



Village eView

September 18, 2019

Colette Hoff, Editor

COMING UP

Global Climate Strike September 20

<https://globalclimatestrike.net/>

Pathwork, September 22

General Circle, September 23

Men's weekend, September 27 to 29

Women's gathering, September 28

We Are All One

Colette Hoff

Interconnectedness is the state of being connected with each other according to a dictionary definition and yet it omits our interconnectedness with the natural world. Everything is related to something else, every action related to another.

This week, Kirsten shares her experience of the West Coast Communities Conference where the Goodenough Community is respected among intentional communities and has responsibility to connect with larger community movements. Bruce Perler who also attended is providing a list of web sites for some of the speakers he appreciated at the conference.

A wedding was held at Sahale this past weekend that brought together several communities and cultures as well as two families and lots of friends and the feeling of connectedness was in the air. Mike deAnguera writes about his perspective of interconnectedness so perfectly when he writes about sharing and caring.

The Global Climate strike is happening this coming week. Go to the web site and find ways you can support the efforts being made by so many including youth.

In addition, we are passing on an announcement about talk about greening death September 28 that presents another understanding of interconnectedness in the birth, life, death cycles.

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

West Coast Communities Conference

Sept 13-15 at O.U.R. Ecovillage

Kirsten Rohde

I just returned from a trip to Vancouver Island to attend the West Coast Communities Conference. Last September we hosted this conference at Sahale; this year O.U.R. Ecovillage hosted us (OUR stands for One United Resource). They are an ecovillage on 25 acres about one hour north of Victoria. This location made the conference a truly North American experience. It was a full weekend of great workshops and conversations, good food, and exploring the land and innovation structures. It is always stimulating to see the uniqueness of another community.



Highlights for me (besides sleeping in a straw bale house) were seeing old friends and making new friends, each with a unique story about their community, intergenerational conversations, discussions about succession and governance and more. I heard many stories about different ways of decision making, legal and land issues, disaster planning, and histories of how communities were formed and have evolved. I enjoyed collaborating with Bruce Perler on a panel about how communities plan for succession; many communities



Some of the creativity at the ecovillage.



like ours were formed years ago and now we need to be clear about passing it on to younger generations: from founders to distributed leadership. One comment that stays with me is the importance of telling our community story so that it stays alive within successive generations.

We talked about being innovative and growing a good community culture. I was inspired by the story of creating art in the intersections of streets in Portland. This brought neighbors together and communities evolved in these neighborhoods, showing there are many ways to build a sense of sharing. I received from the expertise of many long-term community members and participated with my own observations. The impact of climate change and the need for all systems repair and innovation was always present in the



forefront and background of most conversations. I am even more convinced that intentional communities are part of the solution needed.

There was much artistry around the ecovillage and I enjoyed saying hi to the farm animals. This conference was probably one of the most energizing times I've had at a communities gathering and I think Bruce and I will find that our experiences will inform our own community discussions about some of these same issues.



And from Bruce Perler . . .

I'm writing to share some links to people and content from the workshop. This is a top of mind list with more to add; from Kirsten and me. It will help you know more about who and what I/we connected with at the event. I see deepening connections into our regional, and global community's movement. I see us joining in and adding more energy to our regional ecovillage / community network, particularly as long time friends, seasoned members and more. Please at least look at each of these a little.

Earth's Crisis in the Great Turning

Joanna Macy – *The hidden promise of our dark age* -

<https://www.youtube.com/watch?v=vzmjF1jE2K0>

Jem Bedwell – preparing for the great unwinding that is underway

- <https://www.youtube.com/watch?v=daRrbSI1yvY>

Silvia DiBlasio – spoke at WCCC 2019 - <https://livingthegreatturning.com/silvias-bio/>

Charles Eisenstien – The More Beautiful World Our Hearts Know is Possible -

<https://www.youtube.com/watch?v=oevXkJY-fE>

Extinction Rebellion – global activist movement, civil disobedience

George Monbiot - https://www.youtube.com/watch?v=rLqR_wPt6R4

Jem Bedwell - <https://www.youtube.com/watch?v=A4daIPRlcYE>

BBC - <https://www.youtube.com/watch?v=47OKKM72T4g>

OUR EcoVillage (<https://ourecoVillage.org/>) -

<https://www.youtube.com/watch?v=wu3iigwGNgY>

Also from Bruce

The Awakening of Gaia

I recommend this documentary as a modern and current perspective on the state of our planet and humanity's role and relationship with her. <https://www.youtube.com/watch?v=mrR2rHPg1Zg>

This documentary is like a number of others that have been independently released over the past few years. It's perspective is being shared by many voices, some of which you will recognize through image and quote. You may not see anything new to you, however you may, as I have, see new connections between important understandings that create a profound perspective on our story as a species.

