



Laughter

Head back, mouth open, snorting nose, hands that express delight, and other faces standing around similarly contorted, all roaring laughter and feet that want to dance—that's laughter! 😊

Seven days without laughter makes one weak.
Joel Goodman

I have seen what laughter can do. It can transform almost unbearable tears into something bearable, even hopeful. Bob Hope



*Although social scientists have yet to figure out why our Creator graced us with the gift of laughter, who among us could imagine exchanging this precious response to the human condition for something else? Thanks to the late Norman Cousins, whose best-selling book, *Anatomy of an Illness* described how a daily dose of laughter helped cure his life-threatening disease, we're now very aware that guffaws, chuckles, cackles, and other expressions of glee positively affect blood pressure, heart rate, and stress. Indeed, recent studies show that ten minutes of hearty ha-ha-haing equates with thirty minutes to an hour of meditation.*

Caren Goldman



What soap is for the body, laughter is to the soul. Yiddish Proverb

The Village eView

September 24, 2014

Colette Hoff, Editor

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

October 3, Third Age Gathering

October 5, Pathwork

October 31 to November 2, Harvest Weekend



Submitted by Bruce Perler

"My dad used to lecture me, and I always thought he would tell me the most silly obvious things. Now I know he wasn't being obvious, he was being ap-parent." Gabe Harshman

Submitted by Douglas DeMers

Laughter is my vow ... in serious times
Laughter is my vow ... in serious times
If I listen deep inside, I'll learn to let my heart decide...
Laughter is my vow ... in serious times
-Joe Crookston.



The second I am not sure if it's appropriate as it is not funny. The following was sent to me by Susanne Friend - one of my aquaponics mentors and currently a "guest" of the Federal Detention Center in Honolulu, Hawaii, until October 27th, 2014. She has written several letters during her three-month sentence; the following excerpt is the latest I have received and seemed appropriate to the eView topic of the week.

According to Aristotle, and almost every animal behaviorist and philosopher since him, humans are the only animal that laugh. Aristotle claimed that the single thing that set humans apart from other animals - the difference that made us Human Beings - was laughter. However, recent discoveries in behavioral sciences have led some researchers to make the claim, even in the face of the dread label of "anthropomorphism" (assigning human characteristics to animals), that we are not the only animals that laugh.

Chimpanzees exhibit behavior that is virtually identical to humans when tickled and during play, even making the same vocalizations, but with the "H" omitted - more of an "Ah ah ah" sound. And rats make squeaking sounds that is outside the range of human hearing, but that can be easily recorded and played back within our hearing range, when tickled by a human hand as well as during play with other rats. Most biologists currently categorize these vocalizations as the unconscious, neurologically-programmed message "we are not fighting".



Neurobiologists also assign this message to the meaning of laughter in human beings. Studies have shown that people laugh longer and more loudly around their bosses, that women produce more acoustically extreme laughter around men (the "giggling girl" meme), and that both women and men laugh more often and more loudly when under stress.

Laughter affects the listener in a positive way to shape their behavior in our favor - in essence sending the message, "I am cute, and funny, and you like me". Laughter is a way to stay safe, and forms a part of what is known in ethnology (the study of animal behavior) as an "appeasement behavior". It says, at a very basic level, "Please don't hurt me."

The women with whom I find myself incarcerated have almost all smoked meth - a poison that literally destroys areas of the brain. They are, for the most part, poorly educated, and without much hope or possibility for the future. For many of them, their only real hope for maintaining sobriety is being in prison. One lady who returned this past week on a parole violation for testing "dirty", said that she smoked meth the night of her release, and she seems relieved to be back in a structured environment that cannot include the use of drugs.

There are many that dread their release because they know their lives are organized around drug use and criminal activity, and they are offered no path to another way of life except while incarcerated. They will return, through the revolving door that is the American "Incarceration Nation" of the early 21st century.

