

Peacehaven

News from the Farm

Fall 2017



Peacehaven
Community Farm

A Letter from the Executive Director

Dear Peacehaven Friends,

There is really no other way to say it – it has been a very challenging year for Peacehaven. The challenges have come from the loss of folks we hold dear to our community. The loss of our operations manager, Dave, and a future employee, Ben, along with the loved ones - Mark and Israel - of two of our staff members has made this a very difficult year for our community. It directly impacts one of our core values we have had since our very first day, relationships. To take a moment of privilege, these losses connect with me personally much like the loss of our founder, Susan Elliott, in 2009. Thank you all for your support and care during this time. We could

not do this work without the amazing community that surrounds us in all our efforts.

The amazing thing to watch is how our community has responded to the events of this year with commitment and hope for the future. We have been in a very intense time of planning for the next phase of our growth that has been incredibly productive. One example of that is a design “charrette” that will



take place in September to develop the plans for the next phase of housing at Peacehaven. The staff has also spent the last several months reflecting on our core values and the practices that help us live out those values as a community and an organization. Those values include growth, relationships, and community and practices like servant leadership, compassion, and sustainability. It’s important work that grounds us while we look to the future for Peacehaven.

You are the reason we grow and the backbone that makes relationship possible. It is your compassion that sustains us, allowing us to pass these life-giving practices on to others. Thank you for your support and for traveling on this journey with us.

Buck

Buck

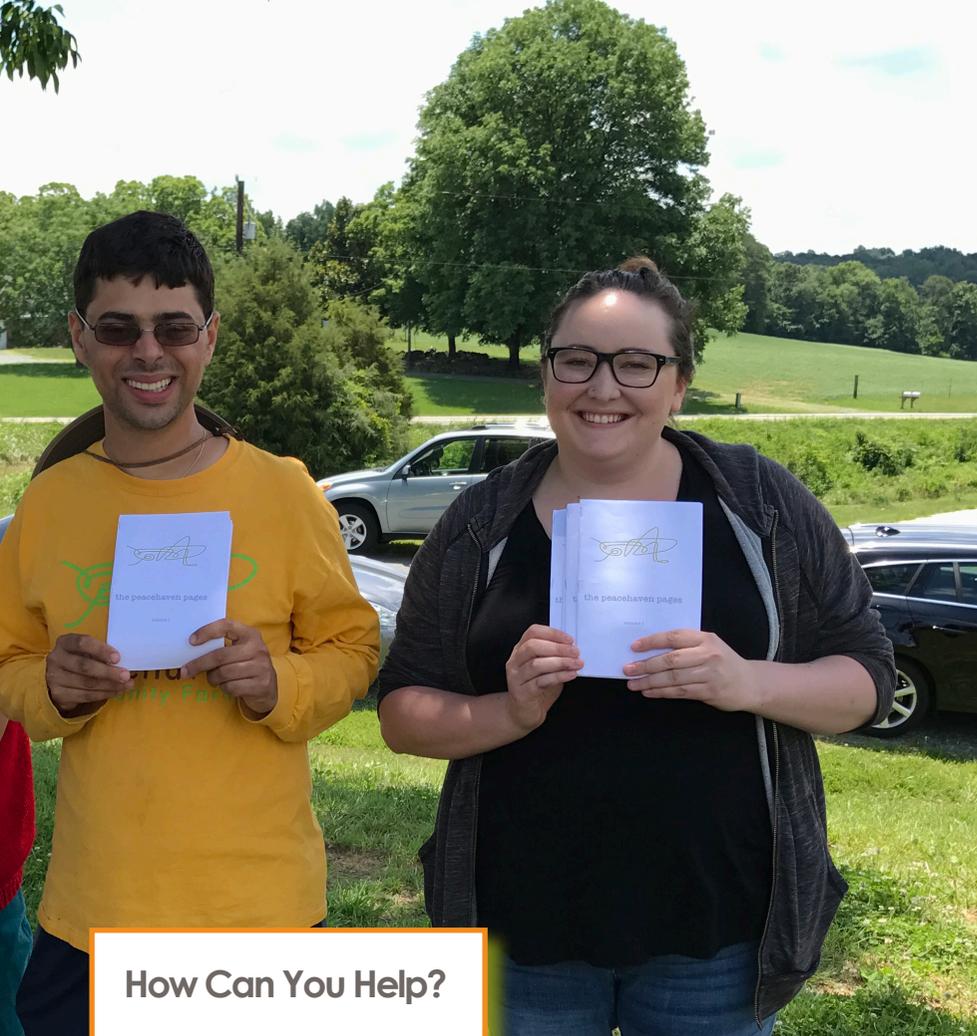
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Meet Volunteer Audrey Smith

Audrey comes to us as an educator, a talented writer, and a graduate of the University of Iowa.

