KlezChaos" - Klezmer contra! 17 musicians + David Kaynor (Montague, MA) caller
- Dec 31- NO DANCE - Happy New Year!!!
- Jan 7, 2016-"Gallimaufry" (Brian Lindsay, Alex Sturbaum, Arthur Davis, Ness Smith Savedoff, & Donal Sheets - fiddle, guitar, button accordion, piano, banjo, trumpet, cello, guitar, drums, percussion, & vocals) www.gallimaufrymusic.com ; LauraMe' Smith caller
- Jan 14-Kristian Bugge, Sonnich Lydom, Morten Alfred Høirup (Denmark - fiddle, accordion/harmonica, guitar) www.trad.dk ; Amy Wimmer caller
- Jan 21-Ruthie Dornfeld fiddle, Anita Anderson piano, Dave Bartley guitar, mandolin, cittern, cajon; Andrea Nettleton (Atlanta, GA) caller
- Jan 28-"Hot Cider" (Evan & Elise Snoey, Kelly Morgan, RuthMabel Boyntz - fiddles, guitar, mandolin, piano, bass) www.facebook.com/hotciderstringband ; Gwen Rousseau & Sherry Nevins callers
- Feb 4-"Riptide" (Alden Robinson, Glen Loper, Owen Marshall, Mark "Pokey" Hellenberg - Maine & Ohio - fiddle, mandolin, guitar, percussion) <http://riptidedanceband.com> ; Cis Hinkle (Atlanta, GA) caller
- Feb 11-"Crow Valley String Band" (Tashi, Kaj, Rachel Bishop & Jim Litch - Orcas Island - fiddle, mandolin, guitar, bouzouki, bass, tenor banjo, & button accordion) <http://crowvalleystringband.com/bio-2/> ; David Millstone (NH) caller
- Feb 18-"Buddy System" (Julie Vallimont - piano, synths, accordion, jawharp & Noah VanNorstrand - fiddle, foot percussion, didgeridoo, vocals - Boston & NY) <http://www.buddysystemband.com>; Lindsey Dono caller
- Feb 25-Anita Anderson & Dave Bartley (piano, guitar, mandolin, cittern, cajon); Alan Winston (SF, CA) caller

ATTENTION NEW DANCERS: YOUR FIRST TIME IS FREE !!!
FREE introductory workshop at 7:30 pm!

get more info online at <http://www.seattledance.org>

New dates for 2016 are highlighted

Cultural Programs & Events in 2016

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

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.

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

■ Colette Hoff

Programs & Events:

Third Age Gatherings	Women’s Culture
The Men’s Culture	Human Relations laboratory
Family Enrichment Network	Sahale Summer Camp

Women’s Culture, Upcoming Next Gathering: Saturday January 23



The women’s culture meets on Saturdays: January 23, and March 26 from 10am to 2pm. There will be a weekend May 13 to 15. Mark your calendars!

Happy New Year!

Here we are, a fortnight into the new year. It is a time of year when many of us plan to make changes. It’s a time of fresh starts, of sturdy resolve, of high hopes and expectations for the future.

And we all know that change also comes upon us unexpectedly. Transitions can begin before we fully realize what is happening. This can be unsettling, and it can be exciting.

As we look around our circle of friends, we see that change and transition abound in our lives. Some of it is planned, some of it is not. As we move more deeply into the depth of winter and as the year itself changes, what changes are taking place in your life?

Please join us **Saturday, January 23, from 10:00 a.m. to 2:00 p.m. at the Community Center at 3610 SW Barton St in West Seattle** where we will gather to share our lives and to learn from each other.

As usual, we will enjoy a light lunch together. Also, as usual, we would like to hear from you whether you plan to attend or not – but do not stay away just because you didn’t respond!!

We appreciate a contribution of \$20 toward the women's program, and trust that you will give what you feel is right for you. Contact hollisr@comcast.net for more information.

A New Event!

Cupid sighting! -- Let his arrows open your heart just in time for Valentine's Day!