As a result, most of these women view themselves as "gangsters", who are well versed in being "bad asses". Respect is something they demand, but do not readily give. I have noticed many times that their laughter is so loud that it's actually painful to be near. Even upstairs, in my room, with ear buds in my ears, listening to music as loud as is comfortable, the sound of their uproarious laughter reaches me.

It is obvious to me that this **laughter is not coming from the joy of being alive**, nor is it a response to comedy or humor. **This laughter is a collective scream for help**, in the only way these women have to vocalize it - "please don't hurt me, and please help me."

It is breaking my heart. I cry for the little girls that they once were, and the children that they have. I cry for their future, and the predictable and tragic trajectories of their lives. I cry for the depth of despair in which most of them live, and that they cover up with drug use (when "out") and laughter that is too loud, and too long ("inside").

I cry because there is so little I can do that will make any difference whatsoever. I cry because I am so helpless, and so alone, and trapped as they are by this "correctional" system that offers so little in the way of hope, correction, and rehabilitation.

I cry because I have so much, and so many in here have so little as to be nothing at all. I cry for our sameness, rather than our differences.

Blessings, Susanne**



Farming jokes Submitted by Irene Perler

See this link for one liners:

<http://jokes4us.com/peoplejokes/farmerjokes.html>

And a couple others I liked:

Gathering chickens

The farmer's son was returning from the market with the crate of chicken's his father had entrusted to him, when all of a sudden the box fell and broke open. Chickens scurried off in different directions, but the determined boy walked all over the neighborhood scooping up the wayward birds and returning them to the repaired crate. Hoping he had found them all, the boy reluctantly returned home, expecting the worst.

"Pa, the chickens got loose," the boy confessed sadly, "but I managed to find all twelve of them."

"Well, you did real good, son," the farmer beamed. "You left with seven."

Horse pulls the car

An out-of-towner drove his car into a ditch in a desolated area. Luckily, a local farmer came to help with his big strong horse named Buddy.

He hitched Buddy up to the car and yelled, "Pull, Nellie, pull." Buddy didn't move.

Then the farmer hollered, "Pull, Buster, pull." Buddy didn't respond.

Once more the farmer commanded, "Pull, Jennie, pull." Nothing.

Then the farmer nonchalantly said, "Pull, Buddy, pull." And the horse easily dragged the car out of the ditch.

The motorist was most appreciative and very curious. He asked the farmer why he called his horse by the wrong name three times.

The farmer said, "Oh, Buddy is blind, and if he thought he was the only one pulling, he wouldn't even try!"

Editor Note: While the following articles are not necessarily about laughter, you are guarantee to experience some fun in participating. You will find more jokes on page 14.

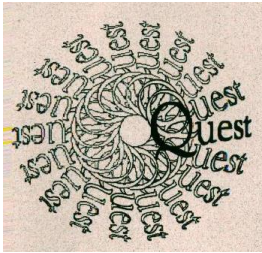


OPPORTUNITIES

Pathwork:

Sunday, October 5, we are **inviting all interested** to participate in a “**Pathwork Process**,” a process of sharing our own faith journeys and spiritual development. The focus is on what is happening in our lives now and not on earlier history. 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. **John and Colette would each welcome meeting with anyone interested in attending.** Email hoff@goodenough.org to RSVP.

Pathwork will be meeting in West Seattle at the home of Joan. Phil, Barbara, and Jim 7723 13th Av SW, Seattle 98106.



Quest: A Counseling and Healing Center

Our belief is that mental and emotional health are prerequisites 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).**

Where are you working, you might ask?

Currently, John and Colette are doing home visits and utilizing community homes for individual sessions and group meetings. We are especially appreciative to Pam and Elizabeth Jarrett-Jefferson and the West Seattle household of Joan, Phil, Jim and Barbara.

Quest is currently offering a group focused on relationship:

A Relationship Group: Learning from and About Our Relationship

Beginning on **Tuesday, September 30 at 7:30 p.m.**, we will be meeting with couples. Some of these couples will be married, some will be committed, some will be living together, some will be serious friends that want a chance to work with themselves and their personal development yet within a relationship with someone else. If you can think of someone you would like to work on self-development with—let them know. Also let us know (John and Colette Hoff) that you are interested in a relational counseling approach to personal development.

