



guesthouse

NEWSLETTER

Spring 2017



INSIDE THIS ISSUE

▪ WE'RE GREEN!	1
▪ GIVING CORNER	1
▪ ESSENTIAL CONTEMPLATIONS	2
▪ GUEST HOUSE NEWS	2
▪ GUEST HOUSE HISTORY: PART 2	3
▪ OUR GANG: GROF TRANSPERSONAL TRAINING	4
▪ GOODBYE TO MAL WINKLEY	5
▪ MEDITATING AT GUEST HOUSE	6
▪ FRIENDS OF GUEST HOUSE	8

We're Green! Q&A with Rich Kerrigan

We asked Rich Kerrigan, our Facilities Director, about the inside scoop on our recently qualifying as a Connecticut State-certified Green Lodging. Rich spearheaded the yearlong campaign. As an environmental engineer and consultant for 25 years before coming to Guest House, he has helped many facilities with a wide variety of compliance issues. "Obtaining compliance with all of our permits, instituting 'best management' practices and educating the staff have all been vitally important," he says. "Permit compliance is critical for ensuring the sustainability of Guest House and limiting potential liability."

In the state's 15-section workbook, applicants **add up points for green/eco-friendly practices and equipment**. Lodgings get points from things like serving water in pitchers instead of bottles, using Energy Star appliances, purchasing paint with low or zero volatile organic compounds, or using green certified cleaning products.

HOW MANY POINTS DO YOU NEED?

The program requires 100 points to self-certify. To encourage participation and education, the bar is set high enough to require a legitimate effort but not so high that it becomes a daunting challenge.



WHAT PART DOES THE REST OF THE STAFF PLAY IN EARNING AND KEEPING THE CERTIFICATION?

While a core group has to lead the effort, the rest of the staff certainly must participate to ensure success. Guest House has been doing everything possible to encourage honest buy-in and wider participation, including paid planning sessions and posted meeting minutes and meeting schedules.

HOW LONG DID IT TAKE FOR GUEST HOUSE TO REACH 100?

The Environmental Task Force met, planned, researched and synthesized all types of data for one year in order to submit a bulletproof self-certification. This included everything from counting different types of lightbulbs throughout the entire

(Continued on page 7)

GIVING CORNER

We Made It!

During the 2016 Spring Campaign and Annual Campaign, 150 donors came together to help us reach our \$100,000 fundraising goal. Yay team! **Thank you!! What we do at Guest House would simply not be possible without the generous gifts of our donors**, both large and small. Aside from practical things like replacement of worn and stained carpeting and continued upgrading of our water systems, here are some of the things that your dollars made possible in 2016:

- Hosting over 3,000 guests
- Dialogues about sustainable world peace among Columbia students and UN representatives
- A sold-out in-house program exploring the beauties and mysteries of being human
- Creation of a safety net for marginalized youth to become leaders of tomorrow
- Greater capacity for awareness, perception and compassion in the world
- Helping to heal wounds of men who have been abused

(Continued on page 6)

Essential Contemplations

In celebration of our new Green Lodging certification, the preciousness of our planet, and the responsibility we all have to be dedicated stewards of the environment, here are some thoughts on ecological consciousness.

A true conservationist is a man who knows that the world is not given by his fathers, but borrowed from his children.

—**John James Audubon**

You are the sun and the rain, the water and the plants, the birds and the animals. There is no such thing as 'nature,' apart from you and me. You are nature, I am nature, just as you are me and I am you.

—**John Lundin**

Journey to the Heart of the World

We have to prove to the disinherited majority of the world that ecology and conservation will not work against their interest but will bring an improvement in their lives.

—**Indira Gandhi**

In every walk with nature one receives far more than he seeks.

—**John Muir**

We won't have a society if we destroy our environment."

—**Margaret Mead**

Earth provides enough to satisfy every man's needs, but not every man's greed.

