2017 National Cohousing Conference

Building Resilient, Sustainable Communities

Conference Program

Join the Conversation!

@Coho_Conference #CohoConference
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2017 Strategic Plan
(September 2016 - December 2017)

We will Focus on these Core Areas

<table>
<thead>
<tr>
<th>INSPIRING COHOUSING FORMATION</th>
<th>NURTURING COHOUSING COMMUNITIES</th>
<th>ADVANCING POLICY AND ADVOCACY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goal 1: Inspire the growth of cohousing as an innovative response to social and environmental challenges</td>
<td>Goal 2: Nurture Cohousing Communities and Help Them Thrive</td>
<td>Goal 3: Foster a Cohousing-Friendly Social, Political and Economic Environment</td>
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We will increase foundation effectiveness and efficiency through

<table>
<thead>
<tr>
<th>QUALITY SERVICES</th>
<th>QUALITY GOVERNANCE</th>
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<tbody>
<tr>
<td>Goal 4: Provide Quality Services as a Connector and Clearinghouse to Grow Cohousing</td>
<td>Goal 5: Develop a Board that can be responsive to a growing organization and its strategic focus</td>
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We will sustain and propagate the mission through

<table>
<thead>
<tr>
<th>ENGAGEMENT</th>
<th>PUBLIC EDUCATION</th>
<th>SUSTAINABLE FINANCIAL MODEL</th>
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<tbody>
<tr>
<td>Goal 6: Expand engagement of volunteers, cohousing communities and partner organizations</td>
<td>Goal 7: Raise National Awareness about Cohousing and Increase the Public’s Appreciation of its Benefits</td>
<td>Goal 8: Create a financial model to sustain the organization and meet strategic goals</td>
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About Coho/US

Coho/US is a national non-profit raising awareness of the benefits of cohousing and supporting the development of cohousing communities nationwide. We serve as a connector and clearinghouse to grow and nurture cohousing.

Coho/US advances cohousing by assisting forming and existing communities through a robust network of resources and access to technical assistance; and educating the public about the benefits of cohousing, from resource conservation and sustainability to resilient communities and healthy families.

Coho/US Program & Services

- Educating and inspiring through national and regional conferences
- Serving as a clearinghouse and connector for resources and professional services
- Building a national cohousing community through networks and mentoring
- Fostering a cohousing-friendly social, political and economic environment through education & advocacy
- Collaborating on opportunities to grow the cohousing movement and nurture communities

Donate to Coho/US at http://www.cohousing.org

Keynote Speaker: Sarah van Gelder

"We evolved to live in community, and that seems to be the scale where we can best navigate the complexities of life-experiences of people not like us, the fragility and resilience of the web of life that surrounds us. When we live connected to a community, we are more likely to become champions for one another, not just for ourselves. It’s a small step from there to becoming advocates for the larger community, even for the community of all life. From there, the idea of the common good is not so hard to grasp."

These wise words come from YES! magazine co-founder and editor Sarah van Gelder - and much to our excitement, our 2017 National Cohousing Conference keynote. Sarah is also a founder of Winslow Cohousing, her former home on Bainbridge Island, where she claims, "raising my kids in cohousing was one of the best things I ever did." This well-spoken and community-focused woman will frame our Conference’s theme of Building Resilient, Sustainable Communities.

Sarah will arrive fresh from writing her new book, The Revolution Where You Live: Stories from a 12,000 Mile Journey Through a New America, chronicling her journey through eighteen states, seeking solutions to the enormous challenges our country faces today. She identified a commonality to thriving communities that will resonate with cohousers, the steadfast dedication of people loving and defending the places they call home. Sarah’s book will be available in the Conference bookstore, and you can join the conversation with her during the interactive conference session she’ll be leading too.

Get to know Sarah more at https://revolutionwhereyoulive.org/about-sarahvangelder/, and follow her updates on Twitter @sarahvangelder.
Conference Schedule

Thursday, May 18, 2017: Pre-Conference Intensives
(Registration Required) & Free Activities

<table>
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<tr>
<th>Time</th>
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<tr>
<td>7:30</td>
<td>Registration Opens</td>
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</table>
| 8:30-4:30 | • Building a Better Meeting: Facilitation Skills for Everybody: Laird Schaub & Joe Cole (International)
|       | • Aging Better Together By Design or Destiny: Janice Blanchard and Ann Zabaldo (Forum)    |
|       | • How to Make Housing that People Really Want and that EveryTown USA Needs: Wendy Wiesner (Embassy) |
| 4:30-5:30 | Sponsor and Presenter Reception (Overton Executive Suite 2nd floor)                      |
| 6:00  | The Evolution of Cohousing Design: Katie McCamant & Charles Durrett (co-sponsored by the Nashville Civic Design Center, open to the public) Neuhoff Complex, 1315 Adams Street, Nashville |
| 7:30 - 9:00 | Creating Traditions, Celebration and Ceremony: Catya Belfer - Embassy West (drop in, free) |

Friday, May 19, 2017: Pre-Conference Intensives
(Registration Required) / Conference Starts at 4:00

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<thead>
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<th>Time</th>
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<tbody>
<tr>
<td>7:00</td>
<td>Registration Open</td>
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<tr>
<td>8:00-11:30</td>
<td>• Conflict Tools for Successful Groups: Joe Cole (Embassy East)</td>
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<td>• Hands-On Participatory Site Design: Mary Kraus (Embassy West)</td>
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<td>• Creating your Community - Marketing and Membership Development: Raines Cohen &amp; Betsy Morris (Intl)</td>
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Witten, Lyons

Lyons Witten, 20-year resident, chairman of the Buildings Grounds Circle and a member of the Finance Circle of Pioneer Valley Cohousing (Amherst, MA), will present useful information on how to keeping your community running smoothly. From fascinating meal sign-up sheets to complicated replacement reserve spreadsheets, he has helped run a tight ship through the quagmire of cohousing!

Zabaldo, Anne

Ann Zabaldo is a pioneer professional in the cohousing movement. She specializes in outreach education, marketing, and fueling the fires of burning souls. She was a consultant to Eco Housing Corporation for the development of award-winning Takoma Village Cohousing in DC and Eastern Village Cohousing in Silver Spring, MD. She is was also a finance partner for Liberty Village Cohousing near Frederick, MD. Ann is past-president of the Cohousing Association of the US, and a founding board member of Mid Atlantic Cohousing Association, a regional non-profit. She is a certified facilitator for the McCamant & Durrett Senior Cohousing Workshops.
policy analyst for the U.S. EPA and co-designed the cohousing neighborhood where he lives, in Golden, Colorado. David is close to completing a novel, Waiting for Q, which chronicles the lives of eight culture-creating characters from the illustrious Boomer generation, whose convictions and life experience are now urgently needed as a buffer against insanity."

Weaver, Eris

Eris Weaver is a founding member of FrogSong (Cotati, CA). As a facilitator, mediator and trainer, she’s worked for Cohousing Partners and consulted with two dozen cohousing communities in different stages of development. She’s served on the Board of the Cotati Chamber of Commerce and is Vice Chair of Cotati’s Design Review Committee. While her 2016 run for City Council was unsuccessful, she is proud to have been endorsed by both the North Bay Labor Council and North Coast Builders Exchange – two organizations who typically hold opposing views! Email eris@erisweaver.info

Willbanks Wiesner, Wendy

Wendy Willbanks Wiesner is Executive Director of Partnerships for Affordable Cohousing (PFAC). After experiencing the development and completion of a large infill development with affordable housing within her neighborhood, she was compelled to find a better social, economic, and environmental solution. Thankfully, she found cohousing. Making cohousing communities more affordable, and making affordable housing more like cohousing--this is her work. Wendy lives in Denver, Colorado. More broadly referred to by locals as the Front Range of Colorado, cohousing development in this area (especially in Denver, Boulder, Longmont, Lakewood, Arvada, and Littleton) is booming.

| 12:30 - 4:00 | Community Renewal: Re-engage, Recommit and Revitalize: Ronnie Rosenbaum & John Rymers (Intl)
|             | Let's Talk About Money: Eris Weaver (Embassy East)
|             | Common House Design: Laura Fitch (Embassy West)

| 8:30 - 4:00 | How Cohousing can Bridge Socio-Cultural Divides: Alan O'Hashi (Titans 9th Floor)
|            | Cohousing Development: Lessons from 30 Years in the Trenches: Katie McCamant & Jim Leach (Gr Ball West)
|            | Introduction to Sociocracy: Jerry Koch-Gonzalez, Diana Leafe Christian (Gr Ball Center)
|            | Senior Cohousing: A Roadmap to Starting a New Community: SAGE and Charles Durrett (Gr Ball East)
|            | Cohousing as Resilient and Sustainable Community: CRN: Cohousing Research Network (Forum West)

| 1:30 & 3:00 | Tour of Germantown Commons with Bryan Bowen and Diana Sullivan (registration required)

| 4:00 - 5:15 pm | Network Gatherings Open to All - Drop In
|               | Ag & Rural: Working Farms & Enterprises: Bill Hartzell, Hundredfold Farm (Forum West)
|               | Aging in Cohousing: Raines Cohen and other AIC Committee members (Forum East)
|               | Urban Resilience (Titans, 9th Floor)
|               | Let’s Meet! Seeking Community: Rita Bullinger & Diana Sullivan (Embassy East)
|               | Climate Leading Communities: Jenny Godwin (International)
|               | Parenting in Cohousing: Catya Belfer (Embassy West)

| 5:15 - 6:00 | Speed Networking: Grace Kim (International)

| 6:00 | Dinner and Keynote with Sarah van Gelder (Grand Ballroom)
### Saturday, May 20, 2017: Main Conference

<table>
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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30</td>
<td>Registration and Exhibitors Open</td>
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<tr>
<td>7:30 – 8:15</td>
<td>Movement/Connections Class (Jackson Exec Suite)</td>
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<tr>
<td>ALL DAY</td>
<td>The Whistle Stop F.I.L.M. Festival (Titans - 9th Floor)</td>
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<tr>
<td>8:30 – 5:00</td>
<td>Conference Sessions</td>
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<tr>
<td>12:00</td>
<td>Lunch with City Views &amp; Networking</td>
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<tr>
<td>3:30 – 5:00</td>
<td>Forming a Cohousing Consortium - A New Way of Working: Linda Herman (Johnson Executive Suite 2nd Floor)</td>
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<td>5:30</td>
<td>Celebrating Cohousing Reception at Germantown Commons</td>
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<tr>
<td>7:00</td>
<td>Facilitated Dinners &amp; Nashville Fun</td>
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### Sunday May 21, 2017: Main Conference

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30am</td>
<td>Registration and Exhibitors Open</td>
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<tr>
<td>8:45 – 3:00</td>
<td>Conference Sessions</td>
</tr>
<tr>
<td>8:45 – 10:15</td>
<td>Intern Programs in Community: Laura Fitch (Johnson Executive Suite 2nd Floor)</td>
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<tr>
<td>12:00</td>
<td>Lunch on your Own</td>
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<tr>
<td>3:00</td>
<td>2017 Conference Ends</td>
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**Utto, Kristen**

**Kristen Utto** is a managing architect at Caddis Architecture, and an expert in residential buildings at all cost levels, including single-family, multifamily, and cohousing. Her experience includes deep energy-retrofits, eco-tenant finishes, and community master planning. She is well trained in the art of bringing quality design work into clear and accurate construction documents, and she is a skilled communicator in working with clients and coordinating consultants and trades. Kristen is a Registered Architect, a USGBC LEED Accredited Professional, and a Certified Passive House Consultant.