This group will be meeting at the home of Pam and Elizabeth who have found that their own relationship has deepened in recent months.

Saying yes to friendship

Kirsten Rohde

My friend, Claudia, asked me if I'd like to join her Tuesday nights for the start of a group on relationship led by John and Colette Hoff. This group started out as a response to couples to continue their learning from Lab and then expanded to being a group for anyone wanting to learn about being a good friend. I was in the same small group with Claudia at the Human Relations Lab this year and we had agreed that we'd each like to be more intentional about being friends. So I said yes to her invitation.

We were welcomed warmly and found that everyone is working on the same issues really, whether a married couple or friends like Claudia and me. We talked about what we remember about first meeting each other and how we would describe the nature of our story as friends. For us, we have run across each other in community events and programs and also share an interest in the world of art. We have had fun doing artwork together. Some of the words we chose that we valued in our friendship are: creative, exploring, doing fun things together, a willingness to deepen, and being reflective with each other.

I've always wanted to be a fly on the wall of couples' group meetings and now I have a chance to be there and learn right alongside others. I want to be more intentional in how I relate, choosing my words and responses well so that I am being kind to my partner as well as self-disclosing. This will be good practice and thank you, my friend, for the invitation!



This on-going group might be a good place to bring a friend and learn how to do relationship much more effectively.



A Community Development Weekend

We will be having a **weekend for community development, November 21 to 23.** For this weekend we are calling anyone interested in the Goodenough Community to join together to envision the future and invest in the opportunities that will be there. More to come.



Report from Barbara Brucker

see also my CaringBridge post.

Jim, Hollis, and I visited with Dr. Benkers, my neuro-oncologist, this afternoon following my MRI this morning. The MRI went well, I was able to have the contrast medium, and so the MRI was informative - and the news is as good as it can get given the circumstances. Basically the tumor is resolving - there are still some traces. I will be having two more rounds of my current chemotherapy treatment (high-dose Methotrexate) to address those traces. I will be admitted to Swedish next week, and then two weeks later. That will be followed by an MRI on October 30 with anticipation that we will then discuss the next steps in the treatment protocol. To give you an idea of how good this news is, Dr. Benkers actually said more than once that she was very happy, told me I was doing fabulously, and gave me a big hug.

While this is wonderful news, the journey isn't over and I am asking for your ongoing support in the forms of prayers and good wishes as well as in little responses to CaringBridge posts and all the ways you let me know you're there. I deeply believe that all of your good energy impacts the outcome of my treatment. I have a part to play (maintaining my health and well-being) the doctors have a part to play, and you also have a vital part. Thanks for being on my team.

PS. If you want to learn how to access the CaringBridge site, please go to www.caringbridge.org and search for me. Then seen a request for permission to access the site and I'll send you the password.



True Holiday Celebration and an opportunity to work with my response-ability

Kirsten Rohde

I have agreed to be the focal person for this year's True Holidays Celebration. I like the phrase: "Being a responsible person is not a hard way to live, it's a more satisfying way to live." I know that by accepting this role I'm in for some learning and I have an opportunity to be of help in our creation of this wonderful event (**on Saturday December 6th – mark your calendar**). One of my traits is *PROCRASTINATION*. As a great student of this behavior I come to realize that procrastination is all about endless worry – all the greater because nothing is happening – it's all in my head so far. It's a wrong turn. I'd like to, instead, use all that time thinking creatively about the event and finding out more from others who have helped create the event in years past. I've already received offers to help out.

Setting up a calendar for what to focus on week by week is a good idea for a procrastinator – it's so calming to know that I've already made a plan so I don't have to

endlessly re-think it. And remind myself that while I'm helping by being the focal, the truth is there is a cadre of experienced folks in our community who have applied their expertise to each area of the event.