Watching this, taking it in, does not make me feel good but rather resonates as being true, important and relevant to the deeper purpose of community and the impulse toward awakening and uniting with our fellow humans around the larger story of our life on Gaia.

I look forward to more conversation. Love, Bruce



We intend to continue reminding each other about the importance of Emergency Preparedness.

Tod Ransdell is passing on information about fire extinguishers.

Household Fire Extinguishers – What to Use, When

Goodenough Emergency Preparedness Initiative

12 Sept 2019

Consolidated by Tod Ransdell

References: Standard for Portable Extinguishers NFTA 10 (2007)

<https://www.selectsafetysales.com/t-fire-extinguishers-classes-types-and-use.aspx>

<https://www.fire-extinguisher101.com/>

https://en.wikipedia.org/wiki/Fire_extinguisher

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/fire.html>

Household Fires happen every day. Did you know that if a fire starts in your home **you may have as little as two minutes to escape?**

Nationally, there are at least 150,000 kitchen fires every year. Charging towers, power strips and lithium battery charging stations are becoming an increasingly significant ignition source. If you do not currently have extinguishers stationed around your household, take a moment to add this item to your annual **Emergency Preparedness – Fire Escape Plan** as a discussion and action item where you learn how to use the type(s) of extinguishers in your household.

Fighting a Home Fire – **Safety First**

- Call 911
- Evacuate the building

Symbols found on fire extinguishers & what they mean		Water	Foam spray	ABC powder	Carbon dioxide	Wet chemical
Wood, paper & textiles		✓	✓	✓	✗	✓
Flammable liquids		✗	✓	✓	✓	✗
Flammable gases		✗	✗	✓	✗	✗
Electrical contact		✗	✗	✓	✓	✗
Cooking oil & fats		✗	✗	✗	✗	✓

- Only if the fire is *small* and *contained*, engage the fire as a team; one as fighter, one as safety spotter to keep a clear exit path, with a second extinguisher.
- Remember the word **PASS**
 - **P – Pull** the pin from the fire extinguisher first — it won't work if you don't.
 - **A – Aim** the extinguisher toward the **base of the fire**, not the top of the flames.
 - **S – Squeeze** down on the lever on the fire extinguisher, holding it firmly by the handle.
 - **S – Sweep** back and forth, constantly spraying horizontally across the base of the fire until it's extinguished. Remembering to aim low.

Fire Extinguishers – Types and Uses

There are four basic types of fire extinguisher classes to deal with specific types of household fires.

Class A – Ordinary Combustibles (Paper, cloth, wood, rubber, plastic)

The Air Pressurized Water (APW) is labeled a Class A extinguisher. There are or have been one or two of these at Sahale. It contains water which is one of the most commonly used extinguishing agents for fires involving ordinary combustibles. CO₂ extinguishers are not intended for class A fires, as the high-pressure cloud of gas can scatter burning materials.

Class B – Flammable Liquids (Oils, Gasoline, Some Paints, Grease, Lacquers, Solvents, Other Flammable liquids)

CO₂ (carbon dioxide) fire extinguishers and Dry Chemical extinguishers are both labeled for Class B fires.

Class C – Electrical Equipment (Wiring, Fuse boxes, Energized electrical equipment, Computers, Other electrical sources) – dry chemical powder extinguisher

Class D – Flammable Metals (such as lithium, magnesium, titanium, potassium and sodium)

A Class D fire extinguisher is not to be used to fight a lithium-ion battery fire. Class D fire extinguishers, which contain dry powder, are intended for combustible **metal** fires only. Since lithium-ion batteries aren't made only with metallic lithium, a Class D dry powder extinguisher would not be effective. **Lithium-ion batteries are considered a Class B fire**, so a standard **ABC** or **BC** dry chemical fire extinguisher should be used.

Class F – Commercial Oil & Fat fires

Class F fires involving commercial kitchen cooking oils and fats; such as lard, corn/maize oil and butter.

Combination Fire Extinguishers

Class ABC or Class BC

ABC and BC fire extinguishers both leave a residue after the fire has been put out. If the fire has started on delicate electrical equipment such as a computer or TV, it might be wise to consider a CO₂ extinguisher because it does not leave a residue. A dry chemical extinguisher will leave a residue that can damage sensitive electronic equipment.