**Villines, Sharon**

**Sharon Villines** lives at Takoma Village Cohousing in Washington DC where she served on the facilities team for ~10 years, using studies to manage the facilities and long term planning. She is involved in the reserve study process in her community and has done extensive reading and research. While teaching at SUNY Empire State College, Sharon served on the President’s Council on Budget and Planning and in the process of designing several new facilities.

**Wann, David**

**David Wann** is an author, filmmaker, and speaker on the topic of sustainable lifestyles and designs. *Simple Prosperity* is a sequel to the best-selling book he coauthored, *Affluenza*, which is now in 9 languages. A third book in the “trilogy” about creating a more sensible way of life, *The New Normal*, presents 33 high-leverage actions that can shift our culture in a more sustainable direction. David produces video and television, including the award-winning documentary *Designing a Great Neighborhood*, about the Holiday neighborhood in Boulder. David worked more than a decade as a
at several colleges and universities. He published a book on climate change earlier this year (2017) entitled *A Climate Vocabulary of the Future*.

Stewart, Kay

**Pat Darlington and Kay Stewart** were involved in the development of Oakcreek Community in Stillwater, Oklahoma from (before) the beginning of the project. Working closely with about 10 others (plus professionals), we bought property, designed, marketed, built and sold the first and only cohousing community in Oklahoma. Having lived in cohousing for 4+ years, we’ve made it through the honeymoon period and have begun, as a community, to work through the things we didn't think about when every fiber was bent on "getting this done."

Tomaselli, Orest

**Orest Tomaselli** is Chief Executive Officer/President at National Condo Advisors. Orest is a knowledgeable consultant providing solutions for the condo and co-op industry that includes premier builders, developers and government agencies. With more than 25 years’ experience he has successfully identified the need to assist and educate developers, lenders, property managers and homeowner associations regarding the complexity of project review and necessity for project compliance. As a direct result of his knowledge regarding the ever changing condominium and cooperative market trends and his dedication to clients, NCA has grown to become one of the nation’s leading project consultant firms. His areas of expertise include condo reserve compliance, non-warrantable financing, lender portfolio, VA, Freddie Mac, FHA & Fannie Mae project approval.

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**Saturday, May 20, 2017: Conference Sessions**

<table>
<thead>
<tr>
<th>Time</th>
<th>Cohousing Basics</th>
<th>Community that Sustains Us</th>
<th>Meeting Critical Challenges</th>
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<tbody>
<tr>
<td>8:30-10:00</td>
<td>Cohousing 101</td>
<td>Senior Cohousing:</td>
<td>Integrating Farming and</td>
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<tr>
<td></td>
<td>(Grace Kim &amp; Laura Fitch)</td>
<td>Starting a new community in your city or town (SAGE)</td>
<td>Gardening into cohousing</td>
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<td>(Hitchcock Cross,</td>
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<td>Hitchcock Tilton,</td>
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<td>Hartzell)</td>
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<td>10:30-12:00</td>
<td>Starting a</td>
<td>The Triple Play:</td>
<td>More Than Cohousing</td>
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<tr>
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<td>community? How to tell your cohousing story (Alan O’Hashi &amp; Jenny Godwin)</td>
<td>integrating Development,</td>
<td>(Laura Fitch, Ty Albright &amp;</td>
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<td></td>
<td></td>
<td>Marketing, and</td>
<td>Bryan Bowen)</td>
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<td>Community Building</td>
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<td>(Russell &amp; Leach)</td>
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<tr>
<td>Noon-1:30</td>
<td>Lunch w/City Views &amp; Networking (Crown 10th Floor)</td>
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<tr>
<td>1:30-3:00</td>
<td>Choosing your Development Strategy (Katie McCamant)</td>
<td>Getting the Work Done</td>
<td>What Does it Cost to</td>
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<td></td>
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<td>(Lyons Witten)</td>
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<td>(Dowds, Villines,</td>
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<td>Sanguinetti)</td>
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<tr>
<td>3:30-5:00</td>
<td>Financing your Cohousing Development (Katie McCamant)</td>
<td>A Natural Fit: Millennials in Community (Jas Darland and Jenny Godwin)</td>
<td>Designing and Planning for Urban Cohousing (Bass/UPD &amp; Grace Kim)</td>
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### Saturday, May 20, 2017: Conference Sessions

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<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>8:30-10:00</td>
<td><strong>Cutting Edge Resiliency in Cohousing</strong> <em>(Bowen, Godwin &amp; Ludwig)</em></td>
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<td>For Earth and Neighbourhood – Using natural bldg materials <em>(Allison/ Earthsong)</em></td>
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<td>Retreats, Renewal, Results! <em>(Eris Weaver)</em></td>
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<td><strong>Edge of Change Road Trip Learnings</strong> <em>(van Gelder, Schaub)</em></td>
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<tr>
<td>10:30-12:00</td>
<td><strong>Replacement Reserves</strong> <em>(Lyons Witten)</em></td>
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<td>Net Zero Energy &amp; Energy Positive Cohousing <em>(Mary Kraus)</em></td>
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<td>Marketing Your Established Community - What Works? <em>(Peter Lazar)</em></td>
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<td><strong>Interpersonal Conflict</strong> <em>(Ronnie Rosenbaum &amp; John Rymers)</em></td>
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<tr>
<td>Noon-1:30: Lunch w/ City Views &amp; Networking (Crown 10th Floor)</td>
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<tr>
<td>1:30-3:00</td>
<td><strong>Conflict Resolution: Practice</strong> <em>(O’Hashi)</em></td>
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<td>Power and Leadership <em>(Laird Schaub)</em></td>
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<td>Aging In Cohousing: <em>(Blanchard &amp; Cohen)</em></td>
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<td></td>
<td>What’s Your Cmty’s Green Footprint? <em>(Bowen &amp; Ludwig)</em></td>
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<tr>
<td>3:30-5:00</td>
<td><strong>Resilience, Co-benefits, Cohousing</strong> <em>(Kome)</em></td>
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<td>Retrofitting Existing Neighborhoods: <em>(Cohen &amp; Sanguinetti)</em></td>
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<td>Shared Governance: <em>(Villines &amp; Koch-Gonzalez)</em></td>
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<td>Sustaining Relations in Cohousing: <em>(David Entin)</em></td>
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**Shannon, Darlene**

**Darlene Shannon** is Chief, Business Development Officer at National Condo Advisors. Darlene has more than 30 years’ experience with the federal government and the mortgage industry. She served as a federal employee with the Rural Housing Service (Rural Development Manager) and with the Department of Housing and Urban Development /FHA (Technical Branch Chief). At both federal agencies she managed a staff of underwriters, appraisers and construction analysts. During Darlene’s 11 year tenure with FHA, her responsibilities included managing a staff of underwriters and appraisers. Her main responsibility was managing the condominium processing team for projects within the Philadelphia Homeownership Center’s geographic jurisdiction and the national contract for condominium project approval.

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**Simmens, Herb**

**Herb Simmens**, a resident of Eastern Village in Silver Spring Maryland for over 8 years, most recently owned a wellness center in Washington, DC. He previously led a non profit focused on climate change, was the head of the planning office for the state of New Jersey for 10 years, and taught urban planing and design
maintaining a cohousing community and has been involved for 20 years in nurturing and supporting the community culture at Highline Crossing, one of the oldest cohousing communities in Colorado. Professionally, John is a Licensed Professional Counselor and a trained mediator providing dispute resolution services in the domestic relations and elder care arenas.

Sanguinetti, Angela

**Angela Sanguinetti** is an environmental psychologist, and a postdoctoral researcher at University of California, Davis, where she leads the Consumer Energy Interfaces Lab. Dr. Sanguinetti led a group of cohousing researchers and professionals in conducting a national survey of cohousing residents in 2012. She is a pioneering member of the Cohousing Research Network (CRN) and has published academic research about cohousing and intentional communities. Dr. Sanguinetti is interested in creative ways to bring the spirit of cohousing to the mainstream. Her research has identified common activities that are critical to achieving the personal, social, and environmental benefits of cohousing; examined accessibility of retrofit cohousing; and experimented to determine influences of message-framing on perceptions of and attitudes toward the concept of cohousing. Personally, she aspires to create and live in a retrofit cohousing community.

Schaub, Laird

**Laird Schaub** lived for four decades at Sandhill Farm, an income-sharing community he helped found in 1974. In addition, he served as the main administrator of the Fellowship for Intentional Community, a network organization he helped create, for the period 1987-2015. In addition to being an author and public speaker about various aspects of community, he's become an

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**Sunday, May 21, 2017: Main Conference**

<table>
<thead>
<tr>
<th>Cohousing Basics</th>
<th>Community that Sustains Us</th>
<th>Meeting Critical Challenges</th>
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<tbody>
<tr>
<td><strong>Grand Ball Wes</strong></td>
<td><strong>Grand Ball Center</strong></td>
<td><strong>Grand Ball East</strong></td>
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<tr>
<td>8:45-10:15</td>
<td>Creating your Community - Marketing and Membership Development (Raines Cohen &amp; Betsy Morris)</td>
<td>Resilient and Sustainable Community: Insights from the Cohousing Research Network</td>
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<tr>
<td>When the Developer Leads the Way (Herman, Cress &amp; Leach)</td>
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<tr>
<td>8:45 - 10:15 Intern Programs in Community: Laura Fitch (Johnson Executive Suite 2nd Floor)</td>
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<tr>
<td>10:30-12:00</td>
<td>Getting Competitive Mortgages: First Step Project Approvals (Shannon and Tomaselli)</td>
<td>Three Aspects of a Healthy, Thriving Community (Diane Leafe Christian)</td>
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<td>Starting an urban senior housing project - the story of PDX Commons (Lew Bowers)</td>
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<tr>
<td>Noon-1:30: Lunch On Your Own</td>
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<tr>
<td>1:30-3:00</td>
<td>Endless Meetings or Efficiency in Design Decision-Making (Mary Kraus)</td>
<td>10 Years Later: Lessons Learned from a Senior Cohousing Community (Leach, Russell &amp; O’Hashi)</td>
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<td>Community as an Economic Engine (Laird Schaub &amp; Terry O’Keefe)</td>
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2017 Conference ends at 3:00
**Sunday, May 21, 2017: Main Conference**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:30-10:00</td>
<td>Nurturing Community Bonds Through Sharing Circles (Joe Cole)</td>
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<td></td>
<td>Preparing for Climate Change in Community (Simmens &amp; Bowen)</td>
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<td>Is it Cohousing? Group Participation Game (Ty Albright)</td>
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<td>Cohousers in Politics (Eris Weaver)</td>
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<tr>
<td>8:45 - 10:15</td>
<td>Intern Programs in Community: Laura Fitch (Johnson Executive Suite 2nd Floor)</td>
</tr>
<tr>
<td>10:30-12:00</td>
<td>Emotional Resilience (Jerry Koch-Gonzalez)</td>
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<td>The Appropriate Developer (Durrett and Joel)</td>
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<td>Challenges &amp; Opportunities of Turnover (Darlington &amp; Stewart)</td>
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<td>Attracting Diverse People to Cohousing (Farmer)</td>
</tr>
<tr>
<td>Noon-1:30:</td>
<td>Lunch On Your Own</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>How Our Resale Team Rebooted Workshare &amp; more (Ann Zabaldo)</td>
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<td>If it Doesn’t Work Socially, Why Bother? (Charles Durrett)</td>
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<tr>
<td></td>
<td>Community Meals Best Practices (Catya Belfer)</td>
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<tr>
<td></td>
<td>Reserve Funds Ensure Affordability (Sharon Villines)</td>
</tr>
</tbody>
</table>

2017 Conference ends at 3:00

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**Ronnie Rosenbaum, MS** has lived in a multi-generational cohousing community since 1997 and is a resource for other intentional communities. She consults and facilitates about a variety of topics, such as developing inclusive yet efficient processes, decision-making, managing conflict, and improving communication. In addition, as a mediator, collaborative divorce facilitator, parenting coordinator and conflict coach, Ronnie assists families in the resolution of issues including those related to divorce, parenting, and aging.

