



The Village

eView

February 22, 2017

Colette Hoff, Editor

Preparation for the Annual Weekend

Colette Hoff

Resilience, Coherence, Synchrony are words that I have encountered while preparing materials for the Men's and Women's conversation coming this weekend.

Introduced to the HeartMath Laboratory Institute through a recent presentation by Therese Charvet who is a trained facilitator in Compassionate Listening, I felt how important it is to live from the heart advised by our intellect. The Goodenough Community is in need of the qualities of resilience, coherence, and synchrony among leaders and participants at the upcoming Annual Weekends, March 10 to 12. More than joining, we need to go deeper and have a series of conversations required as we ensure the future of the Goodenough Community.

Resilience enables us to change an attitude. Mental and emotional resilience helps us to recover from and adapt to stressful situations that challenge us. Finding ways to refresh can make a difference.

Coherence is clarity of thought, speech and emotional composure. *The quality of being orderly, consistent and intelligible (e.g. a coherent sentence).*

Synchrony is a word that describes sandpipers, moving together without trying to. Individuals naturally coming together as a cohesive group are in synchrony.

Coming Up:

Women's and Men's Conversation

Friday, Feb 24 to 26

Pathwork – Sunday, March 5

Council – Monday, March 6

Annual Weekend – March 10 to 12

On-Line News of the Goodenough Community System:

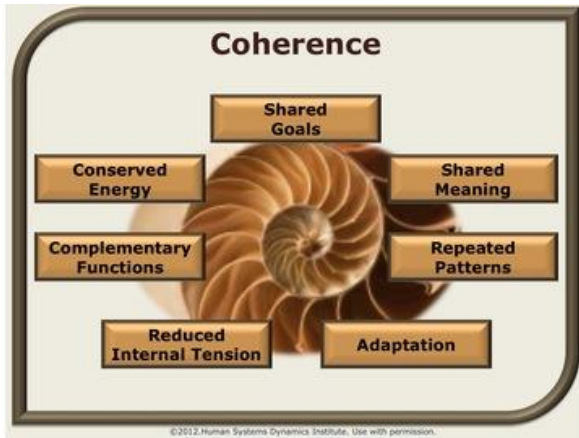
The American Association for the Furtherance of Community

Convocation: A Church and Ministry

Mandala Resources, Inc.

Sahale Learning Center

The EcoVillage at Sahale



Coherence

Clarity of thought, speech and emotional composure

The quality of being orderly, consistent and intelligible (e.g. a coherent sentence).

Synchronization or entrainment between multiple waveforms

A constructive waveform produced by two or more waves that are phase- or frequency-locked.

- **Order within a singular oscillatory waveform**

An ordered or constructive distribution of power content within a single waveform; autocoherence (e.g. sine wave).

Many contemporary scientists believe it is the underlying state of our physiological processes that determines the quality and stability of the feelings and emotions we experience. The feelings we label as positive actually reflect body states that are coherent, meaning "**the regulation of life processes becomes efficient, or even optimal, free-flowing and easy,**"^[160] and the feelings we label as "negative," such as anger, anxiety and frustration are examples of incoherent states. It is important to note, however, these associations are not merely metaphorical. For the brain and nervous system to function optimally, the neural activity, which encodes and distributes information, must be stable and function in a coordinated and balanced manner. The various centers within the brain also must be able to dynamically **synchronize** their activity in order for information to be smoothly processed and perceived. Thus, the concept of coherence is vitally important for understanding optimal function. <https://www.heartmath.org/research/science-of-the-heart/coherence/#soh>

HeartMath Institute empowers individuals, families, groups and organizations to enhance their life experiences using tools that enable them to better recognize and access their intuitive insight and heart intelligence. <https://www.heartmath.org/about-us/>



SYNCHRONY: It is a simultaneous occurrence of the events or things. It is an act of moving some things in the harmony which will helps the people to come closer and it is used widely within dance therapy.



Synchrony: All Together Now

Synchronizing with those close by. A coordinated group experience can be pleasurable or even exhilarating.

By Carlin Flora, published on September 1, 2006 - last reviewed on June 9, 2016

People who "click" emotionally, whether in pairs or en masse, unwittingly exhibit balletic coordination. Friends who mirror each other's posture and speech patterns while sipping coffee together illustrate the phenomenon. So do soldiers in lockstep and orchestra players whose movements, while not identical, create a harmonious whole.