What kind should I get?

Generally, it is good to choose an **ABC Combination** type extinguisher.

What size of an extinguisher do I need?

General Household and Kitchen: 5B-**10B** rating (Min. recommendation: 2A, 10B-C rated refillable extinguisher. Runs about \$45 and Home Depot)

Garage and Workshop: 10B to 60B, depending on the contents and types of activities in the shop.

How many extinguishers should I have?

It is always a good idea to have a few in and around the house, just in case. Conservatively interpreting the NFTA Codes: You should have 1 per room or one extinguisher every 30-50 feet. This is if you plan to fight the house fire while it is still small and contained and you have received training.

Get Training

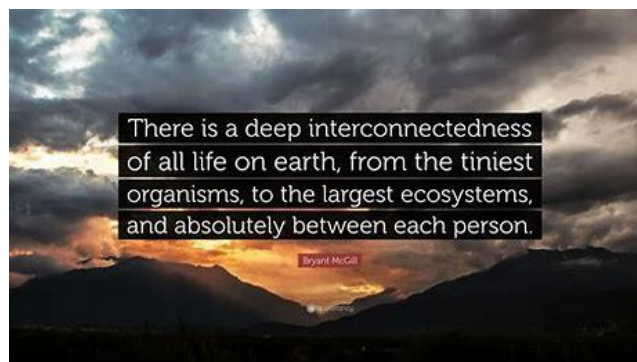
Your local fire department occasionally offers community training courses.

A short training video <https://youtu.be/errFmFihhNg>

Stay Safe and Be Prepared



The Mason County Regional Fire Authority sends out a regular newsletter that warns we need to have supplies for at least a week. "The three-day rule is not adequate in a rural area like Mason County. A rural area is not a high priority for disaster relief and the remote location can delay response." Residents at Sahale will be engaging plans and protocols for responding to a variety of emergencies including power outages, earthquake and snow!



Day of Sustainable Communities

September 21, 2019 ~ a day of events for a better world ~

You are invited to join the first North American Day of Sustainable Communities held on September 21, 2019. All individuals and communities who are catalyzing transformation in the face of ecological and climate breakdown are welcome to participate.

Join the celebration of local communities taking action for a more regenerative, just, and inclusive world!

Here's how you can join:

- **Host an event at your community!** Anything goes... potluck meals, tours, permaculture actions, concerts and more. Get your event on the map by [registering here](#).
- Sign-up for the **Sustainable Communities Online Summit**, the virtual gathering for the Day on Saturday, September 21st | 1pm -3pm Pacific / 4pm - 6pm Eastern. Join community leaders across North America to connect and celebrate with each other! [Learn more](#).
- Promote **#SustainableCommunity** by joining our [Facebook Event Page](#). Invite friends and spread the word!



Global Climate Strike September 20-27

Kirsten Rohde

*"Young people have woken up much of the world with their powerful [Fridays for Future](https://fridaysforfuture.org/) school strikes for the climate. As we deal with devastating climate breakdown and hurtle towards dangerous tipping points, young people are calling on millions of us across the planet to disrupt business as usual by joining the global climate strikes on **September 20**, just ahead of a UN emergency climate summit, and again on **September 27**.*

Together, we will sound the alarm and show our politicians that business as usual is no longer an option. The climate crisis won't wait, so neither will we."

(From: <https://globalclimatestrike.net>)

I am part of a small group that meets in Belfair to discuss ways we can help educate, advocate, and generally do what we can to bring awareness and change around the issue of the climate crisis. When I attended the Global Earth Repair conference earlier this year at Port Townsend I became even more committed to doing what I can do to join in the movement to make change. It's a lot better than looking at yet another polar bear picture and despairing.

We can make a difference by calling our elected representatives and urging them to bring even more focus onto the issues of climate, earth repair and helping others understand the issues. We can help by being open to all views and willing to talk with those who may believe differently without making an angry wall between us. We can be informed ourselves. I personally think the Green New Deal is worth taking a serious look at, yet with "news" the way it is we don't even get a chance to know the facts and make up our own minds; rather we are faced with fearful accusations.

So on September 20th, during that week and again on the 27th many people around the world will be demonstrating. Local events can be found by going to www.350Seattle.org and clicking on the map that shows what happening. Locally there will be demonstrations in Seattle, Tacoma, Olympia, and Bremerton and probably more that are being planned.