So I'm a reasonably responsible person and now I will also make it a satisfying way to live. I hope you will each put the evening of **Saturday December 6th** in your calendar. Our community offers this seasonal event as something that can help set a good tone for you, your family, and friends in the holiday season. There are many events and social occasions that happen in December; this one is full of heart and friendship — a good one to choose.



Third Age Gathering

Invitation to an evening of fellowship and conversation*

Joan Valles

1. "To some people, I may seem calm. But if you could peer beneath the surface, you would see that I'm like a duck--paddling, paddling, paddling."

Scott Stossel, (Editor, Atlantic magazine), "My Age of Anxiety: Fear, Hope, Dread, and the Search for Peace of Mind."

2. "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

Serenity Prayer used in AA, attributed to Reinhold Niebuhr.

3. "If you can solve your problem, then what is the need of worrying? If you cannot solve it, then what is the use of worrying?"

Shantideva, the Dalai Lama and others



"Colette and I have very little anxiety in our lives. We've agreed that if there's nothing we can do about it, we let it be until we can do something about it," John told me as we met this week to talk about program for the Goodenough Community's Third Age group. And I can see that from the time I've known both of them (more than 20 years), this has been true. I'm more like #1 above, have worked with #2, and aspire to, but haven't achieved, #3.

John and I were talking about some of the dimensions and issues of the stage of life we define roughly as "third age," age +60 and up—acknowledging that within it, this stage covers a range: being 65 is different from being 70 is (very) different from being 80. But we also have much in common. For example, as we get older we may be more sensitive to our anxiety and how it is for ourselves and others. We agreed that at our get together this Friday, it would be interesting to talk about the role of anxiety in each of our lives and to value getting a sense of how it's

different from one to another of us. We might talk about those things that make us anxious, how we understand anxiety, and what are some good ways to work with it.

Our Friday gathering marks the beginning of our Third Age culture's programmatic year, and we want to develop a model that works for us: What is each person's sense of what they need and want and what they imagine would be a good group for somebody our age. Some of us might research what similar groups are doing and borrow some of their ideas. We'll set aside a little time for planning.

The Third Age group meets at 6 p.m. Friday, Oct. 3, at the home of Barbara, Jim, Phil, and Joan in West Seattle (Highland Park). We start with a potluck meal. Main dish will be provided. Please consider bringing a side dish or dessert, and beverage of your choice to share. RSVP, please, to joanvalles70@yahoo.com, (206) 763-2258.)