**Annie Russell** has been helping cohousing communities in community development, marketing and sales for over a decade. Working for Wonderland Hill Development Community she developed a comprehensive community building process and a Find Your New Neighbors workshop to help communities learn about sales and marketing. She has also collaborated with Katie McCamant and Bryan Bowen. Annie was a founder and resident of both Wild Sage and Silver Sage in Boulder, CO.

**John Rymers, MA, LPC** has been living at Highline Crossing Cohousing Community since its inception in 1995. John has witnessed the good the bad and the ugly of forming and decades of experience in high-tech marketing; several successful entrepreneurial ventures; and leadership of one of the West Coast’s first green business networking organizations. He is also a popular business writer and speaker, and was a business columnist for the Asheville Citizen-Times. Terry is also a former communitarian and a past member of the board of the Fellowship for Intentional Community.

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Cohousing Association, been recognized as a Dwell Leader by Dwell magazine, and in 2008 was named Developer of the Year by The Cohousing Association. Her projects have won numerous awards. Katie graduated with a Bachelor of Arts in Architecture at UC Berkeley and completed her graduate work at the Royal Academy of Art and Architecture in Copenhagen, Denmark. After living in Doyle Street Cohousing in Emeryville, California, for 12 years, she now lives at Nevada City Cohousing.

Morris, Betsy

Raines Cohen and Betsy Morris are multi-tasking community organizers, a husband-and-wife team who have supported many cohousing neighborhoods at all stages of development. They have lived in two, advised several, and visited over 100 communities. They run the world's largest cohousing MeetUp, East Bay Cohousing, with over 4000 members, and have over 5000 community seekers in their Cohousing California regional network. They have served on Coho/US and FIC national boards and helped with the website and social media.

O'Hashi, Alan

Alan O'Hashi, MPA, resides in Silver Sage Village cohousing in Boulder, CO. He's a seasoned cultural competency/conflict resolution trainer most recently at the "Dealing with Diverse Personalities" retreat in Arizona. He's developing the Lincoln Court Mixed Use Intentional Community in Cheyenne, Wyoming.

O'Keefe, Terry

Terry O'Keefe is a North Carolina-based business writer and consultant. He is also the cofounder (with Laird Schaub) of C–Biz, a project that seeks to build stronger economies for intentional communities and cohousing groups. Terry brings almost 50 years of business experience to this project, including almost three

Thursday Conference Intensives

Building a Better Meeting: Facilitation Skills for Everybody (Laird Schaub and Joe Cole)

Have you ever been to a meeting that was efficient, productive, and fun? How can groups create and maintain an environment of deep connection and effective decision-making? What skills, tools, and attitudes can all members (not just facilitators) learn to build better meetings? In this workshop, we will explore several elements of effective group meetings, including: Cooperative Attitudes, Ground Rules, Meeting and Content Management Skills, Tools for Working with Emotional Energy, a variety of Meeting Formats, a Model for Developing Proposals, Delegation Agreements, and Decision-Making Protocols. We’ll spend time practicing techniques for effective meetings, discuss common challenges that cooperative groups face, and explore long-term strategies for improving group decision-making.

Aging Better Together By Design or Destiny: Janice Blanchard and Ann Zabaldo

For most Americans, particularly women, care giving and growing older has become a solo journey. Humans, however, were never meant to travel these roads all alone; caring for one another and companionship throughout the lifespan is a journey meant to be shared. Like most other mammals, our power lies within our collective social intelligence – we are stronger and better when we live, work and play together, from cradle to grave. When thoughtfully planned and coordinated with like-minded others, caring for an elder or someone seriously ill, can be a profoundly spiritual experience that expands our human capacity for love, empathy, compassion, patience and perspective about what’s
important. Moreover, it offers individuals and the community alike the opportunity for deeper meaning, purpose and connection.

Whether by design, as in the case of senior cohousing, or by destiny, as residents in intergenerational cohousing communities begin to face the challenges of aging, learning how we can best support one another as we grow older is an increasing topic of concern. This is particularly true when we begin to need assistance beyond the occasional ride to the grocery store or someone to change a light bulb. In today’s political environment in which bedrock programs such as Medicare, Medicaid (the number one funding source for nursing homes and long-term care services and supports) and Social Security are being threatened to be dismantled, how, by whom and where care will be provided becomes even more important.

In this full-day interactive workshop, participants will explore how aging in community principles and strategies can provide the framework for everyone to ask for, receive and give care. Attendees will learn how to get the conversation started in their community as well as gain knowledge about tools, programs and other resources that can expand their capacity to care for themselves and each other. Moreover, they will learn how to expand their circle of care by tapping into supports and services beyond the cohousing community.

How to Make Housing that People Really Want and that EveryTown USA Desperately Needs, and Get the Resources and Buy-In to Do It (Wendy Willbanks Wiesner)

So What Kind of Housing is this? It’s affordable, and it’s cohousing.

Leafe Christian, Diana

Author of Creating a Life Together and former editor of Communities magazine, Diana speaks at conferences, offers consultations, and leads workshops internationally on the tools and processes to create successful new cohousing communities, helping communities thrive, and Sociocracy for effective governance and decision-making. She’s led workshops at many Coho/US conferences (and in 2013 was the keynote speaker for the annual conference of the UK Cohousing Network. She lives at Earthaven Ecovillage in North Carolina. http://www.DianaLeafeChristian.org

McCamant, Katie

Katie McCamant of CoHousing Solutions is a licensed architect and coauthor of the authoritative book on cohousing, Cohousing: A Contemporary Approach to Housing Ourselves, which introduced this housing model to North America. Katie co-founded McCamant & Durrett Architects and The CoHousing Company with her husband, Charles Durrett, in 1987. Since then, Katie has designed and developed dozens of cohousing communities in the United States and Canada. Her new company, CoHousing Solutions, provides development and marketing consulting services to cohousing groups all over the country. Her expertise includes setting up project budgets, structuring financing, facilitating planning approvals, finding construction financing, contractor selection, construction management, marketing and membership processes, and community policy creation. She also works with groups to find appropriate development partners, and then assists in structuring those partnerships. Katie was a founding board member of The
Kraus, Mary

Mary Kraus is a cohousing architect who has been working with communities across North America since 1990. In collaboration with Laura Fitch, she pioneered a distinctive participatory process for cohousing design. She has served on the boards of the Cohousing Network and the Northeast Sustainable Energy Association. Mary lives at Pioneer Valley Cohousing, the first cohousing community completed in the eastern US (in 1994) – lending daily personal insight to her work with cohousing groups.

Lazar, Peter

Peter Lazar is President of CoHo/US and active in the cohousing movement, giving talks on the subject and leading tours. He and his wife, Molly, are founders of Emerson Commons Cohousing, which is working to build a 26 home cohousing neighborhood near Charlottesville, Virginia. For the past 11 years, Peter, his wife, and their two daughters, aged 12 and 14, have lived in Shadowlake Village Cohousing in Blacksburg, Virginia. On the work-front, Peter is an award-winning technology entrepreneur, and has been involved in the Web since its inception. He received an MS in Computer Science from the University of Virginia in 1993.

Leach, Jim

Jim Leach is the president of Wonderland Hill Development Company and has lead the company in developing over 20 cohousing communities in Colorado, California, Arizona, and Washington. He is a builder with over 50 years experience in the design, construction and development of sustainable, planned neighborhoods. Jim and his wife Brownie live in Silver Sage Cohousing in Boulder, CO where they have been creatively

In this intensive we will discuss step-by-step what is required to make this kind of housing a reality in your community. Housing that is THE most effective use of scarce resources--land, labor, time, and money because it

- Addresses the tough fiscal challenges municipalities are facing
- Provides a solution for a housing affordability crisis
- Deals directly with the health care crisis
- Is sustainable and resilient to the MAX
- Gives non-profits, foundations and impact investors an opportunity to participate in housing that packs a social, economic, and civic punch
- Makes accessible, shared transportation a reality, today
- Creates a neighborhood asset
- Makes leaders who support it look good
- Helps people to get along and help each other, REALLY.
- Shows people that getting old doesn't have to be awful and gives children and teenagers a place to contribute
- Solves all kinds of problems for populations with special needs and challenges.

Housing that is a desirable investment for banks and other investors because the community and residents who are actually going to live in it make the decisions about it--in a inclusive and effective way. Opposition is expensive, and housing where demand is assured and supply is short is profitable.
Friday Conference Intensives

Conflict Tools for Successful Groups (Joe Cole)

How can groups navigate conflict and emotional energy more effectively? While conflict is a natural part of group dynamics, it can be difficult and agonizing for many of us. What tools and attitudes can help us get better at addressing conflict? In this workshop, we will discuss some fundamental values and assumptions to help approach conflict more productively. We will learn a multi-step tool for Conflict Resolution, and practice the tool together in pairs and small groups. In addition, we will explore how this tool and other meeting formats can be used in small and large-group settings to aid groups in navigating different types of conflict.

Hands-On Participatory Site Design (Mary Kraus)

This intensive will give you a hands-on experience of the participatory site design process typically used to create cohousing. Participants will work together to create a cohousing site design, using to-scale wooden blocks on a base site plan. We will provide both urban and rural site examples, and participants can bring base drawings of their own sites (scale should be 1"= 20' if possible). The workshop will begin with a slide presentation on cohousing site design features, including examples from many communities. A question and answer session will follow, exploring both design criteria and how the experience of living in cohousing can be supported by a thoughtful site layout. We will then break into teams to collaborate on site design solutions. Each group will present its site plans. We will evaluate the designs together, and discuss what makes for a successful cohousing site design.

Hitchcock Cross, Nola

Nola Hitchcock Cross is an attorney who has formed several housing and other cooperatives. She is a founder of Riveredge Housing Cooperative, a forming member of the Waldo Intentional Sustainable Community, and part of the 500 Communities Program with Co-Housing Solutions. She also manages Cross Law Firm in Milwaukee, Wisconsin.