Join the **Conscious Couples Network** on **Tuesday February 9th from 6:30 to 9:30** for a special Valentine event where you and your partner can expect to open your hearts and renew the peace and love of your relationship.



Cupid and friends will be there to guide you in a fun and meaningful experience that invites you to make the most of your friendship with your committed partners. Enjoy the safety and wisdom that a group of couples creates for one another. Plan to laugh and cry and smile and feel good!

Hosted by Bruce and Irene Perler in collaboration with honored teachers of marriage and family dynamics, John and Colette Hoff, with over 40 years of professional counseling experience. Suggested donation for the evening is \$60 per couple.

Join at the West Seattle Community Center at 6:30 for Potluck. Bring a sweet or savory treat to share. Wine and beer will be provided.

Please RSVP or get more information by contacting Irene at irene_perler@hotmail.com.

Third Age Gathering: Next Meeting Friday, February 5, 2016

The Third Age group is for older adults, approximately age 60 and older, who are interested in exploring the issues of living well while aging and supporting each other in this "third stage" of life.

Third Age will also meet on Friday, April 22, 2016.



We meet at the Community Center at 3610 SW Barton St in West Seattle. We start at 6 PM with potluck supper. An RSVP is always helpful – either by phoning us at 206-763-2258 or by emailing me at joanvalles70@yahoo.com

Annual Membership Weekend, March 11 to 13, 2016

Where are we now as the Goodenough Community, The American Association for the Furtherance of Community, Convocation: A Church and Ministry, Sahale Learning Center

and the EcoVillage at Sahale? The weekend will begin at 8:00 Sahale and conclude at 3:00 p.m.

Men's Program

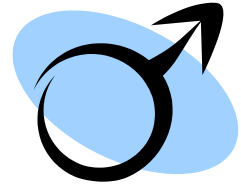
Theme: Friendship among Men

The men of the Goodenough Community will be meeting for a weekend this spring, **March 25 to 27, 2016**. Please let Bruce know of your interest.

Men's reading I'm using and recommending:

- The Way of the Superior Man_ by David Deida>
- Iron John_ by Robert Bly
- Integral Life Practice_ by Ken Wilber, Terry Patten, Adam Leonard & Marco Morelli

bruce_perler@hotmail.com



MEMORIAL DAY WEEKEND, MAY 27 TO 30 AT SAHALE LEARNING CENTER

Join us for a weekend of well-organized work parties balanced with play, wholesome meals, hot tubbing and relaxation. The only charge is a donation for food.

Sahale Summer Camp for

9 to 12 Year Olds

June 26 to July 2, 2016

<http://www.goodenough.org/camp.htm>



Sahale Summer Camp is entering its 10th season! We invite youth aged 9 to 12 to join us for 6 nights and 7 days of fun living in nature at Sahale Learning Center.

We enjoy a program rich in experiences just right for this age zone. Youth enjoy traditional camping experiences with our tent village set up around a giant campfire pit for evening programs complete with stories, singing, s'mores and friends under a canopy of stars.

We teach skills of outdoor living and provide experiences which help you get to know yourself and have confidence making friends. We also impart a gentle sense of responsibility for caring for each other and the land. We do this through natural activities of taking care of camp and being part of small clans that spend time together each day getting to know each other and working together.



A training program for 13 to 17 year olds is also included and is an excellent opportunity for leadership training. For more information, see [The Junior Staff Training Program](#). Please contact Irene Perler for more information - 206.419.3477 or irene_perler@hotmail.com.

Human Relations Laboratory

August 7 to 13, 2016

Freedom as a Mature Adult

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 the Kitsap Peninsula

www.goodenough.org (360) 275-3957

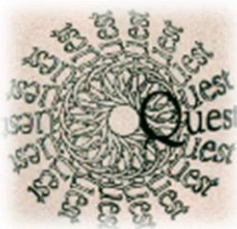


An event designed to encourage human development

- This event can inspire your own desire to be a better person.
- Whether you are focused on personal mastery or trying to improve your relationships, you will find this learning/training event will facilitate your growth.
- The Lab context provides opportunities to practice interpersonal skills and experience community formation.
- Former attendees have referred to the Lab as transformative and rejuvenating.