—**Mahatma Gandhi**

NEWS

GH Happenings

OH BABY! One of our longtime cooks, **Mike Walden**, is celebrating the birth of his fifth child and third daughter: the absolutely adorable **Elora**! You can see her here, in her mother Emily's arms. On the morning of December 5th, 2016 the couple was off to Middlesex Hospital and Elora came into the world late that night at 11:26pm, a happy and healthy 8lb 7oz. Mike rejoined the Guest House staff a few days later to help close out the year with the Emerald Mountain retreat group. As few sleepless nights as possible and all our congratulations to you, Mike and Emily!



Mike and Elora



Steve Kennedy



Lisamarie Morales



Ruth Arroyo

HIGHER EDUCATION This summer Guest House will be celebrating two newly graduated staff. We are happy to have been with them along their journeys so far, and wanted to ask what they were up to next.

Steve Kennedy, one of our longtime cooks, will finish his Associates Degree in Accounting this May. He doesn't have another gig lined up just yet, but wants to keep working at Guest House and doing his best to introduce creativity into our menus.

Lisamarie Morales will complete her Bachelors Degree in Nursing this May. Shortly thereafter she'll begin as a full time nurse at the hospital at which she interned. When we asked her if she'll keep taking care of our guests and dining rooms, she says, "Oh, I'll be around."

NEWLY APPOINTED Earlier this year we celebrated with **Ruth Arroyo** as she became the **Lead Housekeeper** here at Guest House! Her new responsibilities include scheduling, onsite direction and training of new employees - among other things. She is loving the new role and is looking forward to 2017's guest groups. Ruth has been with us since November 2010.

FRESHLY INSTALLED Just before the Thanksgiving break last year, we put the last of 2016's capital improvement budget into effect: replacing that awful green-brown carpet in our lobby! This is a continuation of a bigger project, funded by our wonderful community of donors. Our aim is to **eventually replace all of the carpet** in the building with much smarter and prettier carpet tiles. See photos on pg 6!

Guest House History

Part 2: From family home to the bustling Inn at Chester

In this edition Rich Kerrigan continues his series about the history of Guest House (see the Fall/Winter 2016 newsletter for the first article). This installment looks back at this 18th-century homestead's stint as the private home of the Joslow family and, later, The Inn at Chester. Just recently we connected with Mr. Joslow's stepson, who was largely involved with construction, and he provided some perfect time-capsule photography—Thank you, Aarron!

Over more than two centuries, the c. 1775 Parmelee House grew from a modest one-family Cape Cod-style home to the sprawling, 48-guestroom Guest House we know and love today. The process moved slowly for many decades until the arrival of the Joslow family in the 1950s, who took up residence in Parmelee House and became very active in Chester. David, the patriarch, was an engineer, businessman, land developer, philanthropist and also had a taste for politics. He is considered by many to be the savior of Chester's historic and flourishing downtown.



Guests would drive through our lobby!

For a time, the Parmelee House encompassed only the historic Cape Cod home, the present-day main dining room and the small dining room connecting the two. The main dining room had begun life elsewhere as a barn and was moved



Herb garden and greenhouse coming in 2018?



The White Barn used to have a loft, and a TV!

to this property and reconstructed, reportedly inside-out to accent the weathered appearance and texture of the historic barnboard. The Joslows entertained guests there, with a piano in the corner near the majestic stone fireplace and bar service behind the present day-coffee nook. This made for a lovely arrangement and a fine meeting space to craft development deals and to shape the politics of the day.



The east wing guest rooms nearing completion

David Joslow developed and redeveloped many properties throughout the greater Chester area. He would also become an innkeeper in the early 1980s when he added the guest rooms, laundry and kitchen to the original Parmelee homestead, creating the Inn at Chester. The Inn



The Piano Lobby, as it once was

was, until the early 2000s, the local establishment to propose to your fiancée, or to enjoy a special celebration, or to just get away from the hustle and bustle at a quaint county-style inn. Mr. Joslow, after about 10 years as the owner and operator, sold the Inn to Margaret Lieberman, a local resident, who continued to operate it until 2003.