"I've enjoyed getting to know each of the core members—as students, as writers, and as people," said Audrey. "I've had the awesome opportunity to support them as they develop and express their unique voices, whether through the notes they take on their phone, the exercises we do as a group, or through a published literary magazine. This work has caused me to grow as an educator, especially in my ability to differentiate instruction for diverse groups of learners, and as a writer I'm constantly inspired by the core members' humor, openness, and creativity. Through their writing and creative expression, the core members have shared their community with me, and I'm honored to be part of it."

Audrey has grown as an educator but our core members have grown as well. Jake Taylor feels like he has really grown as a writer. "Audrey taught me to write stories and poems, and to make sure that they all have a beginning, a middle and an end," said Jake. "I have loved getting to know Audrey and learning more about writing."

Thank you, Audrey, for dedicating your time and many talents to Peacehaven!

How Can You Help?

We have many opportunities for community at Peacehaven. We hope that learning and growth will be an opportunity not just for individuals with intellectual and developmental disabilities living and working at the farm but also for those who participate in working and volunteering. Without this mutual growth, Peacehaven cannot reach its full potential as a community.

For more information, contact Peacehaven Volunteer Coordinator Rehshetta Wells at rehshetta.wells@peacehavenfarm.org.

Audrey Smith has worked with the core members this year to bring their creative ideas to life in written and spoken word. Sitting around the table in Susan's View, Audrey has helped them write, listen, draw, and share their thoughts aloud with one other.

Some of these poems and stories have been compiled into 'The Peacehaven Pages - Volume One,' a literary magazine celebrating the creative work of the core members along with the resident assistants. These writings speak to the core members' perceptions of life on the farm and their interactions with the community. The writings not only represent the results of two consecutive six-week programs and lesson plans, but also the vast importance of creativity and community at Peacehaven through this unique way of gathering.

Creative Writing Samples

One of Audrey's writing projects allowed core members to reflect on the meaning of home and their experiences at Peacehaven. After reading and discussing the poem "Where I'm From" by George Ella Lyon, core members and resident assistants brainstormed a variety of sights, sayings, foods, people, and places specific to the Peacehaven community. This activity involved a Mad Lib-style template where core members could fill in their own specific details to create poems reflecting their individual experience at Peacehaven.



I am from Trouble
from music and firewood.
I am from the comfy bed.
I am from racoons and tomatoes.
I'm from dancing and swinging,
from my buddies and Rachael,
from "hot dog" and "chill--have a fruit loop."
I am from mac and cheese,
from Peacehaven, where I feel happy.

by Molly



I am from the FM radio
from music books and the dining table where we eat.
I am from the unorganized room.
I am from Rainbow Land and family dinner time.
I'm from Jeopardy and music class,
from Maverick and Courtney,
from "smile, people!" and "friends."
I am from spinach,
from Peacehaven, where I feel special.

by Jeff

Housing Charrette Planned for September

Peacehaven is planning a housing charrette in September. A charrette refers to any collaborative session in which a group of designers drafts a solution to a design problem or opportunity.

Peacehaven's first charrette was held in 2010 to help brainstorm and design the specifics for the first house, which later led to the design and construction of Susan's View. This charrette will focus on future housing needs for Peacehaven and participants will answer questions and brainstorm solutions to create the best housing model for the future.

"The goal of the charrette is to develop a comprehensive plan for the next building phase at Peacehaven," said Jenny Bradley, Peacehaven's Board Chair. "An added bonus is the identification of experts who stay involved through the planning and implementation phases."

The charrette approach brings together people of different areas of expertise, each having an interest in Peacehaven. "The group may include architects, contractors, designers, funders, staff, board members, parents, and experts in intellectual disabilities," said Jenny. "This diverse group collaborates to develop a vision for the future of Peacehaven; the charrette format allows these ideas to be generated in a weekend."

