



The Village View's Cabbage Leaf Edition

September 14, 2022

Elizabeth Jarrett-Jefferson, Editor

Coming Up—

- **General Circle**, September 19, 7pm
- **Pathwork**, September 25, 7pm

The Cabbage Leaf

Dear Friends – Earlier this summer, I featured humor/hilarity as the featured content of our Village View, and I am following suit today. I titled my newsletter the “Cabbage Leaf,” and thought I should tell you a little bit about where the name came from. My childhood years in the ‘50s and ‘60s were spent in Bucoda, a small town of about 300 people in Southwest Washington. Our local newspaper was the *Tenino Independent*, an idyllic small-town newspaper of about four pages that featured local news and the comings-and-goings of local residents. My mom dubbed it the Cabbage Leaf. It was published on Thursdays, and I looked forward to reading it every week. – Elizabeth.

Is laughing too much bad for you?

While death from laughing is possible, it’s an unlikely possibility. Laughing remains a mostly good thing with several short-term and long-term health benefits.

Short-term benefits include decreasing your stress level. It can also stimulate circulation, easing tension and helping your muscles relax. Laughter can even boost your intake of oxygen-rich air. This is beneficial to your heart and lungs. It’s also useful in the Swamp and when working in the Sahale kitchen.



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

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

When to seek medical help

Because laughing too hard can cause problems in certain people, pay attention to your body and health. See a doctor, Joan, or Elizabeth if you develop any unusual symptoms before or after a laughing fit. And watch your consumption of soy.

**I got fired from my job
at the bank today.**

An old lady asked me to
check her balance, so I
pushed her over.



**What do
Alexander the Great
and Winnie the Pooh
have in common?**

Same middle name.



From Joan Valles – worth publishing a second time (or third, or fourth..)

“Before you criticize someone, you should walk a mile in their shoes. That way when you criticize them, you are a mile away from them and you have their shoes.”

—Jack Handey

“Clothes make the man. Naked people have little or no influence in society.”

—[Mark Twain](#)

“Truth hurts. Maybe not as much as jumping on a bicycle with a seat missing, but it hurts.”

—Lt. Frank Drebin (Leslie Nielsen), *Naked Gun 2½: The Smell of Fear*

“I saw a study that said speaking in front of a crowd is considered the number one fear of the average person. Number two was death. This means to the average person, if you have to be at a funeral, you would rather be in the casket than doing the eulogy.”
—Jerry Seinfeld



“Common sense is like deodorant. The people who need it most never use it.”
—Anonymous

“There’s nothing simpler than avoiding people you don’t like. Avoiding one’s friends, that’s the real test.”
—Dowager Countess Violet Crawley (Maggie Smith), *Downton Abbey*

“If I’m not back in five minutes, just wait longer.”
—Ace Ventura (Jim Carrey), *Ace Ventura: Pet Detective*

“I’m at a place in my life when errands are starting to count as going out.”
—Anonymous

“You know you’re getting old when you stoop to tie your shoelaces and wonder what else you could do while you’re down there.”
—George Burns

“Accept who you are. Unless you’re a serial killer.”
—Ellen DeGeneres

“There is one word that describes people that don't like me: Irrelevant.”
—Anonymous





"That's one very boring salmon."

Feel like you're swimming upstream?

I was drinking a martini and the waitress screamed, "Does anyone know CPR?" I yelled, "I know the entire alphabet" and we all laughed and laughed. Well except for one person.

My husband and I have reached the difficult decision that we do not want to have children. If anybody does, please just send me your contact details and we'll drop them off tomorrow.

If at first you don't succeed, redefine success.

When tempted to fight fire with fire, remember that the fire department usually uses water.

If you keep your feet firmly on the ground, you will have trouble putting on your pants.

I bought a universal remote today. I was disappointed to find out that it does not, in fact, control the universe. Not even remotely.



Cancerversary XXIII @ Sahale

Pop quiz:

What do you do when your brain cancer turns 23?

You throw a party.

Duh?!?

You even give the party a name:

Cancerversary XXIII

The Roman numerals make it even more cool...

As for the important bit, the party:

There'll be food. There'll be drink. There'll be people. Last I checked, that makes it a party.

It's on Saturday, September 24. It'll run from noonish (heavy on the ish) until whenever (heavy on the whenever). If you want to (or need to) spend the night, no worries. We've got that covered.

As for where, it's at Sahale. When you RSVP to me or Elizabeth Jarrett (elizabeth.ann.jarrett@gmail.com) and we'll send you directions here.

I'm looking forward to seeing y'all here.

Sam

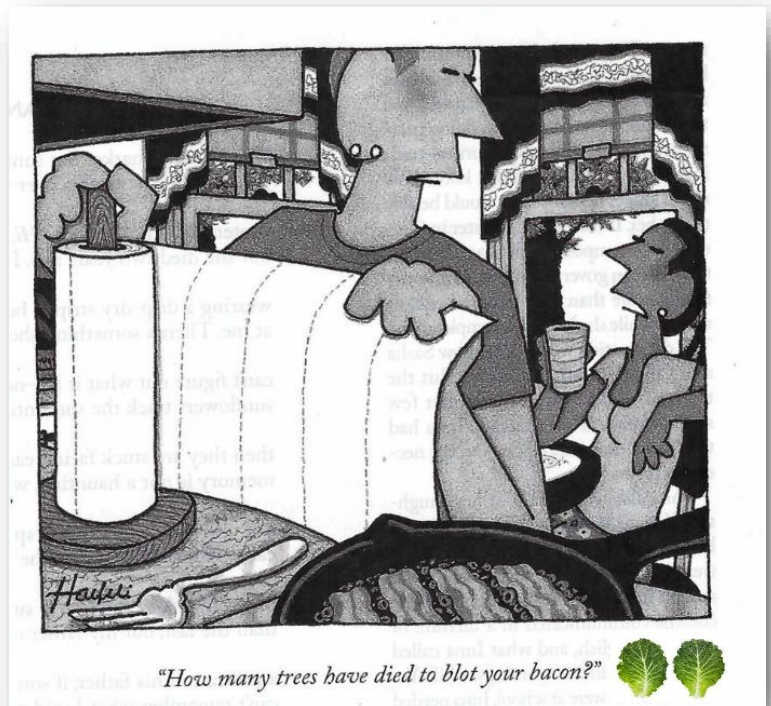
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2022 Tent Down