All familiar pieces, but not the rooms we know

That year the Inn at Chester was purchased by Edward Safdie. Mr. Safdie owned numerous spa facilities in Monaco, California, Connecticut and Texas. His spas catered to the rich and famous, including Barbara Bush, Lady Bird Johnson, Betty Ford, Elizabeth Taylor, Oprah Winfrey, Liza Minnelli and many more. His clientele

(Continued on page 7)



Through the end of May and into early June last year, Guest House was booked solid for two weeks with participants and facilitators from Grof Transpersonal Training. Their use of music and their unique method of psychological exploration was a new experience for the staff. Combining specific breathwork exercises and music, the participants entered an altered state of consciousness for their work.

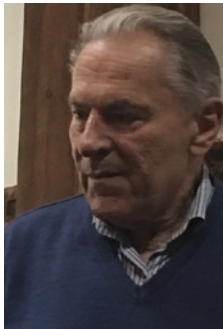
People from all over the world gathered at Guest House for last summer's modules. One of the founders of GTT and renowned consciousness researcher, Stanislav Grof, stayed with us for a few nights and lectured through the beginning of the group's second module. We reached out to one of the facilitators, Co-Owner Cary Sparks, to get her take on GTT and their time at Guest House.

MANY READERS WILL KNOW WHAT BREATHWORK IS - BUT WHAT IS HOLOTROPIC BREATHWORK?

Holotropic Breathwork™ (HB) is a practice that uses effective breathing and evocative music to access non-ordinary states of consciousness. In these states, each participant has an individual and unique transformational journey. HB was developed by Stanislav and Christina Grof in the 1970's, when Stan was scholar-in-residence at the Esalen Institute at Big Sur, California. Before that, Stan was one of the early and primary researchers into the beneficial and therapeutic effects of LSD. When those research programs ended, HB evolved as an alternative method for people to have a similar type of inner transformational journey.

NOW THAT STAN IS SEMI-RETIRED, WHAT IS HIS ROLE AT GTT?

Stan has continued to teach at some modules, although at the age of 85, not as frequently. Fortunately we have some incredible teachers working with GTT who also lead these



Stanislav Grof at GH

events. This year at Guest House, we welcome Keiron Le Grice as a guest teacher for two days, followed by breathwork sessions during the rest of the time led

VISIT THEM ONLINE
holotropic.com

by experienced leaders and facilitators. Kieron is department chair of Jungian and Archetypal Studies at Pacifica Graduate Institute and the author of four books. Our second week will be led by GTT senior teacher Diana Medina, and will cover some of the most essential aspects of Holotropic practice. Also regularly leading modules are Diane Haug, who teaches about Shamanism, Psychedelic Studies and other topics, and Tav Sparks, co-director of GTT and author of *The Power Within: Becoming, Being, and the Holotropic Paradigm*.



Breathwork preparation in White Barn

WHAT IS YOUR ROLE AT GTT? WHAT ABOUT THE ON-SITE FACILITATORS, LIKE STACIA BUTTERFIELD?

Like most everything else of value, "it takes a village." My role as co-owner is to manage the administrative side, which encompasses some of nearly everything. It keeps me busy. Fortunately we have a fantastic team. Holly Harman handles a large part of the

administration world-wide, as well as facilitating at many of the modules. She also leads some training modules. Stacia Butterfield gracefully manages to coordinate onsite. Her primary role is as a facilitator and, sometimes, co-leader.

GET IN TOUCH!
gtt@holotropic.com



A participant exploring the labyrinth

WHAT IS INVOLVED WITH THE MUSICAL ASPECTS OF YOUR WORK?

The music set is an essential component. Facilitators take a whole module to learn to put the music together, and then spend a lot more time actually creating sets to use in HB sessions. For some people, creating music sets is one of the most fun and creative aspects of their HB work. A set is comprised of about 15 to 20 pieces of a wide assortment of music played in a particular order to best support the inner journey of breathers. We draw from many sources, including chants from all different cultures, drumming, classical pieces, soundtracks, and more.

(Continued on page 5)

Goodbye to a Friend of GH

On January 10th, Guest House lost a good friend: Malcolm Winston Winkley. He had been suffering from pulmonary fibrosis for years, said his wife, Peggy. But typical for Mal, who was a very private person, he had not let many know. He was 66.