Kim, Grace

Grace Kim is an architect and founding principal of Schemata Workshop. Grace is an internationally recognized expertise in cohousing with a focus on Common House Design. She is a frequent presenter at senior housing and affordable housing conferences. She has written a design guide for cohousing common spaces and has visited over 80 cohousing communities. Grace is a founder of Capital Hill Urban Cohousing in Seattle, where she lives with her family.

Koch-Gonzalez, Jerry

A certified trainer of Sociocracy/Dynamic Governance and Nonviolent Communication, Jerry specializes in governance, decision-making, communication skills, and conflict resolution (“everyone matters, all needs matter”). He co-founded the nonprofit Sociocracy For All (SoFA), The Sociocracy Consulting Group, and New England NVC. Jerry is a founding member of 22-year old Pioneer Valley Cohousing, which uses Sociocracy/Dynamic Governance.

Kome, Jessie

Jessie Handforth Kome is a member of Eastern Village (Silver Spring, Maryland).
Conference planning, and more. Her passions lie in sustainable communities, renewable energy, and working to meet challenges posed by climate change. She considers herself a cohouser-in-training.

Hartzell, Bill

Bill Hartzell - Since 1997 Bill has been intimately involved with the creation of the first cohousing community in Pennsylvania - The Hundredfold Farm Community. With 20 plus years of cohousing experience, his passion for and belief in the importance of community has only deepened. Bill is past Board President of Coho/US. Seven Springs Tree Farm is a separate Pennsylvania Limited Liability Company owned and operated by the members of the Hundredfold Farm (HFF) Cohousing Community.

Herman, Linda

Linda is the principal and owner of Linda Herman Consulting, a development consulting firm that provides the expertise to plan and manage the development process for mission-driven organizations, non-profits, and cohousing communities. Unique in the industry, Linda blends a designer’s sensibility with a project manager’s pragmatism. Her responsibilities on projects include client relationships, goal setting and visioning, team selection, development of the master budget and schedule and management of the entire project process. LHC recently completed the 41 unit senior co-housing Phoenix Commons in Oakland and is working on an innovative model for senior cohousing coupled with residential care. Linda is a Certified Senior Cohousing Facilitator, LEED Accredited Professional, and Allied member of the American Institute of Architects.

Creating your Community - Marketing and Membership Development (Raines Cohen and Betsy Morris)

This intensive builds on our work over the past dozen years as members, consultants, and interviewers of successful, aspiring, and unsuccessful cohousing groups and seekers of same. We will combine interactive demonstrations, group exercises, and open discussion to help participants create their own community action plans to fill their community with the right people. Partnership-based development practices can cut years off the time from conception to move-in.

We will look at different real estate market and development scenarios, the known characteristics of current cohousers, and ways to build relationships face-to-face, through regional networks, and through social media platforms.

We will provide a framework of best practices and examples and tools for:

- Creating a successful core group: Self assessment of skills and gaps - Winkling out unsaid assumptions in your vision and values
- Key partnerships as part of your core team
- The need and value of a business plan (with examples)
- Building a sense of community while maintaining viability / feasibility
- Growing a more diverse cohousing movement, both racially and economically
- Transparency and accountability tools: Listening to and engaging stakeholders
• Staying in front of multiple audiences of potential members at low cost with social media and CRM
• Video, VR, and storytelling: getting beyond the press release
• Cooperation through regional and national networks & making the most of Coho/US
• Messaging and marketing materials: exercises with different audiences and media
• Building trust and shared leadership and collective capacity
• When (and how) to play, inform, commit, let go

Members of Marketing and membership teams in established and forming cohousing groups will be invited to share their experiences.

Community Renewal: Opportunities to re-engage, recommit and revitalize your established community (Ronnie Rosenbaum and John Rymers)

Just as it is common for a person to experience an identity crisis at different stages in their life, it is normal for more mature cohousing communities to question who they are, their values, and their direction. The presenters will use an interactive approach to identify symptoms of when a community is not functioning as fully as it could, and guide attendees on the steps to take and tools available to revitalize their established communities. The first step is to assess what is needed, and build support for the change process in your community. Renewal will be presented as an opportunity to explore what is working well in your community and how to build on those successes, and how to face challenges, to set a course for on-going change. Participants will learn strategies to help their communities revisit and recommit to their mission and values. How will trust and safety concerns and

States. He is retired and currently is president of the Rocky Hill Cohousing Board of Trustees and a member of the Community Life Committee.

Farmer, Crystal

Crystal Farmer is an organizer of Charlotte Cohousing Community, which is dedicated to creating multiple cohousing communities in the Charlotte, NC area. She is excited about creating communities that are welcoming and inclusive. She also owns Big Sister Team Building, which does mobile escape rooms and team building exercises for kids and adults.

Fitch, Laura

Laura Fitch is a cohousing architect who has been working with communities across North America since 1990. In collaboration with Mary Kraus, she pioneered a distinctive participatory process for cohousing design. Laura has worked on programming, schematic design, and/or full services for over 2-dozen cohousing communities across the US and Canada. Energy efficiency, sustainable living, and good decision making process infuse all of her work with cohousing groups. In 2006, Fitch was given the Boston Architectural College’s “Distinguished Alumni Award”, stating “because of you, Laura, many people have found more neighborly and sustainable ways to live. Through your work, our world is a better place.” Laura is a founder and 23-year resident of Pioneer Valley Cohousing in Amherst, Massachusetts.

Godwin, Jenny

Jenny Godwin is media leader for CoHousing Solutions in Nevada City. She also provides her outreach and writing skills to communities in formation, aiding with their recruitment, publicity and branding. She serves as part-time Outreach Associate for Coho/US, assisting with marketing, social media, blogging,
participants in many aspects of community life. He believes that community life runs better when approached in a more businesslike manner, and understands that his view is a minority one. Phil also serves as Treasurer of the Board of Coho/US.

Durrett, Chuck

Charles Durrett, with his wife Kathryn McCamant, introduced the concept of cohousing to the U.S. with their book *Cohousing: A Contemporary Approach to Housing Ourselves*. They coined the word “cohousing” for which they are credited in the Oxford English Dictionary. Charles recently authored, *Senior Cohousing: A Community Approach to Independent Living—The Handbook*. The latest edition is *Creating Cohousing, Building Sustainable Communities*. He has written several other books on cohousing, including *Senior Cohousing: A Community Approach to Independent Living—The Handbook*.

Durrett and his team at The Cohousing Company/McCamant & Durrett Architects have designed more than 50 cohousing communities in the United States and around the world, including Muir Commons in Davis, California, the first cohousing community in North America. His work has been featured in *Time Magazine*, *The New York Times*, *The Los Angeles Times*, *The San Francisco Chronicle*, *Architecture*, and a many other publications. He lives with his wife, Katie, in Nevada City, California, where he primarily designs model communities and comfortable homes, including the 34-home cohousing community in which he lives.

Entin, David

David Entin has had two careers: in community development and anti-poverty work and in higher education administration. He was one of the founders of Rocky Hill Cohousing and served for four years of the Board of the Cohousing Association of the United

unresolved issues, be addressed? How do we engage and re-engage those who live in our community, regardless of their age, ability, or length of time as a resident? How will we sustain our community’s culture, leadership, and connectedness over time?

Let’s Talk About Money (Eris Weaver)

Many communities find themselves in conflict over financial and budget issues...and the current economic situation doesn’t help! Conflicts about money are really conflicts about values. In this experiential workshop we will discuss how to have useful conversations about our financial values - conversations that lead to greater understanding & connection as well as more effective financial decision-making.

Common House Design (Laura Fitch)

The Common House is the heart of every cohousing community. How can you design your common house to enhance your community? What spaces should you include? What spaces can be combined to achieve economy? What will your kitchen and dining room feel like? How will kids and adults enjoy the building simultaneously?

This workshop will answer these and many other questions. We'll take you on a virtual tour of many successful common houses, and point out what works about them. Most importantly, we will help you with a hands-on exercise that will allow you to start thinking about special relationships and design!
How Cohousing can Bridge Socio-Cultural Divides through Personal Change and Better Understanding the Untapped Affordable Housing Marketplace (Alan O’Hashi)

American society is in upheaval; we're a country divided in many ways. I'll explain why American Social/Cultural Norms restrain the Cohousing Movement and then provide potential solutions for this problem.

In this full day, hands-on seminar which includes a balance of simulation games, interactive exercises, video clips, discussion and lecture we'll cover the following:

1) Is bigger better and why are we driven to pull ourselves up by our bootstraps? I'll explain why cultural norms create roadblocks for the advancement of cohousing communities beyond what is familiar.

2) Are cohousing communities a way to bring diverse people together? I'll teach some ways that individuals can look at their personal histories and make changes so as to become more inclusive.

3) Are there institutional barriers such as city councils and planning boards? I'll demonstrate techniques that can help you create and maintain high-quality conversations and relationships personally, in community, and with city and county planners.

4) Defining ways in which the cohousing movement can become a catalyst for positive change including development of low income and diverse cohousing communities and bridging the gap between the left and right in the U.S. today.

Darland, Jas

Jas Darland is a current student of the 500 Communities Program, working to advance cohousing options in the Atlanta area. She is also the founder and director of The Garden School of Marietta, a progressive community of parents and educators who believe in preserving childhood, and providing space for students' highest selves to unfold. Jas is also a member of the Coalition to End Corporal Punishment in GA Public Schools, and the Atlanta-area EcoVillage Initiative. She enjoys gardening, fermentation, painting, and making music, and she holds an MA from Johns Hopkins that gathers dust inside while she goes out to play with her husband and two daughters.

Darlington, Pat

Pat Darlington and Kay Stewart were involved in the development of Oakcreek Community in Stillwater, Oklahoma from (before) the beginning of the project. Working closely with about 10 others (plus professionals), we bought property, designed, marketed, built and sold the first and only cohousing community in Oklahoma. Having lived in cohousing for 4+ years, we’ve made it through the honeymoon period and have begun, as a community, to work through the things we didn't think about when every fiber was bent on “getting this done.”

Dowds, Phillip

Philip Dowds is an off-the-clock architect, recently specialized in healthcare and eldercare design. In 2007, he and his wife Susan moved to Cornerstone Village Cohousing (Cambridge, MA; 32 units; opened in 2001), where they each remain active one of the original residents of Pacifica Cohousing Community, and is a member of Hart’s Mill Ecovillage, a community forming in Orange County, North Carolina.
baby steps towards a sustainable permaculture planet. Bryan maintains community involvement through layers of volunteerism and sits on the Wild Sage Cohousing HOA board, where he lives with his family. In addition to his niche in cohousing, his work includes single family homes, eco-retrofits, multifamily housing, mixed-use projects, community planning, and commercial work.

Bowers, Lew

Lew Bowers - My wife and I are the founding members and "burning souls" of PDX Commons. Prior to that I had a career working in municipal urban development projects, most recently I ran the downtown projects for the Portland Development Commission. I have in the past worked in a cooperative supermarket and worked for the National Coop Bank setting up the California regional office in 1980.

Cohen, Raines

Raines Cohen is a multi-tasking community organizers who has supported many cohousing neighborhoods at all stages of development. He has lived in two, advised several, and visited over 100 communities. He runs the world’s largest cohousing MeetUp, East Bay Cohousing, with over 4000 members, and has over 5000 community seekers in his Cohousing California regional network. Raines has served on the Coho/US board, continues to serve as a Coho/US volunteer in responding to public inquiries, and helps with Coho/US social media.