We offer the opportunity for social creativity in play, drama, dance, music, song and conversation. Each day will include time to explore the magical land of Sahale.

To register: www.goodenough.org or call (360) 275-3957 to find out more



Quest: A Counseling and Healing Center

Our belief is that mental and emotional health is a prerequisite for spiritual well-being, collaboration, and the expression of compassion. Quest's counseling and education programs, open to all interested individuals, focus on empowering individuals, couples, and family groups to be happier and be more effective in relationships.

Call John (206 963-4738), Colette (206-755 8404) or Colette and John at Sahale – 360 275-3957. In Seattle, John and Colette meet with clients at the new community center, 3610 SW Barton Street, Seattle 98106, as well as at Sahale.

WHAT MAKES A GOOD LIFE?

by [Robert Waldinger](#), syndicated from [ted.com](#), Jan 08, 2016

What keeps us healthy and happy as we go through life? If you were going to invest now in your future best self, where would you put your time and your energy? There was a recent survey of Millennials asking them what their most important life goals were, and over 80 percent said that a major life goal for them was to get rich. And another 50 percent of those same young adults said that another major life goal was to become famous.

And we're constantly told to lean in to work, to push harder and achieve more. We're given the impression that these are the things that we need to go after in order to have a good life. Pictures of entire lives, of the choices that people make and how those choices work out for them, those pictures are almost impossible to get. Most of what we know about human life we know from asking people to remember the past, and as we know, hindsight is anything but 20/20. We forget vast amounts of what happens to us in life, and sometimes memory is downright creative.

But what if we could watch entire lives as they unfold through time? What if we could study people from the time that they were teenagers all the way into old age to see what really keeps people happy and healthy?

We did that. The Harvard Study of Adult Development may be the longest study of adult life that's ever been done. For 75 years, we've tracked the lives of 724 men, year after year, asking about their work, their home lives, their health, and of course asking all along the way without knowing how their life stories were going to turn out.

Studies like this are exceedingly rare. Almost all projects of this kind fall apart within a decade because too many people drop out of the study, or funding for the research dries up, or the researchers get distracted, or they die, and nobody moves the ball further down the field. But through a combination of luck and the persistence of several generations of researchers, this study has survived. About 60 of our original 724 men are still alive, still participating in the study, most of them in their 90s. And we are now beginning to study the more than 2,000 children of these men. And I'm the fourth director of the study.

Since 1938, we've tracked the lives of two groups of men. The first group started in the study when they were sophomores at Harvard College. They all finished college during World War II, and then most went off to serve in the war. And the second group that we've followed was a group of boys from Boston's poorest neighborhoods, boys who were chosen for the study specifically because they were from some of the most troubled and disadvantaged families in the Boston of the 1930s. Most lived in tenements, many without hot and cold running water.

When they entered the study, all of these teenagers were interviewed. They were given medical exams. We went to their homes and we interviewed their parents. And then these teenagers grew up into adults who entered all walks of life. They became factory workers and lawyers and bricklayers and doctors, one President of the United States. Some developed alcoholism. A few developed schizophrenia. Some climbed the social ladder from the bottom all the way to the very top, and some made that journey in the opposite direction.

The founders of this study would never in their wildest dreams have imagined that I would be standing here today, 75 years later, telling you that the study still continues. Every two years, our patient and dedicated research staff calls up our men and asks them if we can send them yet one more set of questions about their lives.

Many of the inner city Boston men ask us, "Why do you keep wanting to study me? My life just isn't that interesting." The Harvard men never ask that question.

To get the clearest picture of these lives, we don't just send them questionnaires. We interview them in their living rooms. We get their medical records from their doctors. We draw their blood, we scan their brains, we talked to their children. We videotape them talking with their wives about their deepest concerns. And when, about a decade ago, we finally asked the wives if they would join us as members of the study, many of the women said, "You know, it's about time."

