



Cohousing in Corvallis

An E Newsletter from CoHo Cohousing
Corvallis, Oregon

Issue 21 July 2006



Remember when your best friend lived right next door?

July Wellness Retreat

CoHo's Wellness Retreats are biannual bonding events where community members spend quality time together without business agendas, to-do lists, or consensus decisions. The emphasis is on connection, camaraderie, communication and creativity (plus canines—after all, they REALLY know how to bond). Oh, and chocolate (our favorite "c" word).



The theme for this summer's retreat was trust—the individual and collective confidence that all will work out. Karen set the tone by sharing



personal reflections on trust and posing some questions: Can I trust others to represent my needs and make decisions about CoHo for me when I can't be in two places at once? Can I trust that I have kept up with emails adequately? Can I learn to use and trust the wisdom of the group and the power of the process? Can I trust that those whom I have learned to trust will stay in CoHo?



To weave a web of trust, each CoHoot was asked to share "What helps you trust?" Folks tossed yarn neighbor-to-neighbor as they shared, criss-crossing the room with color and connection.

At the end, we were intertwined—figuratively and literally.



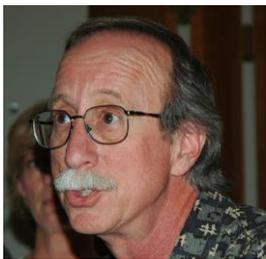
The tapestry was enhanced even further with extra creative movements as we sang "Weave, weave, weave us together...."



The next step in the trust exploration was to share "What helped you to trust CoHo enough to join?" Folks shared in small groups, then with the entire group. Trust developed from the congruence between our vision/values and actions, a desire to be neighbors with people we really admired and enjoyed, the

community-centered focus, and the interdependence that grew from many successful experiences together.

Amy led the group in a celebratory dance accompanied by Bruce on his accordion.



Steve shared his "heart of gold" story about a significant health crisis and miraculous survival. The encouragement and caring he received during his recovery was echoed by CoHo neighbors.

Sunny skies were the perfect backdrop for our potluck lunch, followed by a "walk and talk" in pairs. Dogs were also available as walking companions. While strolling, we shared stories about life-changing events in our own lives.

During lunch and breaks, folks also worked on a welcome sign for a member who was moving to Corvallis that day, and made blocks for our hands quilt (started at the winter Wellness Retreat).



After lunch, April shared a quadrant model defining four Leadership/Interaction Styles from Equipped for Every Good Work. Folks learned about Thinkers, Dreamers, Pleasers, and Directors.

Working in small groups, we identified our personal styles, then asked neighbors to confirm.



Then we assembled around the four quadrants and learned how folks with each style tend to shift to other styles under stress.



To apply the model to CoHo, each of the four groups came forward and we shared observations of their styles in the community. Ways to harmonize and work with folks in each style were covered. And we had some fascinating Q&A about how to work together better.

Each group received applause and we all shared the mutual recognition that "we need each other!" Trust in CoHo is enhanced by identifying our uniqueness and celebrating our diversity.



A group game of rock/paper/scissors involved careful strategizing, followed by gleeful tagging, running, and regrouping. On the final round, the game erupted into creative chaos as the "anarchy team" broke all the rules and sent everyone scurrying.

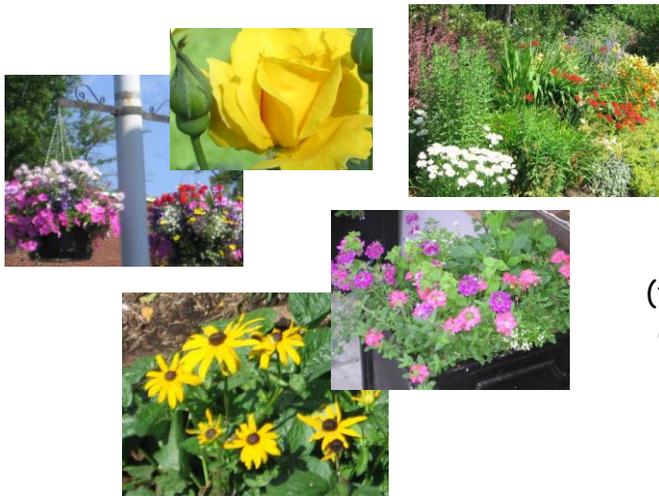


To close the day, a final line dance was started by the founders of the community. One-by-one, folks joined the dance in the order in which they had joined CoHo. The open circle at the end was a reminder that more neighbors will be joining the community in the future to complete our CoHo family.



When our next Wellness Retreat is held in six months, we TRUST our homes will be under construction, we will be months (instead of years) away from being next-door neighbors, and the full contingent of CoHoots will be on board.

Corvallis is in Bloom with Flowers, Flowers Everywhere...



...even in planters above trash bins (to Josie's amazement). Peter (who joined CoHo last week as our 27th member!) and Josie were in town for the July 1st Wellness Retreat.

Is it time to make your dream of living in community come true?



The clock is striking 7, marking the time that 7 homes are still available in CoHo!

This clock is on the Benton County Courthouse in downtown Corvallis. Built in 1889, it is the oldest active courthouse in the state of Oregon.

To find out more about CoHo Cohousing

Website: <http://www.cohousing-covallis.com/index.shtml>

Email: cohocontact@cohousing-covallis.com

Phone: [Juva DuBoise @ 541-908-5882](tel:541-908-5882) →

[Susan Hyne @ 541-753-4453](tel:541-753-4453) →

Juva and Susan posing for a picture with Nathan,
but he was faster than our photographer!



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