Interactional synchrony, as social psychologists call it, marks the moment when individuals morph into a cohesive group, says Frank Bernieri, chair of the department of psychology at Oregon State University. It's when silent prayers give way to chanting in a church, when football fans launch a wave across a stadium.

A coordinated group experience can be pleasurable or even exhilarating. The satisfaction may be due in part to an energy surge. Psychologists from the University of Connecticut's Center for the Ecological Study of Perception and Action found that two people sitting opposite each other atop tables automatically synchronized (or perfectly alternated) their swinging legs. When asked to move to their own distinct beat, subjects found the task strenuous.

Synchronizing with those close by is neurologically efficient, Bernieri speculates. If something in your visual field echoes what you'd like your body to do, the action will be easier to perform. Pushing in unison helps the boat along, of course, but it may also relieve the rowers, as every movement in sight reinforces each person's efforts.

People report feeling energized in the aftermath of a sparkling conversation as well, says Bernieri, whereas an awkward encounter can leave you completely drained. "Synchrony is E



Editor Note: Imagine a community that embraced these three words through their relationships and organizational life. Both Kirsten and Bruce write to invite you to the Annual Weekend.

*"We were born to unite with our fellow men,
and to join in community
with the human race."*

Cicero

Kirsten Rohde's Top Ten List:

10 Reasons to attend

The 2017 Goodenough Community System Annual Meeting, March 10-12, at Sahale:

- 1) To Share what is creative in your life.
- 2) To learn the skills of designing a lively, fun, participative annual meeting that can be applied to any other organization in which you are involved.
- 3) To enjoy Sahale, which is just bursting out with early spring and inside, she will provide you with comfortable accommodations.
- 4) To enjoy abundant meals that are healthy and taste great
- 5) To have good, connected conversations with friends – new and old. Often we find it hard to find the time in daily life to have the conversations we desire with each other.
- 6) To learn about our community's plans – Convocation, the Goodenough Community, and the Association including Sahale.
- 7) To provide your input and creativity to the projects and plans
- 8) An opportunity to say what's been on your mind about community in general and our community in particular
- 9) A hot tub that is always ready for your enjoyment.
- 10) To appreciate the accomplishments in many areas of community life.



Another Invitation to Our Annual Meeting

Bruce Perler

Think of your interest in the Goodenough Community, as a vote for her continuation into a future that so needs community. This community really needs all of our support to grow into the next phase of her story. Your support might look like helping out on one of our outreach projects, making a regular donation of any amount, or supporting our programs by actively inviting your friends to events you value for yourself. A most important and timely way to help is to come to our annual meeting **March 10 to 12.**

The weekend will formally begin at 8:00 p.m. following dinner at 6:30. We will conclude at 3:00 P.M. on Sunday. You are encouraged to bring snacks and beverages to share. Please RSVP by emailing Kirsten at Kirsten Rohde (krohde14@outlook.com)



Come celebrate our dear friend,

Rose Buchmeier!

She's turning 60, and her family is inviting you to join the celebration:

Saturday, March 4, 12:00 pm

Community Center, 3610 SW Barton St.

Soup, salad, hor's dourves will be provided .



Editor's note: *As I have been editing this eView, we've had an earthquake! I am now wondering if it has anything to do with this weekend coming? HMMM!*

A Dialog with Men and Women

From Friday evening, February 24, until Sunday afternoon, February 25, women and men will gather in thoughtful and stimulating dialogue, *shaking loose* the effects of traditional understandings of men and of women, exploring current and evolving roles, discovering shared and divergent perspectives.

Expect to do more than talk, however! Bring your drum and rattle, your dancing feet, your voice, your exuberance!

Designed for men and women of all ages, this event will benefit those who are single and those who are in any stage of relationship.

Adding to the depth of conversation will be the gracious grounds of the Sahale Learning Center – more than 60 acres of forest, meadow, and flowing water. Plus, whatever the weather, accommodations are cozy, and healthful, home-cooked meals are abundant.

The weekend, including room, meals, and learning materials, costs \$175 for individuals and \$150 per person for people registering together.

Do you have more questions? Are you ready to register? Send an email to Bruce Perler (bruce_perler@hotmail.com), Hollis Guill Ryan (hollisr@comcast.net), or Colette Hoff (hoff@goodenough.org). We look forward to seeing you!