Cole, Joe

Joe Cole is a Facilitator and Consultant for communities and non-profit organizations. Joe has trained in Integrative Facilitation with Laird Schaub and Ma’ikwe Ludwig, and in World Work with Arnold and Amy Mindell. Joe has a Ph.D. in Philosophy, and is a Visiting Instructor at UNC-Greensboro and N.C. State University. He was

Remember to bring a smartphone, tablet or laptop computer for a couple of the exercises.

The Cohousing Development Process: Lessons from 30 Years in the Trenches (Katie McCamant & Jim Leach)

This workshop will introduce participants to roles and responsibilities of various players during the development process: Who does what and when do we need them. How long will it take (walking thru a typical development timeline). Do we need a developer? How to get the highest value out of your consultants. What is the group's most valuable work during this phase. How do we raise the money?

Introduction to Sociocracy (Jerry Koch-Gonzalez & Diana Leafe Christian)

Introducing Sociocracy, also called Dynamic Governance — a governance and decision-making method based on effectiveness, transparency and equivalence, which can help cohousing communities function more effectively and harmoniously. Through presentations and demonstrations, small-group discussions, and practice exercises, we will offer an overview of the circles and double links governance structure; measuring and evaluating implemented proposals; vision, mission, and aims of circles; meeting processes; and similarities and differences with consensus. Specific instruction in Sociocracy Elections, an enjoyable process participants can take back and share with their own communities. “A visitor said she’d never seen a community meeting be so effective, efficient, and fun!” —Hart’s Mill Ecovillage, NC. Three-minute video: “Dynamic Governance in Intentional Community.”

https://www.youtube.com/watch?v=7DAI1f1HFeM
Let’s Talk About Money (Eris Weaver)

Many communities find themselves in conflict over financial and budget issues…and the current economic situation doesn’t help! Conflicts about money are really conflicts about values. In this experiential workshop we will discuss how to have useful conversations about our financial values - conversations that lead to greater understanding & connection as well as more effective financial decision-making.

Senior Cohousing: A Roadmap to Starting a New Community (Charles Durrett & SAGE Cohousing International)

You and perhaps a close-knit group of friends want to start a Senior Cohousing community in your city or town. The first step is understanding that you have the power to create the life your heart desires. The second step is attending this information-packed ROADMAP INTENSIVE at the 2017 National Cohousing Conference. You will receive expert guidance and proven techniques to help you navigate your way. We will show you how to build momentum and transform your visions and dreams into actions and reality. We will walk you through this step by step guide to forming a committed group, creating a vision and purpose, overcoming fears, mastering group process, finding suitable property, navigating local government & zoning, avoiding cost overruns…and getting it built.

Your navigational guides include the renowned architect, author and father of Senior Cohousing in the United States, Charles Durrett, and members of the SAGE Cohousing International (SCI) board and advisors.

Cat works as a project manager and also builds websites for cohousing groups and others, including www.cohousing.org, the Cohousing Association of the US website. She is passionate about building connections between people and has been involved in intentional communities since 1994. On the non-technical side, she is fascinated by how we build community through ritual, tradition, song, and food! For more information, see http://www.catya.org.

Blanchard, Janice

Janice Blanchard, MSPH, is a gerontologist who is passionate about promoting a new paradigm of aging that values elders for their wisdom, experience and as vital members of their community. Distinguished for her seminal work in developing the concept and practice of Aging in Community, Blanchard is a contributing author and editor of the book, Aging in Community (2013) and a nationally sought after speaker, author and consultant on this and other aging issues. Her career in aging has spanned across the country and globe, for such diverse organizations as the University of Western Sydney, the Older Women’s Network, the National Governor’s Association Policy Academy and the National Center for Creative Aging.

Bowen, Bryan

Bryan Bowen is a Colorado-based architect and principal at Caddis Architecture who designed Germantown Cohousing in Nashville, and is a leader with Memel.Global, the first cohousing community in Africa. Since 1995, Bryan has been dedicated to the design of neighborhoods and eco-buildings, all with the vision of making meals a week usually with 20-40 people eating from our 34 households. Scheduling and assignments are planned out in two month blocks.
Conference Presenters

Albright, Ty

Ty Albright resides in Dallas Texas and is a long time real estate professional seeking to bring cohousing to Texas. He is on the Board of Directors with the Cohousing Association of the US, and is a Certified Cohousing Consultant having participated in Katie McCamant’s 500 Communities Program. Ty provides real estate development project management services and is a Licensed Texas Real Estate Broker. Ty is an Artist, Gardener and Theologian. Ty’s many pastimes include ranch land restoration into biodiverse and sustainable grasslands for organic beef production using rotational grazing strategy.

Allison, Robin

Robin Allison ran her own sustainable architecture practise before founding Earthsong Eco-Neighbourhood, New Zealand's first cohousing neighbourhood. Earthsong demonstrates leading-edge sustainable design with intensive community involvement, and was a finalist in 2009 in both the World Habitat Awards and UN Habitat Awards. As the Development Coordinator, she drove the development process from inception to completion of construction. She now consults, runs workshops and supports other community projects throughout New Zealand.

Bass, Joren

Joren Bass is a licensed architect and project manager for Urban Development Partners, the development partner for PDX Commons.

Belfer, Catya

Catya Belfer is part of Mosaic Commons, about an hour west of Boston in Berlin, Massachusetts. Mosaic Commons has ~three

Cohousing as Resilient and Sustainable Community: Insights from the Cohousing Research Network (CRN)

The Cohousing Research Network (CRN) invites researchers from all fields to participate in a full day of research planning and collaboration. The goal of this session is to work together on specific research projects. CRN will suggest topics, providing research questions and datasets. Those in attendance will be asked to form groups and choose a topic, then dig in by analyzing data and determining a possible publication outlet for their work. We hope to develop valuable work and lasting collaborations for rigorous and meaningful cohousing research.

The Whistle Stop F.I.L.M. Festival

Titans room, 9th floor

Eight programs: over 60 films of all lengths from around the world. The programs are between 60 and 90 minutes and will be shown in a conference room in a "salon" format. We hope you will take some time and watch some of these works.

Friday, 8:15pm: Program 1

Abraxas (0:16:49): Hubert Grzywna, France
All About Emily (0:07:00): Valentina Casadei, Italy
Banalities (0:10:00): Rafael de Andrade and Guillaume Foresti, Brazil
Birds (0:12:40): Giorgi Tkemaladze, Georgia
Birds With Human Heads (0:09:50): Max Wilde, USA

(Cereal)ousy (0:02:11): Michael Acosta, USA

**Saturday, 8:30am: Program 2**

Certemente (0:06:45): Selina Dimitrova, Bulgaria

Who Plays Othello? (0:04:32): David Fratini, Italy

Copper Wire (0:10:00): Hasan Najmabadi, Iran

A Blind Dog (0:05:30): Axl Hazarika, India

Gone (0:20:00): Philippe Wendling, France

Expectation (0:04:57): Amandyk Baitlnov, Kazakhstan

I Don't Like Her (0:20:20): Javad Daraei, Iran

Fomo Sapiens (0:07:15): Viktor Hertz, Sweden

Journey (0:07:40): Radheya Jegatheva, Australia

Behind the Scenes Look: Live Television Production - Technical Directing (0:01:30): Paul Overacker, USA

Seattle Death Trains (0:30:00): Gene Bernofsky, USA

**Saturday, 10:30am Program 3**

Hoda's Story (0:57:39): Johan Eriksson, Palestine

Twelve years in the life of a girl in Gaza blinded by a bullet. On 1 March 2003, 12-year old Hoda Darwish is hit in the head by a bullet while sitting at her desk in an elementary school in Khan Younis in the Gaza Strip. Hoda miraculously survives, but she wakes up from her coma asking when the daylight comes. The bullet blinded her. She struggles to come to terms with her altered life, doubting her will to live, amidst the endless violence in the challenge; deciding how (or if) to save ahead, accumulating money in a capital replacement reserve savings account, is the other part.

Pay Less (Peter Lazar • Shadowlake Village, Blacksburg, VA). Cohousing is not your grandfather's condo. Intentional community provides opportunities for sharing and collaboration that can and do offer significant benefits for the finances of member households.

What's Your Community's Green Footprint? (Bryan Bowen & Ma'ikwe Ludwig)

"What's Your Community's Green Footprint" will be a dynamic dialog in which you can share your communities ideas and best practices, learn about metrics that will help you test your own performance, and have questions thought through by the group.

When the Developer Leads the Way (Linda Herman, Jim Leach)

As groups form to create a cohousing community, a big question to answer is - do you need a developer? And a separate but related question is - can you build a successful cohousing community if the project is developed by a developer, not the community? In this session, we will examine 3 different cohousing project scenarios in which developers were involved: A) Phoenix Commons in Oakland, CA in which the developer initiated and developed the project, B) Silver Sage in Boulder CO, in which the developer obtained the land and developed it with the community (a hybrid approach), and C) PDX Commons in Portland OR, in which the community hired a fee developer to develop the project with them. We will look at each project individually, exploring each projects' process and role of the developer and the community. This promises to be a lively and informative presentation and discussion.
overview of two different methods I highly recommend: N St. Consensus and Sociocracy. And . . . we’ll have lots of fun. ;)

What Does it Cost to Live in Cohousing? (Dowds, Villines, and Sanguinetti)

Cohousing is sometimes represented as an inexpensive or economical way to live, but — is it true? The cost of developing cohousing is much analyzed, but the cost of living in cohousing is less well documented. CoHo/US is conducting a research program intended to come up with some specific numbers, and a better understanding of how different communities collect and spend common funds. Panel presentations will rely in part on this recent research conducted jointly by CoHo/US and the Cohousing Research Network (CRN); time will be managed to allow explorations of questions from the floor. The panel will be moderated by Angela Sanguinetti PhD, Director of CRN.

Pay Now (Philip Dowds • Cornerstone Village, Cambridge, MA). Like other condos and HOAs, cohousing will have a program of annual fees and expenditures. From one community to the next, the per-unit cost of this annual budget can vary by a factor of five or more. Phil will look at the factors that can drive the annual budget up or down, and provide some real-life numbers and budget options that can help all communities plan and manage their operating costs.

Pay Forward (Sharon Villines • Takoma Village, Washington, DC). Cohousing communities own an extensive commons requiring, at irregular intervals, major re-investments — everything from fire alarm upgrades and roof replacement, to re-surfacing the driveway. Expenses like these often add up to thousands of dollars for each unit. Figuring out when these capital replacements will occur, and what they’ll cost, is part of the

Gaza Strip. Her family repeatedly brings her to Egypt in the hope that a medical operation would give back her eyesight

Saturday, 1:30pm: Program 4

My Heart Is an Octopus or My Father on the Shore of Black Sea (01:32:33): Neno Belchev, Bulgaria

A video-art film by Neno Belchev Based on the novel of Bezmer Bagryanov "My last abstract painting" "Everything is meaningless, even in cases when the meaning is obvious! In other words: There is sense even in the most meaningless acts!"