Mal and Peggy were regular fixtures of the Wednesday night meditation group. Mal had done some Gurdjieff work early on, says Peggy, but “he never really delved into any particular spiritual or religious direction. He did his own thing.” When the Winkleys heard Guest House was offering free meditation classes, they stopped by to find out more. “No one was there but the door was wide open,” recalls Peggy. “We saw some of [Hameed] Almaas’s books and I bought one, leaving money in a small bowl.” Eventually, said a family member at Mal’s memorial service, he came to see Guest House as his spiritual home.

Former Guest House executive director Steve Kennedy says, “He was like my spiritual brother. Mal was all about making an impact in the world, and there was enormous evidence that he really did. He was very much aligned with the message of Guest House. When and wherever he saw a need, he just jumped in to help.”

Cory Greenberg, the treasurer of the GH board, says, “Mal was a strong and enthusiastic supporter of Guest House. He was an early local advocate and helped navigate some thorny issues.” Mal served briefly on the Board, working specifically with the finance committee. “Mal was involved in refinancing our mortgage and enlisted a close friend to help in that process. I will always remember Mal’s passionate commitment and valuable contribution to Guest House.”

This selfless service was in addition to his own very busy life. Mal was born in Beverly, Massachusetts, and grew up in Newington, Connecticut. He settled in East Haddam and had five children with Peggy (four sons and a daughter, now with families of their own and dispersed throughout Central Connecticut, San Diego, California and Boulder, Colorado). Mal was the founder and executive director of Brian House, Inc. and AVP, Inc. (Adult Vocational Programs), which provide housing and vocational programs for developmentally disabled adults. He was an avid sailor and loved the New York Giants and large family gatherings.

Anyone wanting to express appreciation for the incredible blessing of Mal’s life can offer a donation to Brian House Inc. PO Box 134, or AVP Inc. PO Box 435, both in Chester, CT 06412. This spring, on the Guest House grounds, we will plant a tree honoring his memory. Mal, thank you. We will miss you.



Malcolm Winston Winkley

OUR GANG

Grof (cont.) *(Continued from page 4)*

DOES GTT HOLD MANY EVENTS IN NEW ENGLAND? WILL WE SEE YOU RETURN TO GUEST HOUSE IN THE FUTURE?

We hope to keep coming to GH indefinitely. As long as there are people showing up for the modules, we’ll keep offering them.

IF READERS WANT TO ATTEND, HOW CAN THEY GET STARTED?

They can email us for information at gtt@holotropic.com. Also there is a lot on the website – we have a page about the events, many books and CDs, and a schedule with links for registration information and forms.

Thanks again to Cary for taking the time to talk with us about Grof Transpersonal Training. We hope to see them return many times in the future!

We Made It! (cont)

(Continued from page 1)

There was so much more, of course. Essentially, our very existence is made possible by you, so everything that Guest House achieved this year was your doing.



Halfway through the process...



Gorgeous new carpeting in the lobby!

We feel grateful and privileged to have such a generous group of donors who believe in the mission of Guest House and entrust us year in and year out to deliver on our promises.

BECOME A FRIEND
guesthousecenter.org/give

We look forward to continuing to expand that base in 2017. Remember, donations of any size automatically enroll you in our Friends of Guest House annual membership program. Please donate early and become a Friend.

Meditating at Guest House

By Jane Bronson

Soon after Guest House opened its doors in 2008, we began our Wednesday night meditation program: “**Meditation in the World.**” This no-commitment, drop-in, weekly meditation gathering has continued here almost every Wednesday since.



Jane Bronson

As a current facilitator of this program, along with Nancy Joly, it has been my privilege to lead this group over the past four years. On any particular Wednesday I never know how many will come or who I’ll see, but people arrive, often despite rain, sleet or snow. It’s always heart-warming to greet familiar faces—those who’ve been attending for months and years—and exciting to meet newcomers. All are very welcome, whether they have meditation experience or are interested in learning the practice.

