



Small Steps Towards
a Big Difference

SOMETHING'S GIVING!...

Our monthly e-news updates are designed to share stories with you of “who is doing what that works.” We hope you enjoy reading the current success stories that your donations have helped to make possible, because at Something Good in the World we believe that “small is beautiful, but beautiful is not small...” Please visit our website for more detailed information on all of our educational programs and projects: www.somethinggoodintheworld.org.

e-News Volume 5, Number 5

www.somethinggoodintheworld.org

November/December 2016

Thank you all so much for all the giving you do for Something Good in the World. What you give makes it possible for us to give, and without you, it just can't happen.

One of the aspects we love most at Something Good in the World about partnering with foundations, farms, and businesses, is the way that we all support each other and get this feeling of “win-win-win” in our projects together.

A favorite collaborations year-round is with [Glynwood Farm](#) in Cold Spring, where grants from family foundations make free farm-based education programming possible for the First and Second Graders of the [Harlem Children's Zone](#), [Promise Academy II](#). This long-term commitment in the HCZ school model to health and nutrition, includes learning the origins of our foods, eating “slow food,” and how to make healthy choices, which has led to 3-4 seasonal programs for each class, every year. We are so grateful to the administrators of PAII for their willingness to organize these classes and cover the costs of the buses.

Glynwood's gift of both indoor space and open-air experiences, has allowed the children to become vegetable farmers and animal farmers, learning all aspects of what is required for healthy food. The knowledge they take away is: “It doesn't matter what you eat, what matters is what you eat, ate!” This fall, the First Graders harvested and prepared healthy snacks from what was growing at the farm, and the Second Graders got to overcome their fears by petting and feeding large animals. Both activities have proven to be therapeutic for all children, but most especially for those with special needs. We notice that not only does it delight and calm a child to feed and pet an animal, but the animal also enjoys the attention and feels more balanced and happy as well.

Thank you to the [Alpern Family Foundation](#), [Child Advocacy 360 Foundation](#), [Jack DeVito Foundation](#), [Atlantic Philanthropies](#) Director/Employee Designated Gift Fund and other anonymous family foundations, as well as the many individuals, farms, and businesses for giving so much to make these programs possible every season of every year.





Community is so vital in terms of place-based education, and when 3-4 entities come together to support children in need, it has an incredibly positive outcome for all involved. This fall, Agi Shah from [A Maze In Pottery](#) in Briarcliff Manor, NY, came up with the idea to donate her time and materials to assist refugees and shelter teens to create their own pottery bowls. She had been inspired by an organization called “Empty Bowls” that promotes fundraisers to feed the hungry. But because many of our students are already hungry, we didn’t see the need to raise money to feed them – instead, we knew we could feed them directly if we could join forces to make an arts-integrated, farm-based educational experience that would culminate in eating the food they cooked inside of bowls they had made.



After a workshop of painting large soup bowls with the students’ own designs and names, Agi fired the creations in the kiln at A Maze In Pottery, and the teens were thrilled with the results. What we noted at SGITW was how the process was just as vital as the product. Painting for an hour caused a very deep, quiet, meditative state in all of the young people, where before the workshop, they had been very wound up with nervous excitement. There are always a lot of emotions with teenagers, but for those who have been through traumatic experiences, this kind of calming project of painting bowls, can be very therapeutic. The teachers observed how much more balanced everyone’s behavior was as soon as they began the project.



A week later, the same group of students joined SGITW at [Hemlock Hill Farm](#) in Cortlandt Manor, where we were led by farmer Trish Vasta to harvest the extras and leftovers in the farm fields. This kind of gleaning work is essential, because it also teaches young people about food waste in our country, and how to circumvent this through hands-on work at local farms. Not only is it great to volunteer and do community service for the farm, but the perk is in getting to eat organic produce that is healthy, seasonal, local, and perfectly edible (it just might not look pretty enough to sell). The teens loved pulling beets and carrots from the earth, as well as harvesting kale and celery, and they adored having a bi-lingual Spanish-English tour with farmer Oswaldo, who emigrated to the US from Central America himself and was able to inspire the older teens with stories of his experiences here. The eldest boys who had grown up on farms in Honduras, Guatemala and El Salvador, were especially interested to know the differences between how things are done in the United States. Oswaldo made a great point of letting them know how much more machinery there is here to make the work easier, rather than having to do everything by hand the way they had to at home. Older girls from the same countries, as well as from Nicaragua and Mexico, were also interested in how the chickens were kept and were excited about collecting eggs.



Again, being in the fresh air for an hour, working on the farm, brought a ton of smiles to everyone’s faces, and an uplifting sense to the whole group of 24 students, which really cannot be overestimated. Horticultural therapy is well known to brighten the spirits, and there is scientific documentation about how getting one’s hands dirty really does make humans feel better.



After the farm, it was a delight for the students to bring all of the fresh veggies back to their shelter to prepare them into a hearty soup. We were met by local chef, Laurie Gershgor, who’s newly opened [Good Choice Kitchen](#) in Ossining, is dedicated to healthy culinary creations. Laurie led the students in washing, peeling, chopping, and combining the organic veggies into a pot with herbs and spices, to make it into a “pottage,” which is an old-fashioned soup made of everything on the farm. Within an hour, the soup was ready to be ladled into the bowls that the students had made, and the rest of the workshop was mostly silent, as everyone sipped and slurped and enjoyed the fruits of their labors. The teachers noticed how afterwards the students were keen to clean their bowls and take them back to their rooms, because after all, the bowls were theirs to keep. And in some cases, other than the clothes they were wearing, they had nothing else to call their own.