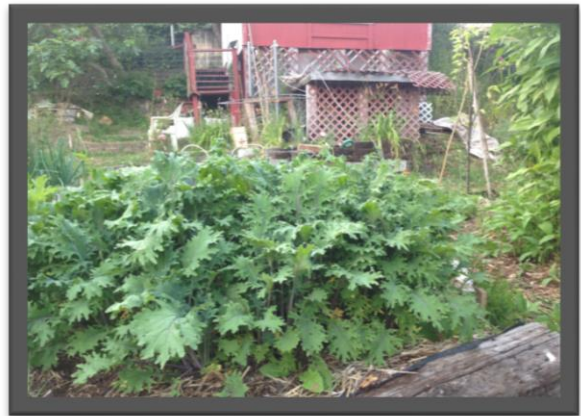
*** about (shhhh) anxiety**



Country Living: The Ecovillage at Sahale

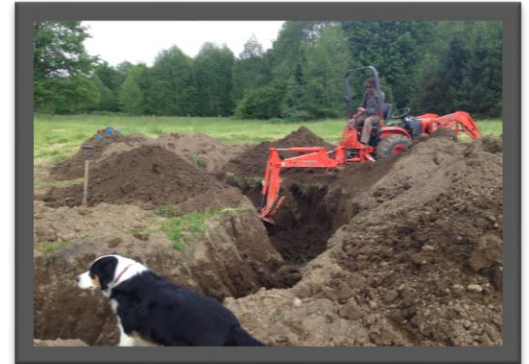
Irene Perler

The Ecovillage at Sahale is bountiful this classic autumn day. The fruits of our collective labors and creativity are noticeable and rewarding. Not only are we reaping homegrown fruits and vegetables included in every dinner, we are treated to a feast for our eyes as we move around the land. As "Head Gardener", a title I am living into, to describe my role here, I am coordinating a variety of projects and ongoing care for the agricultural and overall stewardship of the land. When I migrated to Sahale from Seattle three years ago and transitioned out of a 10 year teaching job, I really didn't know what lay ahead for me, but I could see potential for one of my dreams to come true...to be a farmer. When I was in Scotland this spring, I heard a word used in that culture to refer to the folks who manage farm lands and estates. That term of "Head Gardener" stuck and kept showing up in unlikely places. I even bought a CD published by the Bodleian library in Oxford, titled Songs for Head Gardeners. Discerning what this title means is part of the experiment I've undertaken this year and some review will help me know what we have learned together about this role. This year, the team of folks involved in land stewardship has grown by leaps and bounds and the developments, improvements and experiments are in most cases obvious, but there are also lesser-known accomplishments such as the ongoing and necessary job of deterring deer from eating everything we plant. We continue to refine our methods to include fencing, hedging, planting



things they don't like the smell or taste of and spraying plants, especially young and tender ones, with sprays that include strong flavors of peppermint, egg yolk, and cayenne.

Among the more obvious and exciting new outcomes are the "hugelkulture" in the meadow, revisions on the east terrace which is a kitchen garden and high visibility area, further development of cut flower gardens, several newly planted trees, additional plants along the streamside down at Kwanusum. And I'm excited about the results of last year's redesign of the main garden, which highlights permaculture methods for soil development and incorporates practical yet esthetic structures. Ongoing and significant projects this year include firewood production at a much greater capacity, putting finishing touches on building projects and maintaining those with ongoing cleaning and touch up paint.



Last fall, we began a serious search for interns to join us and opened our hearts to the gift of others who would want to join the Ecovillage lifestyle. We intentionally found words to describe what kinds of students of community we hoped would join us. We asked the universe to help us prepare for others to join. We placed an ad in Communities magazine for all 4 issues of the year. We added messages to our website. Guess what?...**we had a huge response to our vision and hope.** We have had over 20 responses in this time and we have had many interns and guests who have joined us for a few days, a few weeks or a season. We have made new friends and we have heard from these new people that they really enjoy and grow from the social environment and the permaculture mission that the Ecovillage at Sahale embraces. Over the year, many folks have joined and added their energy and ideas to the development of the ecovillage. I am energized and grateful for this response to our hope for the ecovillage.

See for yourself in the photos below, some of the beauty as well as the incredible bounty and well being of the land. Sahale continues to marvel and touch the lives of all who visit and live here. There is never a dull moment, and I'm ever watchful for the next opportunity to be grateful. Of course, there are days when it seems like there isn't enough time in a day and too much to do, but its more often than not, very rewarding and easy to see what we have each done that is of meaning and purpose.



The most recent project developments include my appreciations for the support and collaboration of many friends. I want to especially thank Boyd, Josh, Evelyn, Mike, Irina, Gabe, Jason, Yako and his many friends that come by, Serena, Bruce, Jim, Norm, Hal, Pam, Phil B. and



Jeff. The most recent wood harvesting in the lower Alder forest has yielded an entire and beautifully stacked woodshed full of cut wood, just the right size to fit into the big wood boiler. Felling, bucking limbing, splitting, stacking are all parts of the process. It has been amazing to watch this happen with so many hands and dedicated helpers. See the beauty of “wood in the bank”, in the photo.

The East Terrace garden is a kitchen garden and as such includes mostly edible plants and herbs, but it was hard to get into with the stairway railings and terraces. I designed an upgrade to allow easier access and designated walkways. Many creative collaborative conversations resulted in a new stairway entrance and mulched pathways. Eventually culinary lavender and strawberries will take over the new areas, but now they include seasonal decorative cabbages and mums as well as some very hot peppers! Boyd, Evelyn, Irina, Josh, Mike, Yako, Pharoah and I have all worked together on this project in the last month. Thank you!