*A bit beyond perception's reach, I sometimes believe I see
That life is two locked boxes, each containing the other's key.*
Piet Hein, poet and scientist, 1905-1996

Dialogue with Men and Women: Finding the Keys to Better Relationships

February 24 to 26, 2017

In these times, we see many examples of male and female roles and styles. How can we understand each other better and work well together?

Join stimulating intergenerational conversations, exploring:

- ◆ Your own inner masculine and feminine, patriarch or goddess.
- ◆ How men and women perceive and respond differently.
- ◆ How to express personal power respectfully..
- ◆ How cultural gender stereotypes affect us.
- ◆ What traditions do we value, and how do we want to transform?
- ◆ Healing ourselves and our relationships.

Costs:

Individuals: \$175
Two or more registering together: \$150 each
Cost includes room, board, and learning materials.
Limited scholarships are available. Contact Colette Hoff, hoff@goodenough.org

A weekend workshop
sponsored by the Goodenough Community

This weekend for women and men will be held on the peaceful and spacious grounds of the Sahale Retreat Center on Hood Canal.

While this is not a couples' event, it will provoke creative conversation for committed couples.

For further information, please contact: Bruce Perler (bruce_perler@hotmail.com),
Hollis Guill Ryan (hollisr@comcast.net), or Colette Hoff (hoff@goodenough.org).





The deAnguera Blog: Coherence



Coherence: a [logical arrangement](#) of [parts](#). From the Wiktionary.

In the left hand photo are Earlina, the cat and the broom coherent that is logically arranged? They appear together and the cat might be studying the broom but I really can't be sure.

On the right Bruce Perler is carrying a post up a ladder to install on his bathroom. He definitely has a relationship with both the post and the ladder.

In order for things to be logically arranged they would have to have some relationship with each other, otherwise they are just randomly placed.

Unlike Earlina and the broom there is no question that Bruce, the ladder, and the post are together for some purpose. There is no coherence between the cat and the broom but there is with Bruce, the ladder, and the post. No coherence exists between Bruce and Earlina either even though they live near each other.

Now that I've given you some idea of what I mean by coherence I can ask another question: Are we all coherent with each other out here at Sahale? We can all be working on many different tasks but they are intertwined by the fact that they are occurring at Sahale and usually have something to do with it.

Irene Perler could be working in the garden below Potlatch while Bruce could be building the bathroom off their yurt. They are both working at Sahale since their property is considered part of it. They see themselves as part of the Sahale vision even when they are working on their property.

We are all coherent with each other. That's true even with our goals. Our working together makes us coherent with each other. This is the very thing that makes us an *intentional* community. We came together *intentionally*. This is what makes us different from a typical city neighborhood. The folks in the city generally have nothing to do with each other even though they live next to each other. Those going to a church may associate with some folks in the same neighborhood or not.

Any property we do sell will be to other community members sharing our vision. So anything these new owners do on their land will be in relationship to us. They will be coherent with us in our goals.

We just had a small earthquake. A real shake up. I quick ran outside to check with Colette. You never know what can happen. Luckily we can help each other in case any damage or injuries occur.

Now I can see what coherence really is. A drawing looks coherent if all the parts relate to each other. Just writing this article has helped me understand this word. Before it sounded somewhat familiar but I didn't really know its meaning.

Here is a mind blower. If we are all the creation of one being, that is God, does that make everybody and everything coherent with each other?



One of the most beautiful pictures I have taken. Its land we dug up for the sewer pipe by the Kloshe hot tub. The flowers and the rocks are coherent with each other in the artist's eye.



Travel Log – New Zealand Reflections

Irene Perler

Travel is an incredible kind of experience, and I have been fortunate in my life to go almost around the world but not quite and I feel grateful to Bruce and for my family and friends for encouraging me to travel, usually to follow my children and see where they are living. I've been to Hong Kong, Japan, Australia, England, Scotland, France, Mexico and Canada including the arctic circle of the Northwest Territories, not to mention that I've been to all but a couple of states of the US. What a gift each of these trips has been! I spent almost 7 weeks in New Zealand over the last 2 months and it seems it is taking awhile to return. While I am glad to be home at Sahale in Tahuya, Washinton, my thoughts wander, much like my path did, as I journeyed to "Aotearoa" – the Maori word translated to: "land of the long white cloud".