Our beautiful Pacific Northwest may seem far away from some of the devastation we read about elsewhere that points to climate change causes. Yet here at Sahale our apple harvest is earlier each year – a temporary aberration in weather patterns? Or something happening too slow for human awareness to grab onto. Our community's work is about waking up and here is a good example of the need for a giant wake up for all humanity. I think we are supposed to be the gardeners and caretakers of the Earth, not the indiscriminate users and grabbers.

I am happy to talk with anyone who'd like more conversation and ideas about how we can use our good community principles of relationship, friendliness, and awareness to make a difference. krohde14@outlook.com



A Story about the Sahale Gathering Tent



“We come together, Saturday, June 8, 2002, one year after his passing, to dedicate this cedar grove in the memory of Fred Jameson Beaver Chief Kgee-tae-luckt.”

These were the first words spoken at the first public gathering held at Sahale. Our white tent was installed with the help of the company three days prior to this memorial.

And now, the tent needs a new roof to enable Sahale to continue to offer this versatile space for retreats and events.

Since that event, our white gathering tent, also known as **Kunamokst** meaning to join, unite, meet, assemble, congregate-- has served many functions. It held Bruce and Irene Perler's wedding in July of 2002 at least 20 weddings since then. We have had 17 Human Relations Laboratories, family reunions, a large conference in 2018, Sahale Summer Camp, and many groups outside the Goodenough Community have all made use of the tent. The tent has been patched and repaired over the last few years and now a new tent roof is needed by spring 2020.

Will you help? Your donation will help us purchase the new tent roof.

Here are some details about the tent and new roof:

Manufacturer: **Rainier Industries**

\$14,000 when originally purchased in June 2002 with a life expectancy of 10 years.

40 X 60 with a wood dance floor 30 X 30.

Aluminum structures are in good condition!

3 top sheets will cost: \$6,700.00.

AND . . .

A donor who attended the Lab reunion picnic will add \$1000 when we get to \$5000 and our stated goal is \$6700. Donations can be made on-line or mailed to:

The Goodenough Community

Box 312

Tahuya, WA 98588



And another view . . .

INTERCONNECTEDNESS

Howard Cutler

Intrigued,
I then began to think
about how so many other people
were involved in the simple task of
making my new shirt. I started by imagining
the farmer who grew the cotton. Next, all the
hundreds or even thousands of people involved
in the manufacturing of the tractor as well as the
designers of the tractor. Then, of course the people
who processed the cotton, and the people who wove
the cloth, and the people who cut, dyed and sewed
that cloth. The cargo workers and the truck drivers
who had delivered goods to the store and even
the very sales person who sold the shirt to
me. Thus, it occurred to me that virtually
every aspect of my life came about
as the direct result of other
people's efforts.



Mindful Mike's Blog: Deep Interconnectedness

Life can be a challenge. (Have I not said this before? Of course I have. Many times.) Challenge makes adventure. Adventure takes away the boredom along life's path.

I am incomplete without the others of my community. You are the folks helping my life make sense. You all are a foundation upon which I build my life. I have not found anything stronger or longer lasting.

You all mean so much to me. You are the best friends I have ever had.

The Goodenough Community taught me how to properly view love.

Sharing and caring for each other is what makes life worthwhile for me. Not making a profit or competing with others. This is the great undiscovered force that will change the world.

My deepest roots must be in the Earth, herself. All 7 billion of us Humans share Earth. Notice I spell the name of our planet with a capital 'E' and will do so forever more. Otherwise she is just an object to enact our destinies on. The Native Tribal people have been right all along.

As our space missions have shown not a single world in our solar system can do what Earth can.



Notice once again I am leaving the preceding 'the' out. Earth must have a name like Venus. Can you imagine 'the Venus?'

The worlds we have explored like the Moon and Mars have no living soil. All they have is dust. This is what our scientific analysis tells us. These worlds are dead. They cannot support life.

Hmm...an astronaut saluting our flag, claiming the Moon?

Earth is a mystery. Our scientists can tell us about the biological carrier of life but it cannot tell us what life is. How did single-celled organisms come about? I believe they are responsible for our breathable atmosphere. I am in communion with Earth every time I take a breath. The pressure is just right. On the Moon or Mars my body would explode.

A handful of Earth soil contains all the mysteries of life and death. Our bodies are made from this soil and will return to it.