Saturday, 3:30pm: Program 5

LUTAH A Passion for Architecture: A Life in Design (01:05:35): Melinda Gandara, USA

LUTAH explores the life of a remarkably versatile architect who left an impressive legacy. Initially eclipsed by her male contemporaries in the early 20th century, Lutah Maria Riggs navigated her way through the male-centric world of architecture and brought a freshness to the established architectural styles of Southern California. Riggs blazed a trail for women, relying on the courage of her convictions and a hint of eccentricity.

Sunday, 8:45am: Program 6

Mutual Coffin (0:10:55): Hassan Mokhtari, Iran

Pandas in the Mist (0:01:44): Izumi Gautier, France

September Sketch Book (0:07:44): Ronnie Cramer, USA

Six Degrees of Separation (0:27:12): Sam Vinal, USA

Stabilia (0:04:24): Sveinung Gjessing, Norway

The Double Cross (0:17:18): Mark Brocking, United Kingdom

-- 50 --
The Can (0:02:30): Alexey Protsenko, Russian Federation
The Little Chapel (0:03:23): Richard Schertzer, United States
The Table, (0:04:31): Nuno Braumann, Portugal
Unforgettable (0:12:50): John Aguirre, USA
What the Hell! (0:04:00): Sophie Galibert, France

Sunday, 10:30am, Program 7
wetheuncivilized, A Life Story (01:40:45): Lily Rose Sequoia, United Kingdom
Disillusioned by a story of consumption and alienation, a newly married couple are called to action. Carrying with them their unborn child, they embark on a year-long journey around the UK in search of the seeds of a different story, and with it hope for the future.

Sunday, 1:30pm: Program 8
Aging Gratefully: The Power of Good Health and Good Neighbors (0:51:00): Alan O’Hashi, USA
Does living in a cohousing community where neighbor relationships are a key component add any benefit to physical exercise, which improves brain health and relationship building skills? He interviewed six residents of newly formed Germantown Commons to find out their motivations to living in cohousing and whether living intentionally with neighbors was a positive experience and what physical activities happen in a group setting.

proved its value many times over. Learn how this process of integrating design, development, sales and marketing and community building can help your community be more fun for early members, and more valuable and attractive for potential buyers.

You will be energized by ideas, and supported by tools you can begin to use right away. There will be plenty of time for questions and answers from these experienced professionals that can be applied to your project immediately. Learn from these professionals who have successfully built 22 communities how to get the most value for your community while avoiding common pitfalls.

Three Aspects of a Healthy, Thriving Community (Diana Leafe Christian)
Through lively verbal and visual presentations and small group interactions, workshop participants will better understand the three aspects of a healthy, thriving cohousing community — creating “community glue,” good process and communication skills, and effective project management, and the mutually reinforcing, mutually beneficial relationships between them. We’ll look at a fourth, foundational aspect of a thriving community that underlines and benefits the other three (having it tends to help people feel great; it’s lack tends to erode well-being.) By making sure these three (actually, four) aspects of healthy community stay in balance, we generate much more harmony, trust, and connection. We’ll look briefly at “structural conflict,” the “Visionary/Idealism – Practical Experience Scale Over Time,” the benefits of learning Nonviolent Communication and the Restorative Circles process, and what can sometimes go wrong in cohousing communities with consensus. We’ll end with a brief
has been successful and what has not. The focus will be on an exchange of useful ideas.

The Appropriate Developer - and How to Avoid Those that are Not (Charles Durrett and Dale Joel)

A cohousing group recently reached out to me with news that no one should have to go through. They hired a developer who, unfortunately, was unskilled in creating cohousing. This developer has now taken thousands of dollars from the group and produced nothing tangible for them. This has to stop. Katie McCamant & I studied cohousing in Denmark a year longer than planned, because we knew that we couldn’t charge a penny until we got the process down. It has proven successful – we’ve helped to create over 50 cohousing communities and have inspired many more – in part, because we took groups through the process. It’s not about recreating the wheel; it’s about creating a neighborhood where people know, care for, and listen to each other. During this presentation, Dale Joel (developer and future cohousing resident) and I will highlight examples of projects that have failed, dissecting the specifics elements to understand what went wrong. We will then take you through successful models, describing why these communities work so well. Finally, this presentation will prepare you, should your group choose to work with a developer.

The Triple Play: integrating Development, Marketing, and Community Building (Annie Russell & Jim Leach)

Community is the secret sauce that adds real value to every aspect of your cohousing community. To realize that value, building your community, not just your buildings, needs to be baked into every aspect of your development process. Jim Leach, Annie Russell, and Katie McCamant pioneered this integrated approach to development more than a decade ago and have

Conference Session Descriptions

10 Years Later: Lessons Learned from a Senior Cohousing Community (Jim Leach, Annie Russell and Alan O'Hashi)

What if 25 seniors from around the country met as total strangers and decided they wanted to live and age together in an intentional neighborhood? That’s what happened 10 years ago when Silver Sage Village (Boulder, CO) became one of first senior cohousing communities in the country. Of the original residents, three have passed away, one has moved into a long-term Alzheimer’s care facility and 50% of the homes have resold. Silver Sage Village resident and developer Jim Leach and former resident Annie Russell will be on hand to recount the "good, the bad, and the ugly" of Silver Sage Village experiences over the past 10 years. Panel moderated by Alan O'Hashi.

A Natural Fit: Millennials in Community (Jas Darland and Jenny Godwin)

Millennials, born in the late 1970’s to the early 2000’s, represent a growing demographic – and are motivated by values that resonate well with cohousing principles. Millennials like to create, grow and Do-It-Themselves, valuing experiences over stuff. Taking pride in being green and practicing conscious consumerism, they’re flexible in their workstyles and familiar with sharing rides, appliances and homes.

Millenials have grown up in a tech-enhanced world, finding news on Twitter, connecting with friends on Instagram and sharing political passions on Facebook. But that doesn’t mean this generation value face-to-face community building any less; in fact, it could be argued they crave it even more.

Are you seeking younger folks, or those with families, to join your community? How does cohousing resonate with millennials,
strapped with student loan debt but ever-optimistic about the future? We’d love for you to join us as we explore the values that drive this generation, and challenges that may arise, all through a cohousing lens.

Aging In Cohousing: Does your Community Have a Plan? (Janice Blanchard and Raines Cohen)

Community is something we do together, it is not just a container for Aging. This facilitated discussion will help communities establish an “Aging-In-Place” committee and handbook full of wisdom, advice and tools to inspire vibrant living and successful aging—together. We will talk about healthy aging opportunities and what happens when elders require more assistance. Every community plan must be grounded in the wishes and consent of the person(s) who will be receiving care, as well as those who are giving it.

The important thing is to start—and continue—the conversation in a way that works for your community. You will receive straightforward information and checklists to help guide these conversations; including how to get started, questions to ask, and where to find basic resources.

Attracting Diverse People to Cohousing (Crystal Farmer)

In order for the cohousing movement to continue growing, established and forming communities must reach out to people of diverse backgrounds. In fact, diversity can enrich and sustain your community's life long after residents have moved in. In this discussion, we will explore markers of diversity and how to reach out to communities that have traditionally faced housing discrimination.

Starting an urban senior housing project - the story of PDX Commons (Lew Bowers)

This session will tell the story of how PDX Commons was created; the key steps taken over the last 4 years, the key lessons learned, how we created the development team, how we attracted new members, how we accomplished the financing, found a site. The larger goal is to help develop a model of cohousing development so that new groups have a road map that they can customize for their specific circumstances. PDX Commons was a totally member-driven project, but I would not recommend that model for future urban projects. It takes too long and requires that the initial members have too much development knowledge. PDXC should be ready for move-in in April of 2017 so it will a new and current story to tell. The presentation will be primarily by me, but I hope to have additional members participate and/or have UDP and Katie participate. So, not a panel presentation but their might be multiple coordinated presenters.

Sustaining Relations in Cohousing: Community Life Committee (David Entin)

How do cohousing communities sustain and enhance social relationships among residents over time? One way is having a Community Life Committee with this responsibility. The Community Life Committee of Rocky Hill Cohousing has offered events around major holidays, periodic "dinners by sixes," outside facilitators to address concerns such as participation and engagement, two retreats a year, and other efforts to resolve conflicts and promote relationships. This can be a lead-off for a facilitated discussion for communities to share what they are doing to promote and sustain social relationships, including what
We'll start out with a primer in storytelling. "Oh, that's nothing...anyone can write," you may be musing, but it's not as easy as you may think. We all like a good book or movie, but the reason your imaginations are captured and attention paid to the action on the big screen or on the written page is because of the story - there are good ones and not so good ones.

The same holds true when you're attracting people to be interested in joining your cohousing community - what's your catch. You'll learn how to structure your story - what is the premise; how does your story start in Act I? What happens in Act II? How does your story end in Act III? You'll put your pen to pad or your fingers to keyboard and begin outlining your community story - writing it from the inside out. We'll help you craft your "elevator speech" summarizing your story so it is quickly understandable and then provide you some low / no cost ways you can get your information out there to your targeted market through online media.

Having a compelling online media presence is increasingly important. It’s crucial to outline who you hope to attract to your community, so your message reflects that. We’ll outline tools and best practices for finding your future neighbors via your website, newsletter, facebook, twitter and Meetup pages, as well as Coho/US’s resources. This involves telling not just the how of cohousing but also the why. Why is this lifestyle for me? What benefits will cohousing bring to my life – whether I’m a pro-active senior, young family or single person seeking more community in my life?

Our teaching styles appeal to all learning styles - auditory, visual and hands-on, so there will be plenty of activity and film clips to go along with our talking heads.

Challenges and Opportunities of Turnover (Pat Darlington and Kay Stewart)

Turnover in a cohousing community is inevitable--for many reasons, death, illness, not-so-great-fit, and just plain "movin'on." There are many implications of this reality and we will discuss some of the issues, dilemmas and solutions we have faced at Oakcreek Community. These include

- Seller Agreements
- Rental Agreements
- How are heirs informed of agreements for selling or renting homes
- Marketing the Community ("Why do we have to spend budget money marketing if all our homes are sold?")
- How do we orient new members
- How do we process the loss of members
- and more

Choosing your Development Strategy (Katie McCamant)

How do we actually get our project built? How have other groups done this? Should we self-development? Do we need a developer? What do developers do? How do we find one? What other professionals do we need? Katie McCamant, who has worked as an architect, project manager, development consultant, and developer with cohousing groups for the last 30 years will present how cohousing groups have gotten their projects built, outlining the pluses and minuses of different development scenarios, using real case studies of past and current projects to help participants evaluate the best way for their community to move forward.
Cohousers in Politics (Eris Weaver)

How does local politics affect cohousing? How do cohousers affect politics? Presenter/instigator Eris Weaver has been pondering these questions since her appointment to the Cotati (CA) Design Review Board and subsequent run for City Council. During the development process she often viewed these entities as opponents or roadblocks...sitting on the other side of the dais has produced quite a different point of view! She now uses her insider knowledge to advise others on how best to work with the city. She’ll be joined by a panel of cohousers who hold/have held public office or run political campaigns. After each briefly shares their experiences and what they’ve learned from them, we’ll open it up for general conversation. Bring your questions and concerns!