The main garden has been weeded, watered and harvested routinely by Pharoah, Gabe, Josh, Irina, Serena, Kirsten and Mike. This is a big job and requires ongoing attention. The weeds are happy and they also let go easily because of the soft soil that is being developed in our attention to soil tilth. Also, see the hugelkulture in its diversity. What started as an experiment is now proving to be a very successful technique for our meadowlands. I am so grateful to Josh’s creativity and dedication to this project. He took it from research to manifestation since its origins in April when we started talking about it. He was joined by me and Yako this summer in the planting stage, combining starts from the greenhouse and broadcast sowing seeds and just allowing nature to take over. This is truly a special place as the corn, squash, beans, broccoli, melons, cucumbers, peppers, eggplant, potatoes and flowers come full circle. It is a collaboration that also is demonstrating a community of plants that flourish together. It is nothing like the traditional row gardening.



Instead it was recognized as garden “Art” the other day. I had to agree with Irina, that it is truly beautiful and harmonious.

If you have a chance to plan a visit this month, please do. Join us for apple harvesting and enjoying these beautiful autumn days. Watch the eagles soar and the squirrels gathering walnuts. Put a log on the fire and rest after an active summer! See you soon.



The deAnguera Blog: Tent Take Down 2014



Once again it was time to take down the big white tent. My, it seemed like we just put it up a short time ago. We will put up the tent again in June 2015, nine months from now.

This year Norm Peck took over leading the tent take down. I like the way he carefully managed each stage of the process. I am happy we have leaders stepping forward when needed. We have a fine talent base and have developed the ability to handle big projects like this over the years. Joining Norm and me, were Jim Tocher, Neale Huggins, Russ Pogemiller, Phil Buchmeier, Pharaoh, Josh, Gabe, Gordon, Tod, Jeff (a new friend),

If we finally erect a permanent structure, we will no longer have to go through this ritual of putting up and taking down the white tent. That will be a relief. I can sense I am getting older and don't have quite the endurance I have had in the past. On the other hand these are times we can bond together as a crew. I feel like I am part of a circus crew which can be very exciting.

We spent all day Friday taking off the side curtains and cleaning them. A lot of hands and knees work wiping with hand towels.

The critical part is taking out the legs and lowering the roof first on one side then on the other. The roof structure is quite heavy and we would not want it to fall on anyone. The legs were taken out one at a time. Each time a group of us would use our wooden poles to brace up the roof structure until the leg could be removed.

Finally the skins were pulled off the roof structure. More wiping down and doing huge accordion folds until finally each of the three huge roof skins were bagged.

Then the aluminum skeleton was disassembled. Each pole had to be carefully pulled out of its slot, lowered to the ground and staked in the blue truck.

Last of all the dance floor boards were pulled up in a precise order to facilitate reassembly next year. Now all that remains are the dance floor structure and a pile of chips.

Gabe Harshman and I finally got the wood chips all in a nice neat pile with the Kubota tractor as well as shovels, push brooms, and a wheel barrow. We were both exhausted by the end of the day. The days of Dyanne Harshman leading us to the village well with her Sarungano band seem long ago. The place is quiet now. I sometimes wonder if I could still faintly hear the sound of the mberas accompanied by a rattle.

I think back to the old days when we used to go to Seabeck, holding our sessions in Pine Lodge. We certainly could not dance there. The white tent is way larger than Pine Lodge and has more of the tent revival feel to it. This is our show on our land and we can do it the way we want to. I feel a sense of power and ownership I never felt at Seabeck though I always enjoyed staying there.



Time to pull up the dance floor boards. Norm emphasized pulling them up in the right sequence.



Submitted by Hollis Ryan

My son Sam's sister, Emma Staatz, is walking this weekend to raise awareness of suicide prevention. I

promised her that I would spread the word, so I am writing to you. Please read her courageous message, below. And, of course, if you would like to contribute, your donation will be truly appreciated.

HELLO THERE!