PEACEHAVEN COMMUNITY FARM

2017

HARVEST celebration



SUNDAY, OCTOBER 22 • 4 - 6 PM • AT THE FARM

New Faces Join the Peacehaven Community

Abigail Hedgecock and Erik Sandstrom have joined Peacehaven as full-time Resident Assistants (RAs) in Susan's View.

Abigail just finished her freshman year at Greensboro College where she is majoring in Religion. Her whole life she has been passionate about the preservation of human dignity, especially as it pertains to individuals with disabilities, as well as agricultural justice. On her first visit, she realized it was a community dedicated to eliminating barriers in tandem with the idea of 'normalcy.' "What Peacehaven does isn't 'normal,' and it's hard to explain just how extraordinary this community is," said Abigail. "Being able to love and walk with these beautiful people has been a truly enriching opportunity for me."



Erik join us from Tucson, Arizona, where he spent the past two years in a service corps with the Presbyterian Church (USA). He worked with vulnerable populations and most recently worked at a local church as the pastoral care assistant and community outreach development coordinator. "I was drawn to Peacehaven for the way life is shared with both the community at large and the community on the farm," said Erik. "While here I hope to gain knowledge on a population that I do not know very much about and to form a new family."

Tiffany Dennis will be a part-time, live-out Resident Assistant. She is from Waynesville, NC, and is working on her bachelor's degree at UNCG. She loves the atmosphere and the people at Peacehaven. She feels called to Peacehaven be-



Adam Barnes is joining the staff as Susan's View Home Life Leader. This position will combine responsibilities common to the resident assistants along with administrative and house oversight duties.

A graduate of Duke Divinity School, Adam brings to us a breadth of knowledge and experience including three years living in intentional community at Friendship House in Durham. While at Duke, Adam also volunteered with Reality Ministries and their Reality Works programs. He'll join us fresh from a year-long pastoral residency with Cone Health in Greensboro.



"My hopes for being part of the Peacehaven community surround the concept of flourishing," said Adam. "Because we are all unique, so is our flourishing. Therefore, I hope not only to flourish at Peacehaven, but also to participate in and cultivate spaces where the core members and resident assistants can flourish."

Rehshetta Wells will be Peacehaven's AmeriCorps VISTA volunteer coordinator. Before Peacehaven, she previously served two part-time terms of service with AmeriCorps as the Supportive Housing Case Manager at The Servant Center, providing assistance to military veterans who have experienced homelessness. She then worked as an



cause of the people. "I want to spend more time with the wonderful core members that are such a vital part of Peacehaven."

intern for Crosby Scholars Community Partnership, a college access program for students in 6th - 12th grade. She is drawn to Peacehaven because of the strong sense of community she finds here. "Peacehaven is not simply a place to work, it's also a place to build meaningful and genuine connections with other folks that will last a lifetime," said Rehshetta.

Timber Beeninga joins the staff as the AmeriCorps VISTA grant writer and program assistant. Timber is from Greensboro and is a recent graduate of UNC-Chapel Hill where she studied



Economics, Global Studies and Public Policy. Immediately prior to Peacehaven, she served as an AmeriCorps Summer Associate with New Directions Housing Corporation in Louisville, Kentucky where she assisted in organizing volunteers to repair homes of elderly and disabled individuals. "I was drawn to work at Peacehaven because of the model of community practiced here," said Timber. "This is one where core members, staff, and volunteers develop inclusive and supportive relationships with one another, while fostering the renewal of the earth that we have been gifted."

Additionally, Becky Cain, who has served in the role of AmeriCorps VISTA farm volunteer coordinator, will transition into the staff position of Director of Community Life. In this role, Becky will manage and direct all aspect of community



living, leading and mentoring all those that live in Susan's View. She will also be involved in the planning for future programming and housing needs.

We Bid Farewell ...

Just as this is a season for welcoming new folks in our midst, it is also a time of farewell. In the past month, we have said goodbye to four Resident Assistants (RAs). **Rachael Siegel-Berele** has moved to Portland, Maine to pursue a Master's in Occupational Therapy at the University of New England. **Sean Wilson** is attending the University of Pittsburgh working on his Master's of Philosophy. **Courtney Danieluk** returned to Connecticut and will soon begin a new job as a teacher at the Manchester Integrated Special Education Preschool. **Emma Fulup** will begin the next phase of her education at Duke University as she pursues a Master's in Environmental Management. Thank you to all of these wonderful caregivers who have made a difference in our community.