We recently asked our participants for their personal reflections on what “**Meditation in the World**” means to them. Below are excerpts from their responses:

LYNN: *This meditation class has been an important part of my life since I started April 1st, 2009. In the rooms at Guest House there is a gentle energy of peace, quiet and safety. This allows an opening in my spirit, and a surrendering to my Kath. I have had many different experiences during meditation. Times of just daydreaming, then going back to the Kath. Also times of deep connection with my inner self, my soul self. This is when I feel the connection with all in the room and all who are. I have experienced my own goodness, and see the goodness in all. I am so thankful for this class; it is a path to love and learning.*

BOB: *I love the Wednesday night meditation. It is such a good service to the community. Since I have been coming I noticed such an improvement in my health and well-being. I also look at the world in a much different way in which I try to take the good feelings I get in meditation and release them to the world.*

STEPHANIE: *Meditation in the World is equally as important as physical exercise and eating healthy. Meditation in a group has a higher level of energy than when I practice it alone. It helps keep me aligned spiritually and balanced in my daily life. I don’t feel it changes what I think, but it does change the perspective on my thoughts. Attending Meditation in the World weekly for me is like getting a massage from the inside out.*

LIZ: *Meditation at Guest House has become an oasis in my week. Though I meditate regularly, I rarely practice for an entire hour on my own..... Group meditation allows a deeper experience than meditating on one’s own and the benefits are huge. Afterwards, I feel calm, centered and more focused; I sleep well. These effects carry over into the next day.*

(Continued on page 7)

We're Green! (cont.)

(Continued from page 1)

facility to discussions with our refuse hauler about how our recycleables are handled downstream.

WHAT ARE THE CHALLENGES?

The greatest challenge is capturing the interest and the buy-in from the entire staff. This is more vital than might first be apparent. It only takes one staff member to dump something inappropriate down the drain. This singular act could disrupt the chemistry of our septic system, contaminate private drinking water wells hydraulically downgradient of our leaching field and result in revocation of our permit and legal action against Guest House.

HOW DOES THE PROGRAM WORK?

The program is designed to invite participation, education and continued improvement. By the end of the second year, 135 points are required to remain certified. The Environmental Task Force continually researches numerous areas for potential improvement.

The Task Force is currently researching cost-effective disposal of our universal waste streams, evaluating green cleaning chemistries and researching housekeeping "best management" practices.

WILL THERE BE INSPECTIONS?

As a certified facility, we are subject to scheduled CTDEEP audits. These audits are intended to verify that we are "doing what we say and saying what we do," rather than the enforcement actions we tend to envision. Guest House continues to "green" our facility and welcomes an audit.

Congratulations to Rich and all the staff for this achievement!



Meditating at Guest House (cont.)

(Continued from page 6)

MICHAEL: *I have been coming to the meditation classes on Wednesday for about 18 months now and very much look forward to being there each week. The classes have helped me enormously. I have a job that can be quite stressful at times and it has helped me better deal with the challenges that arise during the day. The techniques you teach have helped to reduce day-to-day anxieties. I think I also have a greater appreciation for the world around me and am more aware of my surroundings and interactions with people in general. I wish someone had introduced me to this years ago.*

There are many kinds of meditation, and in our Guest House group we practice in a way that focuses and concentrates our awareness inward. Doing this within a group supports our individual efforts and, over time, there's the potential of developing an inner stillness and peace and of building a certain kind of mindful concentration that can follow us into our lives. We invite you to join us some Wednesday.

History (cont.)

(Continued from page 3)



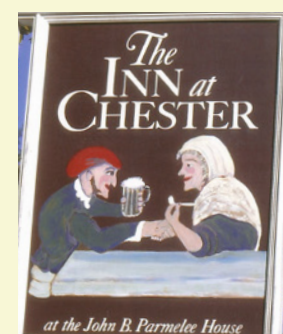
Construction complete!

was attracted by Mr. Safdie's appearances on television and in magazines, which touted his low-calorie, yet tasty, cookbooks and also mentioned his various desirable properties. Sadly, of all of his holdings, the Inn at Chester would prove to be his downfall. Due to financial issues, he was not able to keep the property and regrettably, the Inn at Chester was foreclosed on in 2007 when the money ran out.



Before the kitchen was added...

In our next installment, we will look at the purchase of the property by Ten Directions, Inc. and its transformation into Guest House. We hope that Mr. Joslow would be proud of our efforts to preserve one of his most beautiful accomplishments.