Cohousing 101 (Grace Kim and Laura Fitch)

An ideal primer for newcomers and old timers. You will learn about the common characteristics of cohousing as well as how it is successfully created, and what makes it different from other types of intentional community, condominium, village, or suburb that came before it. You will get a glimpse of the diverse array of existing cohousing communities across the U.S. and learn what this neighborhood type offers to residents as well as what we can learn from the experiences of existing cohousing communities about achieving high functioning, sustainable and successful communities. Getting off the ground topics include forming a group, identifying a site, keeping the momentum going, dealing with government agencies, educating the broader community, and the design process. Come hear from founders of cohousing communities, Grace Kim and Laura Fitch, who are also internationally recognized cohousing experts.

get a senior cohousing community started in your city or town. You will meet others who have successfully created their own communities and realize that if they can do it you can do it too. Participants will come away from this presentation with new skills, tools and connections to start building momentum as soon as they return home.

**Those interested in getting personalized attention and practicing what is discussed should sign up for the Friday Full Day Intensive, Senior Cohousing: A Roadmap to Starting a New Community (Charles Durrett & SAGE Cohousing International)

This toolkit session is presented by SAGE Cohousing International (SCI). SCI is a 501c3 non-profit dedicated to promoting cohousing that is designed to inspire vibrant living through connected communities of adults age 50+. SCI works with leaders and communities to bring ingenuity, curiosity and on-demand creativity into senior housing, making it possible for older adults to age in place successfully.

Starting a Community? How to Tell your Cohousing Story (Alan O’Hashi & Jenny Godwin)

FADE IN:
NASHVILLE CONFERENCE ROOM, DAY
Are you starting a cohousing community and want to know where to start? Some will say tie up the land first, which is true. Some will say have a meeting to get people interested, which is true. Some will say, get an architect, which is true. We’re here to tell you that overlaying the mechanics of cohousing, is a "story." It’s about coming up with a good story that grabs the imagination. As a storytelling case study, we’ll use the intentional creative community starting in Cheyenne, Wyoming.
Retreats, Renewal, Results! (Eris Weaver)

Both before and after move-in, community retreats can help improve communication skills, heal conflict, and deepen relationships. We'll talk about different types of retreats, clarifying retreat objectives, logistics, and planning for success!

Retrofitting Existing Neighborhoods: The N Street Model (Raines Cohen & Angela Sanguinetti)

In this session we will identify the important similarities and differences between an N Street-type retrofit cohousing community that grows over time and a developed cohousing community where residents move in all-at-once. Some of the topics we will explore are: principles and goals, consensus-based processes, financial impacts including who can participate and live there, how to get started and acquire property and homes, and what they look like and how they change over time.

From our session and your input, we hope to put together a document that helps new retrofit cohousing efforts get started. We would also like to identify retrofit cohousing communities that are in various stages of development, and create a master list of these communities that can be used to track their growth over time.

Senior Cohousing: Starting a new community in your city or town (SAGE Cohousing International)

Senior Cohousing fulfills the needs of our aging population better than any other option. But how can one person—even a small group—turn their dreams into reality? The first step is understanding that you have the power to create the life your heart desires. This session is an abbreviated version of Friday’s Full Day Intensive on starting a Senior Cohousing community. You will receive expert advice and learn proven techniques to help you

Cohousing's Role in the New Normal (David Wann & Ronnie Rosenbaum)

What specific actions can cohousing communities take to promote “culture-shift?” In the absence of federal leadership and direction at this critical time, how can cohousing model and demonstrate a lifestyle that increases trust and resilience in the world? This discussion will spotlight specific actions to use one-fifth the resources the average (spoiled) American uses - a six-acre “ecological footprint” vs. thirty acre footprint; to be politically active in local decision-making; to defend natural resources; nurture young minds; provide common meals that are healthy and responsive to climate change. Individually and as a movement, cohousing communities can help create a “new normal” in our overly fearful world. A short slideshow and live music will stimulate discussion points which participants can bring back to their neighborhoods.

Community Meals Best Practices (Catya Belfer)

Your common meals aren’t frequent enough, or not nearly enough folks attend those meals. Or the meals are too much work, or the record keeping is frustrating. It's hard to get new cooks! All those food sensitivities! How on earth do you know how much time it will take to bake a giant lasagne? How do I decide what equipment to invest in? Or there’s something else about your common meals that just doesn’t work as well you’d hoped it would. Bring those challenges to the clinic and we will aim to come up with a diagnosis and treatment plan. Although this discussion will focus on common meals systems in completed communities, those in developing groups will benefit too as they can learn how to avoid common pitfalls in designing a common meals system.
Bring a few copies of your community’s favorite recipes to share, or email them to Cat beforehand! (catya@cohousing.org)

**Community as an Economic Engine (Laird Schaub & Terry O’Keefe)**

In most communities the group confines its economic attention to making sure that members pay their HOA dues and there’s enough money in the budget. It could play a more dynamic role. In this workshop we’ll explore how communities could actively partner with residents to help them make money and improve the quality of their lives at the same time. While this is not an obligation, it is an opportunity. Community assets are often idle (think how frequently the lights are out at the common house), communities have certain market advantages that are not being developed (such as a pool of people with high communication skills eager for part-time work with flexible hours), and the community could encourage entrepreneurs among the membership to create jobs for the non-entrepreneurs. Economics is the poor stepchild of sustainability. Let’s change that!

**Conflict Resolution: Practice. Practice Practice (Alan O’Hashi)**

Do you have conflicts that arise in your community? Are you, sometimes, at the center of conflict like a lightning rod? Do you try to avoid conflict at all costs? You’re not alone. In this workshop, One thing that we all have is a personality. At any given moment we each can be pleasant, a bit grouchy or indifferent, depending on the situation.

We all have different family backgrounds, come from different socio-economic cultures and everyone has different life experiences. In this workshop, I’ll help you unpack your past histories and experiences to better know yourself and what has influenced you through your life and in so doing, learning some skills and techniques to better understand and know your family, friends and neighbors.

Cohousing researchers from different academic fields will present research on cohousing as resilient and sustainable community. The presentations will include: (1) an introduction to the concepts of resilience and sustainability from the relevant academic perspectives, (2) discussion of aspects of cohousing that align (or do not align) with these concepts, and (3) research conducted that explains how cohousing is (or can be) resilient and sustainable. Presentations to be followed by Q and A.

**Presenters:**
- Betsy Morris, Ph.D. “Governance in Cohousing and Other Community Living Arrangements.”
- Chuck MacLane, Ph.D., Social Science Research Consultant: "Social and Structural Attributes of Resilient Cohousing Communities"
- Fiona Patterson, DSW, Associate Professor of Social Work, University of Vermont: "Multigenerational Living in Cohousing as Resilient and Sustainable Housing"
- Heidi Berggren, Ph.D., Associate Professor, University of Massachusetts-Dartmouth: “Cohousing and Resiliency in Political and Civic Engagement”
- Nancy Francis, M.S. Psychology, J.D., M.S. Gerontology, University of NC Wilmington. "Aging in place in cohousing: relying on community care during age-related long-term health needs."
- Robert Boyer, Ph.D. Department of Geography & Earth Sciences, University of North Carolina at Charlotte. "Who is interested in Cohousing in the USA?: Results of a National Survey on Cohousing and the Sharing Economy."

**Facilitator:** Angela Sanguinetti, PhD, CRN Director, Coho/US Board Member, UC Davis Postdoctoral Researcher
Replacement Reserves: Taking the Worry Out of your Community’s Financial Future (Lyons Witten)

A real-life DIY cohousing Replacement Reserves (RR) Spreadsheet will be used to explain the benefits of Replacement Reserves, how to manage the multitude of potential items needing replacement (someday), how Replacement Reserves are funded, what big-ticket items cannot be included in Replacement Reserves and how to manage those expenses. Those who do not have such a spreadsheet can use this example to set up their own. This is a “living DIY model” that should be reviewed each year by the Finance team/committee. Having said that, and shown how to use the “living model”, it may be that some/most communities would want to hire a consultant to help them fill in the categories, costs, and life-expectancy of each item in the RR model. This session will provide insight for either way the DIY RR model is used.

Resilience, Co-benefits, and Cohousing (Jessie Kome)

In plain English, resilience is the ability to withstand chronic stress and extreme events, bounce back, and even thrive. Experience and recent literature tell us that social cohesion has as powerful a role in community resilience as does design for earthquakes, floods, fires, or climate change, or economic stresses, or disability. So, designing homes or a neighborhood to provide not only shelter but the co-benefit of social cohesion supports individual and neighborhood resilience. This session will share practical resilience concepts and approaches for cohousing communities in any stage.

Resilient and Sustainable Community: Insights from the Cohousing Research Network

Presented by Angela Sanguinetti and other researchers

I’ll also provide a way for you and your community to hold conflict participants accountable using a positive reinforcement / protective factor approach rather than a finger pointing / risk factor approach to conflict resolution.

We’ll look at a cohousing case study, break up into groups and practice and evaluate a community conflict scenario.

My teaching style appeals to all learning styles - auditory, visual and hands-on. There will be a mix of film clips, exercises.

Creating Traditions, Celebration and Ceremony (Catya Belfer)

This pre-conference session on Thursday evening at 7:30 - 9:00 pm is free and does not require registration. Please join us!

This is a participatory workshop in creating traditions, celebrations, and ceremonies for your community.

How do we create traditions? How do we mark the major life events of our members; births, coming-of-age, marriages, deaths? How do we celebrate groundbreaking or community anniversaries? How about birthdays, new jobs, or people moving in or moving out? Because we come together in community from different cultural and religious traditions, we must choose our own traditions. As a group, we decide what to celebrate and what to do. Some traditions can be small rituals – lighting a candle at the beginning of a business meeting, for example, or taking a moment in silence at the beginning of a community meal. Some can be much larger!

This session will give you the tools to create something meaningful within your own group when you return. You'll practice in small groups with words, objects, song, candles, and more. Bring your creativity with you!

We’ll also talk about how we can respectfully and inclusively celebrate our own traditions with the community.
Creating your Community - Marketing and Membership Development (Raines Cohen and Betsy Morris)

This session builds on our work over the past dozen years as members, consultants, and interviewers of successful, aspiring, and unsuccessful cohousing groups and seekers of same. We will combine interactive demonstrations, group exercises, and open discussion to help participants consider their own community action plans to fill their community with the right people. Partnership-based development practices can cut years off the time from conception to move-in.

The Session will look at different real estate market and development scenarios, the known characteristics of current cohousers, and ways to build relationships face-to-face, through regional networks, and through social media platforms.

We will provide a framework of best practices and examples and tools for:
**Creating a successful core group: Self assessment of skills and gaps - Winkling out unsaid assumptions in your vision and values**
**Key partnerships as part of your core team**
**The need and value of a business plan (with examples)**
**Building a sense of community while maintaining viability / feasibility**
**Growing a more diverse cohousing movement, both racially and economically**
**Transparency and accountability tools: Listening to and engaging stakeholdres**
**Staying in front of multiple audiences of potential members at low cost with social media and CRM**
**Video, VR, and storytelling: getting beyond the press release**
**Cooperation through regional and national networks & making the most of Coho/US**

Sharing Circle, members can check in about what’s going on in their lives; reflect together on significant dates and anniversaries; share appreciations for one another; and process conflict and difficult emotions with one another. In this session, we will experience a Sharing Circle together, and we will explore the many ways the Sharing Circle format can be used in small and large-group settings to expand our interpersonal connections, build group resilience, and deepen our sense of community.