In addition, we also bid farewell to **Olivia Smith**, housing volunteer coordinator and **Joey Allaire**, grant writer. Joey and Olivia are both pursuing a Master's of Social Work from UNC-Chapel Hill.



Remembering the Little Things

In all honesty, I do not think I will ever have the words to describe, reflect, and appreciate my time as a Resident Assistant (RA) at Peacehaven. I was thinking about what to write, and I picked up my journal and found an entry from my first month living in Susan's View.

September 3, 2016

Having such a love-my-life moment. Was my first night making dinner alone with the core members. Molly was away. I was super stressed because I was being overly ambitious and decided to make sweet potato pancakes. I texted Courtney saying I was struggling. I was like profusely sweating and had somehow managed to overcook dinner and everything looked like mush. Jake came over and I was ready to implement the "only cooks in the kitchen" rule when he says "Are my eyes playing tricks on me?? Is that Broccoli?!" It was like he sensed that I needed encouragement in that moment. He was so excited about this meal I was certain I had ruined for everyone. It really is the little things here that have the most profound effect.

It's easy for me to read this through the same wide and bushy tailed eyes that I had then, which, since leaving, have been donned with rose-colored glasses. But in reality, life as an RA is hard. It's pouring your heart into building relationships and planning schedules and So. Many. Dishes. It's learning how to make a dinner for 15 people and how to get goats to take their medicine. (Let the record show that putting goat medicine on leaves and feeding it to them Nacho style was a preferred method - Sean™). It's learning to be at peace in a home full of constant sounds and putting others' needs before your own. It's singing at the top of your lungs in a big white van and reading bed-time stories when the power goes out at 3 AM.

So no, it isn't easy, but in remembering the little things that brought me so much joy living at Peacehaven, I realize how much I have grown because of the summation of so many small, profound moments. I will forever be grateful for all of my experiences: the good, the bad and the "crying with my tears" that being a part of this community brought me.

Best,
Rachael SB

Peacehaven Creates the Dave Bradley Endowment



Peacehaven is pleased to announce the establishment of the Dave Bradley Endowment fund. After Dave's passing, memorial contributions were accepted in his memory. Because of many generous donations, the opening balance of the endowment will be \$70,000.

Launching this endowment is an important step for Peacehaven today and for the future. The intent of the endowment is to provide consistent reliable income to Peacehaven while allowing the funds to grow. The funds will be invested in equities; distributions of 5% annually will be based on the prior year's balance.

Donations have poured in from individuals and businesses alike; all of whom wanted to make a difference to an organization that was meaningful to Dave.

One such business was Segment, a data integration company in San Francisco where Gregg Stone works. Gregg is the son of Peacehaven Board Chair, Jenny Bradley. Here is Gregg's story of how he was moved to ask his company to make a donation in Dave's memory:

In the beginning Segment provided lunch to our employees every day, with all extra food donated to a San Francisco-based non-profit, Food Runners. In May 2015, after the devastating earthquake struck Nepal, it was suggested that we skip lunch on Fridays for that month and donate the proceeds to UNICEF's Nepal Relief. The idea resonated with our employees so we decided to make it a recurring event. Now, Segment no longer provides lunch on Friday, and we donate the money we would have spent to a charity voted on by our Culture Committee.

Every month our Culture Committee gets pitched ideas by employees and votes on where the next month's 'No Lunch Friday'

donation will go. The criteria is simple: something local or having ties to a Segment employee, and for a great cause. I first visited Peacehaven during a trip home for Christmas. Dave and my mom gave me the VIP tour, riding around the property in Dave's big red truck. It was immediately obvious to me that this was a special place and Dave's pride in the work he was doing came through clearly. At his service in March, I was moved by the stories of his impact on Peacehaven and further realizing the impact Peacehaven had on his life. The day I arrived back to work at Segment, it just happened to be the monthly meeting to decide that month's charity donation. I was late to the meeting; the committee had made a decision but I gave my pitch anyway.

As my mom would say, it was a "God thing." The committee was unanimous in voting for Peacehaven and proud to support an organization that so closely aligned with our shared values as a company.

Celia Hooper to Join Peacehaven Board

Peacehaven welcomes Celia Hooper to the board of directors. Celia is a native of Thomasville, NC and currently the Dean of the School of Health and Human Sciences (HHS) at UNCG. A speech-language pathologist by profession, she has worked in several other universities in Ohio, Kansas, and NC and enjoys her current role leading 200 faculty and 4000 students interested in health and wellness.