We commune with Earth in our gardens growing plants for food. Today I found both Russ Puskovcik and Julie Wolf in our gardens. Green plants! There is mystery in these gardens. Some plants offer fruits for us to

eat so we will plant their seeds. We also eat green leafy vegetables. Thank you plant people. Thank you bees for pollinating our fruits. Like the other creatures we have what we need. Native people know Earth provides.

We work with our plant people to provide us with what we eat as well as beautiful flowers. What we grow we share with each other. Therefore I have communion with every meal I eat.

When we cook for our guests we are sharing our bounty with them. We are in communion with them and interconnected. For me this is a good reason to say grace before every meal. I am simply thanking those beings (plant and animal) who gave their lives so I might live.

Here I am with a nice green pumpkin. Now I feel very differently when I touch this big green fruit. Wonder what it will become when we eat it? Pumpkin pie? Yum!



Speaking of Dying

presents

Greening Death

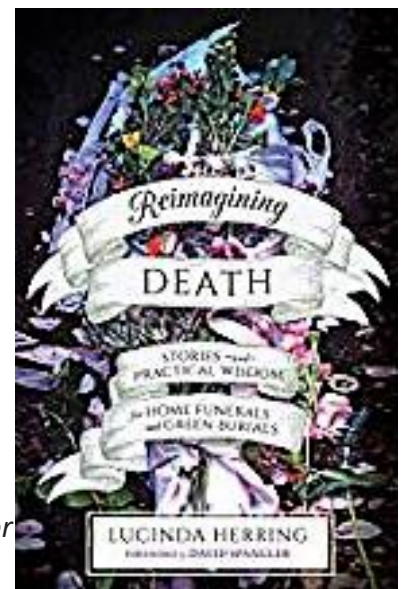
September 28, 2019

3:00 to 6:00 p.m.

Interfaith Community Sanctuary

1763 NW 62nd St. Seattle ([map](#))

- 3:00 to 5:00p.m. - Workshop:
 - *Reimagining Death: Stories and Practical Wisdom for Home Funerals and Green Burial*
 - Featuring author, Lucinda Herring, and guests who appear in her book.



- 5:00 to 6:00p.m. - Resource Fair:
 - Conversation and resources from the following end-of-life organizations:
 - [People's Memorial Association](#)
 - [End of Life Washington](#)
 - [A Sacred Moment Funeral Services](#)
 - [Memories Worth Telling](#)
 - [Final Roadmap](#)
 - [Sacred Passing](#)

Tickets (\$25) are limited. Get yours today at [Brown Paper Tickets](#)



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**.



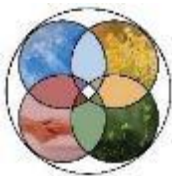
Programs and Events of the Goodenough Community

New Dates are included.

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 **General Circle** meets Monday evening for light dinner & business at hand. The schedule is as follows: September 23; October 7 , 21; November 4 , 18; December 2, 16.

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. We meet Saturday mornings from 10:00 to 2:00 with lunch included. The next gathering will be September 28 at Hollis' home. On November 2 we will gather at 10:00 and meet until 2:00 followed by a baby shower for Hollis and Hal's daughter Brittany. In 2020, our first gathering will be January 25 at Hollis' home. For more information, contact Hollis Guill Ryan, hollisr@comcast.net




The Third Age - Those age 60 and older have been gathering every other month, Friday evenings in Seattle. November 8 will be the next gathering. Contact Kirsten Rohde for more information:

krohde14@outlook.com

The Men's Program

Our **Men's Circle** is an expression of brotherhood and practice with wisdom, gathered from own lives, other men's work advocates and the founders of this circle. The weekend of **September 27-29** will be the Men's Weekend/Tent Take-down. For more information, contact: 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** --September 22; October 6, 20; November 3, 17; December 1, 15. Contact Colette Hoff for more information: hoff@goodenough.org

Save the Date!

The Lifeways Circle is confirming a **Meditation Retreat, November 15 to 17, 2019** at Sahale Learning Center

Quiet your mind, open your heart!

Guided meditations, sensory experiences, movement, time in the natural world will be featured in this weekend. Joining with others with intention will enhance our experience of mindfull-ness. More next week!

Summer Camp for Youth

New dates for Summer Camp 2020 will be announced. Summer Camp is a wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Contact: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 2 to 8, 2020

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. This summer we will celebrate 50 years! Contact: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 7, 2019

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 Elizabeth for more information.



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) to make arrangements.