The Goodenough Community Men's Culture is sponsoring the take-down and storage of the large white event tent the weekend of October 21-23, 2022. With many bookings through the summer and early autumn, the tent is an important feature for many guests, as well as our own Community. Norm will convene a Men's Circle Gatherings Friday and Saturday evenings after supper. Please contact Norm Peck (shkwavrydr@aol.com) and Elizabeth Jarret-Jefferson (elizabeth.ann.jarrett@gmail.com) with your plans to attend, arrival and departure times. Weather can vary widely; sturdy shoes or boots, gloves and raingear are strongly suggested. Drill-drivers, T-25 Torx bits and ½" combination or ratchet wrenches are also helpful. It is especially helpful to have a good crew on Friday to get a start on dance floor preparation for storage and beginning the tent wall cleaning and folding.

Anyone identifying as He-Him or other pronoun preferences with a significant masculine component are welcome to join the Men's Circle. All are welcome to join us in taking down, cleaning, folding and storing the tent fabric panels, disassembly and storage of the tent frame and dance floor panels, where many hands make lighter work.



It is a longstanding quip that it takes a village to raise a child, and it certainly takes a community to raise and take down an event tent. The 40' x 60' event tent and 40' x 40' dance floor are critical infrastructure at Sahale for community events, weddings and retreats supported by the Goodenough Community. On October 21-23 you are invited to join as part of the crew gathered to take down the event tent for 2021. A suggested donation for each day at Sahale is to cover food and upkeep is \$35 per day

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

Contact: Norm Peck





Mindful Mike's Blog: A Free Life

Mike deAnguera

What do I need to become a fully conscious being? I need to be drawn out by others. So far the majority of my life I followed what others imposed on me. What did I have to say for myself? Very little. I tried to do what society expected of me and didn't do a very good job. Plus I became isolated from everybody.

What do I desire to do? I wish I knew. So far I have had a good life out here at Sahale and I like what our community can do for others.



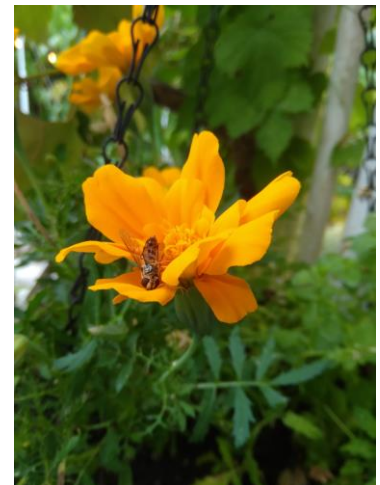
Think of this young buck. What sort of rules and regulations does he have? So far as I can see there are none. Definitely no private property. No clothes and no house. Hmm....he is currently standing on our hot tub cover. Not good for the cover. I don't know how durable the cover is so I chased him off it.

Do I have to get married? I never seemed to find the right partner. Maybe there is no such thing as a right partner. I was focused on physical attraction like every other teenager. Just like this young buck. I thought originally, I was so much better than him. So much smarter. I surely could lead a better, healthier life. Right? Well for the most part I was just as

unconscious as this deer. He is totally focused on the present. He uses very little stuff where as I use a lot. Am I happier? I don't know if I ever want to be a deer. Guess human suits me the best for I can type up my thoughts and share them with others. The deer can't do that.

Here is a bee that just left its mortal body right in the middle of a marigold! No pain. Just keeled over while doing what he most wants to do: gathering nectar.

Humans plant marigolds in gardens because along with nasturtiums, marigolds, peonies, roses, and petunias these are commonly associated with middle class heaven. That's why my mom planted them in the backyard of our Magnolia house. I am sure all these plants have been hybridized many times over. I wonder what their ancestors looked like? This marigold actually was in a basket hanging right outside Potlatch. Looks like a garden doesn't it?



Middle class heaven features houses lined up in rows on either side of a street. Cars for commuting to work are parked in front of each one. So most of the people living along these streets have nothing to do with each other. What could they do together? Well, if most of my time is spent working on a job I am not going to have much time or energy left to do anything else. My dad didn't work in the garden for just that reason.

What could we all do if we really had a choice? Well cities are built to serve the ruling elite who have their towers in the center surrounded by the homes of residents they take advantage of. Would I know what to do? Well that takes my voicing my desires to supportive friends. One reason why I was able to make the transition out to Sahale was the support I got from friends. Somebody was needed as caretaker.

So I moved out of Sahale and for the longest time I didn't have to worry about going to work on Monday morning. I could leave Pathwork and get home late at night because I could sleep in.

Here is a creature who is not free. Peaches is confined to TumTum because he beats up other cats. I feel for him.



Cassie, Niles, Barbara

Programs and Events of the Goodenough Community

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

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



Human Relations Laboratory, August 2023

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

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



The Goodenough Community's governing body, the General Circle

Currently meets weekly on Monday evenings, 7 PM on Zoom. Next meeting Sept. 19.

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



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

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



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



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

Contact: [Norm Peck](#)



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

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

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

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



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



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