She and her husband, Craig Smith, are the parents of two grown children. She is happy to serve on the Board of Peacehaven after working with Phelps Sprinkle to encourage student and faculty involvement from HHS at Peacehaven.

The use of the endowment will be determined on an annual basis by the Peacehaven Board of Directors and may include special programming, capital expenditures, innovative training opportunities and other purposes as determined by the Board.

"We are so grateful that the board decided to honor Dave in this way," said Executive Director Buck Cochran. "I can think of no better way to honor this man, this friend, who made such valuable contributions to Peacehaven Community Farm."

Hydroponics Added to the Greenhouse

by Mark Socha,
Director of Operations

The dog days of summer are upon us. Dog days are defined as the sultry part of the summer, occurring during the period that Sirius, the Dog Star, rises at the same time as the sun. Most often believed to occur from July 3 to August 11, this typically is a period marked by lethargy, inactivity, or indolence.

Well ... no one told us that here at the farm! It seems like these days are more active than ever. We're wrapping up the summer harvest, starting fall seedlings and beginning to outfit our new greenhouse with more hydroponic systems.

So what is Hydroponics??

Hydroponics is the cultivation of plants by placing the roots in liquid nutrient solutions rather than in soil or, the soilless growth of plants. We have experimented with a single hydroponic system for the past two years. Our hobby is beginning to evolve into a full blown vegetable production system. We've recently grown lettuce and spinach in an aeroponics system; one constructed of channels that spray water and nutrients directly onto the plant roots and return to a reservoir for redistribution. Some of you may have seen the pink glow of grow lights in our greenhouse at night as you drive by the farm. Those "disco lights" are hanging over the aeroponic system currently in use.

We are adding two new systems this fall to our current greenhouse. The first will be a Nutrient Film Technique (NFT) system, similar to the aeroponics unit that we already have in place. The difference is that instead of spraying water with nutrients directly on the roots, the channel is filled and drained with the

enriched water that runs across the roots of the plants and returns to a reservoir for redistribution.

The second system will be a dutch bucket or bato bucket system. This system, much like it sounds, uses "buckets" to house the growing medium, usually perlite or rockwool. The medium stabilizes the plants roots and allows water lines to drip the nutrient-enriched water into each bucket that is then returned to a central reservoir for redistribution. These are typically used for larger stemmed plants like tomatoes, cucumbers, etc., and we'll be growing some of each.

We're very excited about these additions to the greenhouse; not only to grow more vegetables year round, but to begin what we believe will turn into a vocational program for our core members and our other friends with disabilities in the community. We'll be sharing more about that program in the near future!



QUICK SUMMER SALSA

INGREDIENTS

- 3 cups chopped tomatoes
- 1/2 cup chopped green bell pepper
- 1 cup onion, diced
- 1/4 cup minced fresh cilantro
- 2 tablespoons fresh lime juice
- 4 teaspoons chopped fresh jalapeno pepper (including seeds)
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper

DIRECTIONS

Stir the tomatoes, green bell pepper, onion, cilantro, lime juice, jalapeno pepper, salt, and pepper in a bowl. Chill and serve.



Peacehaven
Community Farm

1458 NC Hwy 61
Whitsett, NC 27377
336-449-9900
www.peacehavenfarm.org

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Look for Our New Website Coming Soon!



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Mission

To connect people with intellectual and developmental disabilities to the larger community through shared living and the work of a sustainable farm.

Vision

A nurturing destination for learning and growth for people of all abilities.

Seeds of Hope: Many Faces, One Mission



Peacehaven Community Farm is made up of many different people. Our core members are at the heart of what we do, but they are surrounded by countless others who affect and are affected by Peacehaven’s mission. We bring together people with and without disabilities to learn from each other, toil the land, experience life together and encourage one another. We believe that our work at Peacehaven has a great impact, not just on the residents of the farm, but on the many people who choose to make Peacehaven a part of their daily lives.

This impact is possible because of people like you who give to our annual Seeds of Hope campaign. Gifts range from \$10 to thousands of dollars and every gift makes a difference.



The support of partners like you allows us to sustain and grow our farm and our programs, and most importantly, our family of unique relationships. Be on the lookout for our Seeds of Hope mailer in September and help us continue to make an impact!