So what have we learned? What are the lessons that come from the tens of thousands of pages of information that we've generated on these lives? Well, the lessons aren't about wealth or fame or working harder and harder. The clearest message that we get from this 75-year study is this: Good relationships keep us happier and healthier. Period.

We've learned three big lessons about relationships. The first is that social connections are really good for us, and that loneliness kills. It turns out that people who are more socially connected to family, to friends, to community, are happier, they're physically healthier, and they live longer than people who are less well connected. And the experience of loneliness turns out to be toxic. People who are more isolated than they want to be from others find that they are less happy, their health declines earlier in midlife, their brain functioning declines sooner and they live shorter lives than people who are not lonely. And the sad fact is that at any given time, more than one in five Americans will report that they're lonely.

And we know that you can be lonely in a crowd and you can be lonely in a marriage, so the second big lesson that we learned is that it's not just the number of friends you have, and it's not whether or not you're in a committed relationship, but it's the quality of your close relationships that matters. It turns out that living in the midst of conflict is really bad for our health. High-conflict marriages, for example, without much affection, turn out to be very bad for our health, perhaps worse than getting divorced. And living in the midst of good, warm relationships is protective.

Once we had followed our men all the way into their 80s, we wanted to look back at them at midlife and to see if we could predict who was going to grow into a happy, healthy octogenarian and who wasn't. And when we gathered together everything we knew about them at age 50, it wasn't their middle age cholesterol levels that predicted how they were going to grow old. It was how satisfied they were in their relationships. The people who were the most satisfied in their relationships at age 50 were the healthiest at age 80. And good, close relationships seem to buffer us from some of the slings and arrows of getting old. Our most happily partnered men and women reported, in their 80s, that on the days when they had more physical pain, their mood stayed just as happy. But the people who were in unhappy relationships, on the days when they reported more physical pain, it was magnified by more emotional pain.

And the third big lesson that we learned about relationships and our health is that good relationships don't just protect our bodies, they protect our brains. It turns out that being in a securely attached relationship to another person in your 80s is protective, that the people who are in relationships where they really feel they can count on the other person in times of need, those people's memories stay sharper longer. And the people in relationships where they feel they really can't count on the other one, those are the people who experience earlier memory decline. And those good relationships, they don't have to be smooth all the time. Some of our octogenarian couples could bicker with each other day in and day out, but as long as they felt that they could really count on the other when the going got tough, those arguments didn't take a toll on their memories.

So this message, that good, close relationships are good for our health and well-being, this is wisdom that's as old as the hills. Why is this so hard to get and so easy to ignore? Well, we're human. What we'd really like is a quick fix, something we can get that'll make our lives good and keep them that way. Relationships are messy and they're complicated and the hard work of tending to family and friends, it's not sexy or glamorous. It's also lifelong. It never ends. The people in our 75-year study who were the happiest in retirement were the people who had actively worked to replace workmates with new playmates. Just like the millennials in that recent survey, many of our men when they were starting out as young adults really believed that fame and wealth and high achievement were what they needed to go after to have a good life. But over and over, over these 75 years, our study has shown that the people who fared the best were the people who leaned in to relationships, with family, with friends, with community.

So what about you? Let's say you're 25, or you're 40, or you're 60. What might leaning in to relationships even look like?

Well, the possibilities are practically endless. It might be something as simple as replacing screen time with people time or livening up a stale relationship by doing something new together, long walks or date nights, or reaching out to that family member who you haven't spoken to in years, because those all-too-common family feuds take a terrible toll on the people who hold the grudges.

I'd like to close with a quote from Mark Twain. More than a century ago, he was looking back on his life, and he wrote this: "There isn't time, so brief is life, for bickerings, apologies, heart burnings, callings to account. There is only time for loving, and but an instant, so to speak, for that."

The good life is built with good relationships.



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