This coming weekend (YES, that's soon!) I will be walking in the American Foundation for Suicide Prevention's **Out of the Darkness Walk**. I would appreciate any support that you give me for this worthwhile cause! **My goal is \$200.**

This is scary to reveal, but.... I am walking because I have a mental illness. **I struggle with depression and anxiety daily.** I am doing it because I have friends and family members who also struggle with depression. I am doing it because close friends and family have lost loved ones to suicide. I am doing it because my campus has lost *at least* six students to suicide in the last year. **I am doing it because not one talks about it, but we could save lives if we did.**

PLEASE consider supporting my participation in this event. Donating online is safe and easy! Any contribution will help the work of AFSP, and all donations are 100% tax deductible.

THANK YOU!!! - Emma

[Donate](#)

Bite O'Fall

Elizabeth Jarrett-Jefferson

Birthdays - Have a wonderful day, everyone!

- October 2 – Sophie Hoff
- October 2- Eric Sieverling
- October 2—Andrew Hovendon



This dog who doesn't like to go to the vet.
From Hollis R



Don't leave your pumpkins near the alcohol!

From Connie De

Subject: Catholic School

From: Jim T

Little Zachary was doing very badly in math.

His parents had tried everything...tutors, mentors, flash cards, special learning centers.

In short, everything they could think of to help his math.

Finally, in a last ditch effort, they took Zachary down and enrolled him in the local Catholic school. After the first day, little Zachary came home with a very serious look on his face. He didn't even kiss his mother hello. Instead, he went straight to his room and started studying.

Books and papers were spread out all over the room and little Zachary was hard at work. His mother was amazed. She called him down to dinner.

To her shock, the minute he was done, he marched back to his room without a word, and in no time, he was back hitting the books as hard as before.

This went on for some time, day after day, while the mother tried to understand what made all the difference.

Finally, little Zachary brought home his report Card.. He quietly laid it on the table, went up to his room and hit the books. With great trepidation, his Mom looked at it and to her great surprise, Little Zachary got an 'A' in math. She could no longer hold her curiosity.. She went to his room and said, 'Son, what was it? Was it the nuns?' Little Zachary looked at her and shook his head, no.. 'Well, then,' she replied, was it the books, the discipline, the structure, the uniforms? WHAT WAS IT?'

Little Zachary looked at her and said, 'Well, on the first day of school when I saw that guy nailed to the plus sign, I knew they weren't fooling around.'

Manufacturers of Downward Arrows Post Record Profits

Rare Bright Spot on Wall Street



NEW YORK (**The Borowitz Report – from ejj**) – In what stock market analysts are pointing to as a rare bright spot in an otherwise gloomy period for Wall Street, manufacturers of downward arrows posted record profits this week.

While makers of cars, computers, farm equipment and practically everything else saw their fortunes plunge this week, producers of downward arrows notched double-digit gains, inspiring investors to snap up their shares like never before.

Companies like National Plunging Arrow Corp and Consolidated Downward Pointy Lines saw their shares rocket as investors rushed to participate in the suddenly red-hot red-arrow sector.

A Conversation

The Old Guy goes to the doctor for a checkup.

Doctor: You're in great shape for a sixty year old!

Guy: Who says I'm sixty years old?

Doctor: You're not sixty? How old are you?

Guy: I turn 80 next week.

Doctor: Gosh, eighty! Do you mind my asking how old your father was when he died?

Guy: Who says my father is dead?

Doctor: He's not dead?

Guy: Nope, he'll be 104 this year.

Doctor: With such a good family medical history, your grandfather must have been very old when he died.

Guy: Who said my grandfather is dead?

Doctor: He's not dead?!

Guy: Nope, he'll be 129 this year, and he's getting married next week.

Doctor: Gee, whiz! Why at his age would he want to get married?

Guy: Who says he wants to?