When I travel, especially alone, as it sometimes seems to work out, I experience a time of awakening and heightened awareness and a sense of freedom. Not only do I try to view the outer world with more objectivity, but also the inner life becomes an objective study and I work both ends to the middle, with occasional moments of finding my center or core. As I travel, I must rely primarily on my decisions, and myself relate in new ways, with unfamiliar and non-routine pathways and to trust the world and the people I meet. This is a good exercise for sure, to focus more on trust at the same time being awake to cultural norms that might be important to observe. I enjoy this and certainly find it a rewarding challenge.

Several good friends encouraged me to write some stories from my travels as a way to remember and value the trip and get out of myself more as I come out of a meaningful time of grief, after losing my Mom in October of 2015; another inward journey that can be hard to emerge from. I hope you enjoy a few stories and photos...perhaps you have thought of going south...expect stories over a few weeks...how about some background this week...

Why New Zealand?

My daughter Sarah, now 26, got a job almost 2 years ago now, working for the Ministry of the Environment in the capital city Wellington. The timing was right for my first visit to see her home and meet her friends. She encouraged a visit over the holidays because she gets 2 weeks off, as do most citizens. It is European in this way, and they encourage workers to get out and enjoy their families and travel during the summer months there. Many businesses close and resume activity in mid or late January. The country is suddenly filled with visitors and the campgrounds and restaurants flood with families and friends from all over the world. My father, two of Sarah's friends from childhood and I all visited in the summer months of December and January.



What is Sarah doing there?

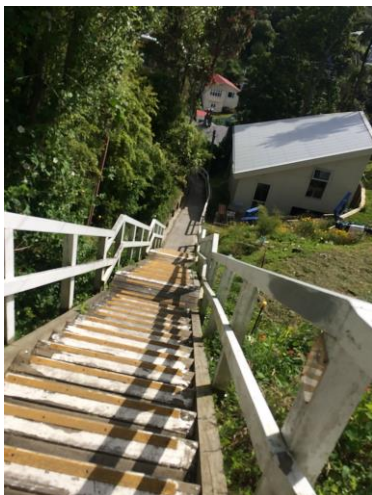
Sarah is a water policy analyst and works with a team of people for the government managing the water resource for the country. She is trained for and now interested in creative and collaborative resource management strategies. This line of work includes educating the public about responsible resource practices and conservation, collaboration between the government agencies with farmers and businesses that use water. She has been nosing and guiding town meetings and meetings with the Maori tribal leaders to understand the issues they have in securing their water rights. She is enjoying these opportunities and seeing ways to expand her career interest and especially learning about how to lead and join work groups as well as learning about the issues of indigenous peoples' rights and agricultural practices. It must feel a bit familiar to



her given many similar issues here in Washington state. I sure enjoyed hearing about her work with water and with the challenges that face all of us in the future as we protect a renewable but not limitless resource.

Where did I stay? What's it like in Wellington?

I stayed with Sarah in her flat. She shares a townhouse type of dwelling which I think was actually built in the 1930's. She lives within a 30-minute walk from the Central Business District (CBD) and all the government buildings, shopping, museums, Botanical Gardens, cricket fields, sports arenas for rugby and the harbor. She is also situated close to a community village called Aro Valley, with its own bakery, garage brewery, video store (not many left), café, park and community center, "cheap and cheerful" "Dairy" or corner market- deli, small grocer, fish and chips shops, pharmacy and "Vinny" (short for St. Vincent de Paul) shop. She lives in the bottom apartment and a nice teacher and her daughter live above. Together the 3 of them look out after one another and enjoy the shared laundry line and front enclosed entry. They often share a meal, a car ride to get groceries or just a ride up the very steep hill.



Did I say steep hill? I still marvel at the steepness of this city and how it was built is an engineering feat. Wellington has many things in common with San Francisco, Seattle and Hong Kong, to name a few that I've visited. The commonality is that these cities are very hilly, have big and beautiful sea harbors with a lot of tourist attractions and transportation modes, seafood, shops galore, especially small vendors setting up shop daily or on weekend, restaurants and they use cable cars to carry people up the steep hill climbs. These cities also offer public transportation to help people get around with speed and ease. The buses were helpful as well as Uber, taxis, bicycles, trains, boats and small planes. I used each of these in my time there and was amazed at

the Uber network! Without a car, it is so handy to pick up groceries and have an Uber pick up at the ready or to come home late from dining out. I didn't expect to get a fitness program started during my trip but I did! The walking and hill climbing strengthened some muscles I had forgotten about, but I ate more than I burned off...it was the holidays after all and the fish and chips and lamb burgers are amazing.