SGITW is so grateful to Agi, Trish, Laurie, and all the local businesses they represent, for coming together as a team to make this amazing two weeks of projects possible. We know that the students will always remember the experience.





Continuing with the theme of community service and giving, the Earth as Homeschool students, ages 6 – 10, have been actively engaged in their studies of permaculture by gleaning leftover produce from local organic farms. In late fall, the homeschooling students annually prepare a meal for the 100 people who eat daily at the [Peekskill Soup Kitchen](#), which is run by the Salvation Army. Each year, [Kitchawan Farm](#) and Hemlock Hill Farm donate their extra produce for this project. This year, our students harvested these leftover veggies to make a giant, organic, healthy salad for the Soup Kitchen. With bunches of beets, carrots, celery, and kale from Hemlock Hill Farm, and basketfuls of arugula, chicory, mustard greens, chard, and Jerusalem Artichokes harvested with Linsay Cochran from Kitchawan Farm, the children washed, chopped, spiralized, grated and peeled outdoors till we had a cornucopia of fall gleanings in a colorful salad! Thank you Laurie Gershgor, our beloved cooking teacher, for leading us in this process! Not only does this teach the value of food that might otherwise have been wasted, but it's great fun to prepare. Added to that was the experience of making a carrot-garlic dressing using our Pedal-a-Watt bike and bike blender – talk about a zero carbon footprint salad!

Each year the Peekskill Soup Kitchen tells us how much it means to their clients to receive a meal made from fresh, organic vegetables. Because so much of what they serve is canned, there is a real extra appreciation not only for the children's hard work and great energy, but for the real health-giving properties of local, organic, and seasonal foods.

Thanks to the generosity of [Hemlock Hill Farm](#) and Trish Vasta, our students gleaned extra carrots, beets, peppers, and green beans to turn into pickles, using dill, garlic, mustard seeds and salt. Under the very able guidance of local artist and farm-based crafts person, Anya Steger of Peekskill, our students made the most beautiful and delicious jars of pickles, as well as unsweetened cooked preserves of apples and pears gleaned from [Glynwood Farm](#) in Cold Spring. It is a true art, in a rainbow of colors, made better only by the actual eating of the produce.



In this very active season of fundraisers, our interns and students and families continue to make the work of Something Good in the World and our **Children's Peaceful Garden** projects possible. Every fall, young people ages 8 – 18 share their skills and talents with music and dance at our **Energy of Youth** concert, to help raise awareness and funding for our alternative energy projects, including our **Envira Pod** (zero carbon footprint, solar-powered, mobile educational trailer), seesaw pump, Pedal-a-Watt bike, low wind generation system, greenroof and so much more. We are overwhelmed with gratitude to these students who prove every year that the world's most valuable and renewable source of energy comes naturally: youth!



A dear friend of SGITW recently noted that the whole point of humanitarian work is *for giving*, which makes us humans more *forgiving* – but if somehow people lose their way, and focus on living *for getting*, well then, they are *forgetting*. Thank you for all that you do to remember, and for giving...



PROJECT OF THE MONTH

Jane Goodall's Roots & Shoots is honored to award this certificate to
SOMETHING GOOD IN THE WORLD
 for impressive impact on behalf of people, animals and the environment.

*"Every individual matters.
 Every individual has a role to play.
 Every individual makes a difference."
 - Dr. Jane Goodall*

Erin Vierer-Orr
 Associate Vice President, Roots & Shoots
 The Jane Goodall Institute

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October 2016
 Date

the Jane Goodall Institute

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Project of the Month: <https://www.rootsandshoots.org/projectofthemoth2016>

Our Peaceful Play campaign is underway! We're raising funds for our beloved Children's Peaceful Garden program which serves hundreds of local children annually. All donations are tax-deductible and will be matched DOLLAR FOR DOLLAR by a local foundation. Check out our page on Barnraiser here: bit.ly/2hdTMN9



We are an AmazonSmile participant. Use this interactive link: <http://smile.amazon.com/ch/75-3071237>. Donors, volunteers, employees, and friends can bookmark this link so all their eligible shopping will benefit Something Good in the World!



You can also follow all of the current news and events of Something Good in the World on Facebook!

To Donate Visit: <http://www.somethinggoodintheworld.org/page.php?id=5>

The following people donated their time, energy, and creative skills to the production of this newsletter:

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MISSION STATEMENT: The mission of Something Good in the World is to provide a safe and enhancing environment wherein children may be promoted to achieve their highest potential in learning and development, and to prepare them toward becoming responsible human beings ready to take on the challenges of life.

We are committed to upholding a genuine value for humanity, and are steadfast in our dedication towards creating a new and better template for education in the 21st century, that integrates nature, the environment, and the practices of sustainable living.



We welcome your letters and responses! Please feel free to write to us any time by e-mail: somethinggooditw@aol.com, or by regular mail: Something Good in the World, Inc., 624 Croton Avenue, Cortlandt Manor, NY 10567.