A woman sends her husband out to buy some escargot for a dinner party that night. Instead of going straight to the store, the husband decides to stop at the local bar. He has a few beers, and then some more, and pretty soon he looks at his watch and finds he is over an hour later for the dinner party. He dashes to the store, picks up the escargot, and frantically drives home. When he walks in the door he can hear his wife coming from the kitchen. So he takes the bag of snails and quickly throws them all over the floor. When his wife walks in the room, he says, "Come on guys, we're almost there!"

EVENTS OF INTEREST

Third Age Gathering, Friday, October 3

"Old age is ready to undertake tasks that youth shirked because they would take too long." *W. Somerset Maugham*

Call Joan Valles for more information at 206 763 2258, or email me at joanvalles70@yahoo.com.



Harvest Weekend, October 31 to November 2 (NEW DATE)

This year, our apples are ripening early! In fact, we've decided to hold our harvest weekend on October 31 to November 2. While some trick or treaters may not be able to attend, there will be cider-making and lots of applesauce as well as good meals. Feel free to join for the day or overnight. Email hoff@goodenough.org with your plans.

The Goodenough Community: Cultural Programs & Events in 2014

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

Over thousands of years human communities have organized not only their work life but also their relational and cultural life. 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.

Third Age Gathering, Friday, October 3

Joan Valles

"Old age is ready to undertake tasks that youth shirked



because they would take too long." W. Somerset Maugham

The Third Age group is for older adults, approximately age 60 and up, who are interested in exploring the issues of living well while aging, and supporting each other in this "third stage" of life. Call Joan Valles for more information at 206 763 2258, or email me at joanvalles70@yahoo.com

"The value of old age depends upon the person who reaches it. To some men of early performance it is useless. To others, who are late to develop, it just enables them to finish the job."

--Thomas Hardy

Women's Culture, Upcoming Next Gathering, Saturdays: November 14



Saturday, November 14

10:00 a.m. – 2:00 p.m.

We will meet at the home of Rose Buchmeier:
9033 13th Avenue SW
Seattle, WA 98106

For directions, call Rose: 206 764 0193

The Conscious Couples Network presents: An Evening for Committed Couples



Friday, November 13

We will explore the joys, challenges, and effective processes for committed relationship and offer the kind of support that can only come from a network of couples.



Mark your calendars for 2015!

Human Relations Laboratory

August 9 to 15, 2015

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 Kitsap Peninsula

Family Enrichment Network Parent Group

If you are interested in developing a supportive parent circle for study and conversation about family life, to begin this fall, please contact *Irene Perler* at 206-419-3477 **or email** irene_perler@hotmail.com. Topics could include: simplifying and organizing life, creating a family culture, development stages and sibling dynamics, understanding roles within the family.

True Holidays Celebration - Saturday, December 6



Our annual celebration will be held on Saturday, **December 6, 2014**. This event has more than 25 years of history and is set early in the holiday season in order to deepen and enrich the winter holidays for people of all faith traditions. This interfaith celebration will again be at the **Mercer Island Congregational Church** and commences at 7:00pm. Kirsten Rohde will be our host and guide.

Winter Solstice Bus Trip – Saturday, December 20

Old fashioned fun for all ages! With your friends and family, enjoy this day-long journey that embraces the longest night of the year.

We will board a chartered bus and travel over Snoqualmie and Blewett Passes to the beautiful Bavarian Christmas village of Leavenworth. Then we'll head to Eagle Creek Ranch, just outside of Leavenworth, where a horse-drawn sleigh ride awaits us, followed by a buffet dinner.



New Year's Eve Weekend at Sahale!



This year New Year's Eve is on **Wednesday** night. You are invited to come to Sahale for the weekend to join in saying goodbye to 2014 and hello to 2015. You are welcome to come as early as Friday. We plan to have our usual times in good conversation, winter walks, hot-tubbing, making meals together and celebrating the change of year. **Dinner will be served at 7:30pm** on New Year's Eve. Of course, we will have our **7th annual** Train Dominoes Tournament. Time will also be given for serious reflection and joyful celebration.

Email Kirsten, Bruce or Elizabeth: krohde14@outlook.com, bruce_perler@hotmail.com, elizabeth.ann.jarrett@gmail.com