When I arrived Dec 10th, Sarah was still going to work and so I did a lot of exploring of the town and fixing meals, taking a few naps and getting the lay of the land. While the time difference is 21 hours ahead, I decided to think of it as 3 hours difference and a day. I just didn't care about the extra day part, except for reminding myself what day it was. Within a week, I felt on track. That first week I went to the harbor and we bought fresh local farm produce at the Sunday market, took the first of several trips through the "free" Botanical gardens and went out to the local bar for the holiday Tango party. We met for a meal on Cuba street which is a street with lots of eateries and shops and long pedestrian walkway only interrupted by a few cross-streets for vehicles. I was doing a little holiday shopping and decorating the house with a few greens and candles. While there were some signs of Christmas, they don't go crazy like we do with lights and blow up Snowmen on yards. But they DO spend a lot on special cuts of sweets for the holiday parties. The big light meringue topped with fresh abundant fresh local fruits (the best strawberries, passion fruit sauce, and prefer golden.



grass-fed meats and seafood and most important is the Pavlova...a whipped cream and plentiful I've ever had – no kidding!) – of course Kiwi – green or some

Next week...trains, planes, boats and more culture...



Community News

By Elizabeth Jarrett-Jefferson

Birthdays:

- ♥ **Kim Hart, February 23. Happy birthday!** [?](#)
- ♥ **Rose Buchmeier, February 27. Happy birthday!** [?](#)
- ♥ **Annalise Callo, February 28. Happy birthday!**

Citizen's Climate Lobby

Sharon Grant

Steve Ghan, a member of the Goodenough community and a climate scientist, is the organizer of this year's conference by the **Citizen's Climate Lobby. A flyer is attached.**

The conference is being held in Seattle, March 4th & 5th, at the University Christian Church, 4731 15th Ave. N.E. (15th & 47th).

Pam Jefferson will be the bartender < with Elizabeth and myself as her helpers! Note that the fee for students and young people is half <(\$50.00)

Annual Membership Meetings

March 10 to 12



Men's Culture will be joining the women's culture for creative conversation

February 24 to 26, 2017. A weekend for men is being planned for the spring. Focal Person: Bruce Perler, bruce_perler@hotmail.com



Women's Culture

Next Saturday gatherings are January 21 and April 8, 10 am -2 pm, at the community center in West Seattle

Women's Weekend, May 5-7, 2017 at Sahale

Women of the Goodenough Community have been gathering intentionally and regularly since 1983 to discover in themselves and each other the essence of womanhood at any age and the presence of the Divine Feminine.

Focal Person: Hollis Guill Ryan, hollisr@comcast.net

Third-Age Gatherings

Next gatherings will be Friday evenings, January 20; March 31 and May 12 at the community center in West Seattle. Focal Person: Kirsten Rohde, krohde14@outlook.com

Annual Goodenough Community Memberships Meeting: March 10 to 12 at Sahale. It's a good time to support the organization that surrounds all our activities. We will share accomplishments in the prior year and join in visioning the future. Anyone is welcome to attend. Please contact Kirsten Rohde 206 719-5364 for more information. And RVSP to??.

Work Parties throughout the Year

Traditionally, the Goodenough Community sponsors work parties over Memorial Day weekend (**May 26 to 29, 2017**), 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.

Focal Person: Colette Hoff, hoff@goodenough.org

Summer Camp for Youth, June 25 to July 1

A wonderful opportunity for children 9 to 12 to have a full camp experience in a beautiful setting with loving leadership.

Focal Person: Irene Perler, Irene_Perler@hotmail.com



Human Relations Laboratory, August 6 to 12, 2017



This intense and joyous week-long event is a communal experience of personal growth, and has been presented annually and is now in its 48th year!

Focal Person: Colette Hoff, hoff@goodenough.org

True Holidays Celebration, Saturday, December 2, 2017



Be part of this fun-filled family-oriented evening, and prepare yourself for a holiday season (whatever faith tradition you follow) that fills your heart.

Focal Person: Kirsten Rohde, krohde14@outlook.com

Winter Solstice Bus Trip, Saturday December 16, 2017

Board a bus, play in the snow, shop in Leavenworth, have a horse-drawn sleigh ride and enjoy an abundant dinner

Focal Person: Colette Hoff

New Year's Eve at Sahale, 2017 – 2018

Sunday will be New Year's Eve and Monday will be New Year's Day next year.