Friends of Guest House 2016 Honor Roll

Thank you all!

Marie Amoruso	Le Clanche du Rand	Vern Ludwig	Beth Shapiro
Karen Anderson	Bill Dubin	Jennifer Lyne	Don N. Shaw
Roseanne Annoni	Mary Faria	Cynthia Martin	Sandra Jean Simmons
Jorge Arango	Robert Fierman	Kathy McGwire	Anne Singer
Elizabeth & Ray Archambault	Mary Forness	Deki McKenney	Elizabeth Slayton
Hallie Gay Bagley	Terril Trowbridge Gagnier	Nancy Meneely	Leigh Smith
Bob Ball	Ilka Giges	Stephanie Mermin	Gail Staal
Christina Bascom	Noell Goldberg	Meg Miller	Jesse Stoner
Gregory Beck	Ben Goldman	Rennie Moran	Jane Strong
Jill Berman	Eduardo Gomez	Bonalyn Mosteller	Andrew Tarr
Peggy Braun	Jordan Goodman	Neil Moylan	Mary Ann Taylor
Jane Bronson	Paul & Rosemary Gordon	Helen Newman	Jean TePaske
Barbara Buda	Michael Graetzer	Suzanne Noble	Carol Tokar
Barbara Burst	Parvati Grais & Cory Greenberg	Anne H. O'Connor	Sarah Tremaine
Tabor Butler	Kristina Grondahl	Jerry & Mary Ann O'Halloran	Wendy Turkatte
Yaprak Buyukteoman	Sandra Hamilton-Golub	James O'Hern	Olaf Unsoeld
Elsa Cantor	Sandra & Philip Hasselback	Gina O'Keeffe	Meg Vandergon
Sydney Cash	Margaret Hixon	Paul Ohanesian	Ann Viviano
Betts Cassady	Grace Holland	Kostas & Tracy Oikonomou	Susan Von Reichenbach
Denise Catuogno	Stacy Honeycutt	Richard Onken	Marcia Wakeland
Carolyn Cerame	Jared Howe	Wendy Osborn	Rhoda Waller
Jeff Charno	Rebecca Hutchison	Cathy Palmisano	Jay Walsh
Leah Chyten	Diane Ingram	Stephen Paschall	Michael Ward
Nancy Closs	Waltraud Ireland	Forrestine Paulay	Barada Weisbrot
Jeff Collins	Steven Jacob	Helga Paulsen	Michele Weissman
Eileen Conlon	Nancy Joly	Evelyn Perkowski	Laura Wells
Diane Crawford	Steve Jones	Hadley Perry	Jennifer Wheeler
Daphne Cruze-Zug	Peggy Joyce	Bernadette Prue	Daphne White
Ralph Curcuru	Martin Karlow	Marlena Reisman	Aileen Wiglesworth
Syd Cushman	Tobi Keefe	Robet Foundation	Jan Wilcox
Camille Danzi	Stephanie Kenen	Barbara Rosen	Malcolm & Peggy Winkley
John Davis	Penelope Keyl	Elizabeth Russell	Kenneth Winter
Kathy Dickinson	Tracy Kirshenbaum	Diane Sacks	Anne Woodworth
Ann Diller	Michael Landgarten	Rachmana Santorelli	BettyJo Wray-Fears
Laurie Brown DiLorenzo	Dorothy Landry	David Schulz	Sara Zwart
Michael DiLorenzo	Cheryl Lehman	Tal Schwartz	Lilian Zwyns
Joyce Dowdall	Laurie Leonard	Amalea Seelig	Anonymous Donations (11)
Nancy Dreyfus	Leah Lopes	Josie Sentner	

Newsletter Archive

guesthousecenter.org/newsletters



Get Involved!



facebook.com/GuestHouseChester

- Guest House news & projects
- Announcements of open events
- Employment opportunities

This newsletter is published by:
Guest House Retreat & Conference Center
 318 West Main Street, Chester, CT 06412

info@guesthousecenter.org | 860.322.5770

©2017—All rights reserved

Ten Directions, Inc. is a registered
 501(c)(3) non-profit organization.
 Your donations are tax-deductible.