Power and Leadership (Laird Schaub)

One of the primary challenges of cooperative groups is how authentically they work with power and leadership. In this workshop we’ll explore how power is distributed in groups (hint: it’s always uneven); what can be done to flatten how power is distributed; how power can be used well (as medicine) or poorly (as poison); why it’s crucial that groups are able to discuss openly the perception that power is being misused (though rarely do); why we desperately need leaders in cooperative groups (yet tend to stack the deck against them); and why it’s crucial that groups define healthy models of leadership (but usually don’t).

Preparing for Climate Change in Community (Herb Simmens & Bryan Bowen)

Cohousing communities have the opportunity to play an important role in helping to mitigate climate change, in addition to creatively working to minimize the impacts of climate change on our communities and the larger region. One potentially powerful way is through the divestiture of our reserve funds from investments in fossil fuels. Hear how one community became a national pioneer in divesting its reserves.
neighborhood at a time. You’ll come away wishing there were more cohousing communities in this world and hopefully inspired to advocate for them!

Net Zero Energy & Energy Positive Cohousing (Mary Kraus)

Cohousing Communities can be designed and built - and lived in - to produce more energy than they consume. This presentation will focus primarily on Village Hill Cohousing, a 32-unit community planned for Northampton, MA. The homes and common house at Village Hill Cohousing are designed to a high standard of energy-efficiency, with photovoltaic systems to offset on a yearly basis the energy used to heat, cool, ventilate, produce hot water, and run lighting and appliances. The overall energy picture includes photovoltaic-clad carports with the option of plug-in stations for electric vehicles. Additionally, the location on a bus route and within walking distance of a vibrant downtown provides the opportunity for a low transportation footprint. The presentation will also outline other sustainable strategies explored for this project, including the Living Building Challenge "Petal Certification". As a second example, we will look at a net zero energy retrofit at Pioneer Valley Cohousing in Amherst, MA, as a way of illustrating changes that can be employed to bring existing communities to net zero energy.

Nurturing Community Bonds Through Sharing Circles (Joe Cole)

Successful groups have strong interpersonal bonds and a high level of emotional resilience that allows them to navigate the challenges of building community. How did they get there? Just as communities give time and attention to building and maintaining their physical infrastructure, it’s essential for groups to nurture their cultural and emotional infrastructure as well. Sharing Circles are a highly effective meeting format for strengthening interpersonal bonds and building emotional resilience. In a

**Messaging and marketing materials: exercises with different audiences and media
**Building trust and shared leadership and collective capacity
**When (and how) to play, inform, commit, let go

Cutting Edge Resiliency in Cohousing (Bryan Bowen, Ma'ikwe Ludwig & Jenny Godwin)

So you’ve built this green community, now what? Many cohousing groups place sustainability considerations front-and-center, incorporating green features in their construction and development process. But what happens after the groundbreaking, the grand opening? Based on a recent survey of cohousing communities, we’ll report on what communities are doing right now to combat climate change, and highlight climate leaders in the cohousing world. You’ll gain an understanding of potential practices your own community can incorporate, and perhaps you’ll have a suggestion to add to the mix too!

Designing and Planning for Urban Cohousing (Joren Bass & Grace Kim)

As many cities across the US experience an influx economic growth and opportunity, they are also experiencing the effects of densification. Often both positive and negative, population growth and the resulting densification has a very real influence on housing options and affordability.

Living in urban neighborhoods can also offer amenities and services not easily accessible for more rural communities. Urban site constraints and the tradeoff between neighborhood amenities community amenities are all part of the programing and architectural puzzle urban cohousing communities must navigate.
This session will examine how two communities navigated the design and programing decisions to create each of their recently completed projects. Both in cities that are experiencing amazing urban growth, Seattle and Portland. Learn about the changes and opportunities designing urban cohousing from Capital Hill Urban Cohousing founder Grace Kim and PDX Commons project manager Joren Bass.

Emotional Resilience (Jerry Koch-Gonzalez)

Have you had the fight about outdoor cats? Resiliency and sustainability are not just about green buildings and taking care of the land. It is also about taking care of ourselves and each other. Living together in community means we make so many decisions that we inevitably disagree and get mad at each other. How we treat each other in disagreements is the difference between a community we love living in and one that has us wondering about moving out. What happens when you are triggered? Do you tend to fight, flee or freeze? In this experiential workshop we will use the approach of Nonviolent Communication (NVC) to practice the power of deeply listening to our needs and the needs of others so that we can find our loving voice and stay present and engaged in the chaos of daily life with each other. We will also briefly review a variety of practices that can strengthen the emotional capacity of a community such as heart circles and restorative circles. How we are collectively with the little things and big things of life creates the culture of our communities. Let’s build communities we want to live in!

Endless Meetings or Efficiency in Design Decision-Making – The Workshop Approach (Mary Kraus)

How can a group get the most out of their architect’s time and expertise? How can design meetings be run efficiently, minimizing stress limited to the individuals involved versus when are they the responsibility of the community; what are effective intervention strategies; how do power inbalances come into consideration; and what are the consequences of accepting and living with these conflicts.

Is it Cohousing? – Group Participation Game – Voice your Opinion (Ty Albright)

Want to participate in a “game show” type experience? What makes a community cohousing vs. something else? During this session we will consider different types of developments with different scenarios and ask “is it cohousing?” We hope this will be a fun event; all participants will be asked to quickly vote their opinion (there is no “right” answer) and explain what set of characteristics are necessary for something to be cohousing. We hope to use the feedback from this event to collect data and report back to others what cohousing people think. Can you arrange a bunch of mobile homes around a community fire pit and call it cohousing? Come and find out.

More Than Cohousing (Laura Fitch, Ty Albright and Bryan Bowen)

Together we will explore how cohousing is providing more than just housing and how it is influencing other housing sectors. Specifically we will look at supportive housing models for seniors, veterans, foster children, as well as adults with autism. We will show how cohousing is influencing the affordable housing sector and transforming a small village in South Africa. We will also look at how otherwise traditional cohousing is doing more in terms of saving farms, open space, supporting on site enterprises.

This session will give you a perspective on how cohousing is more than just a nice place to live. It could and should be a model on how we can address huge social and environmental issues one
social beliefs and asking if they will bring us happiness.” Durrett will explain the importance of being authentic and listening to the community when addressing senior and intergenerational housing. He will also explain why crafting a well-fitting glove in a facilitated process is one of the keys to success.

**Integrating Farming and Gardening into Co-Housing (Nola Hitchcock Cross, Sam Hitchcock Tilton, Bill Hartzell)**

This workshop addresses the spectrum of gardening and farming activities in relation to co-housing/eco-villages. The participatory discussion will include examples of involving farming and gardening with co-housing: from contracting with farmers or co-housing members to farm within co-housing to raised bed allotments, from raising food for common meals to commercial enterprises, from an orchard commons to a co-operative orchard to involve the outside community with co-housing. Nola and Sam will share conversations they have had with farmers and co-housing communities across the country about each party’s needs and share successful and not-successful examples. Bill will share his experience managing a Christmas Tree farm at Hundredfold Farm Cohousing near Gettysburg.

This workshop will consist of a presentation including pictures, followed by questions and interactive discussion where participants can share lessons learned and gain from shared experiences.

**Interpersonal Conflict: When to Intervene and When to Let Go (Ronnie Rosenbaum & John Rymers)**

All co-housing communities have some level of interpersonal conflict. Join in a conversation, sharing our collective knowledge and lessons learned. We will explore aspects of this issue that include: when should these conflicts and their resolution be

while creating a supportive environment where each member’s voice is heard?

Mary Kraus will describe the participatory design approach that she and Laura Fitch evolved over decades of working with cohousing groups - a process centered around a series of weekend programming and design workshops on the topics of cohousing site, common house and units. She will explain why she thinks this is a win-win approach for architect and group with details and hands-on facilitation exercises.

**Financing your Cohousing Development (Katie McCamant)**

Got a $10 million project on your hands? Where the heck does all that money come from? In this session, you’ll come to understand the basics of real estate financing and how communities fund their developments from start to finish. Learn the ins and outs of money matters from a guru of cohousing budgets, Katie McCamant.

**For Earth and Neighbourhood – Using natural building materials in community-scale construction (Robin Allison)**

Is it possible to use sustainable building materials in cohousing and still stay affordable? Does the group consensus process inevitably lead to compromises in green building decisions, or can it enable more courageous choices than a single household would consider? How much risk should a cohousing group take in trying less standard construction methods in order to build green?

These and other conundrums were faced by Earthsong Eco-Neighbourhood, a 32-home cohousing community in Auckland, New Zealand. A fundamental part of our vision was to build to the “highest practical standards of sustainable human settlement”. The rammed earth walls, solid timbers, natural oils and paints and other sustainable materials have created a beautiful and healthy neighbourhood.
However natural building materials are more typically used by owner-builders who are willing to experiment and live with the consequences. Applying these same materials and systems to higher density multi-unit developments built by contractors in a profit-driven environment raises different issues and challenges.

We need to make buildings that foster the health and well-being of both the people who occupy them and the global ecosystems of which they are part. We offer our mistakes, successes and learnings in the hope of encouraging the wider use of natural building materials and systems in cohousing projects.

**Getting Competitive Mortgages: First Step Project Approvals (National Condo Advisors)**

Presented by Orest Tomaselli and Darlene Shannon

The session will answer the question many communities ask, “Should our community obtain FHA, Fannie Mae and VA project approval.”

The session will focus on:

** Importance of agency approvals
** Impact on the community
** What is required
** Obtaining financing
** HELP! What to look for when hiring a professional to assist with the process

**Getting the Work Done (Lyons Witten)**

How do you get all your community work done? Each cohousing group needs to decide what tasks to include in community work, what system to use to connect each member with their tasks, how to organize meals work in particular, and whether and how to enforce work agreements. In this session, I will explore a wide range of work systems used by existing communities, as well as presenting a framework for understanding the many facets of community work. I will illustrate the breadth of work taken on by most cohousing communities using a “work budget” matrix that can be adjusted to fit your specific community, and will present useful information on how to actually keep your community running smoothly.

**How Our Resale & Rental Team Rebooted Workshare, Reinvigorated Our Community & Raised $40,000 for Capital Improvements (Ann Zabaldo)**

Resales going so fast you can't keep track of who's on first? Resales of homes without community input into who is buying into the community? Sellers making record profits but not a penny comes to the community? Resentment building? Or, uh-oh ... unsold homes? Fewer and fewer people showing up for work days? More people doing less or nothing at all? I am presenting an in-depth case study of how the Resale & Rental team at Takoma Village in Washington, DC turned around this entire scenario while earning $40,000+ for our Capital Improvements budget. Come hear how we did it! Handouts. Plenty of time for Q&A.

**If It Doesn’t Work Socially, Why Bother? (Charles Durrett)**

Across the globe, we seek ways to make neighborhoods more conducive to living lighter on the planet and being happier. We yearn to let our kids play with the neighbors knowing they are safe. New and “innovative” solutions are trying to solve the senior housing challenge, only to fail due to lack of buy-in from the community. Charles Durrett says, “Forget trying to reinvent the wheel. The answers do exist – it’s a matter of addressing our