



Small Steps Towards
a Big Difference

SOMETHING PEACEFUL...

Our monthly e-news updates are designed to share our 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.

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www.somethinggoodintheworld.org

SUMMER 2019

The goal of Something Good in the World's **Children's Peaceful Garden** design is to promote peaceful and imaginative play, as well as creative projects and arts-integrated learning, while experiencing in a hands-on way how to live sustainably and in harmony with the environment. This summer, it was our aim to spread this design and its motive to as many locations as possible, so that students of all ages, as well as parents and teachers, could enjoy its therapeutic effects not only at **Kitchawan Farm**, but also at their own schools, centers, and shelters.

Thanks to generous grants from local foundations, as well as **gifts from individuals** as part of our recent Go Fund Me campaign; SGITW has been able to continue to offer farm-based educational programs for free throughout this summer, in the Children's Peaceful Garden and on site for children who could not travel from their classrooms. The collaboration with local businesses, and their in-kind donations of materials, time, energies, and expertise has added enormously to the richness of these programs.

Many of our supporters have expressed great interest in our programs for refugee children. For the past 6 years, SGITW has been leading farm-based education workshops for refugees from Central America who were detained as unaccompanied minors crossing the border from Mexico into the United States. The vast majority of the children we work with range in ages from 13 – 17, and come from Guatemala, El Salvador, and Honduras, fleeing violence, gang warfare, trafficking, and other inhuman conditions. They brave enormous dangers in their journeys to reach the border, and it is often said that these children are the lucky ones, because they have made it safely to a shelter where they stay until they can be legally resettled with family members in the US. Now that they are housed, clothed, and fed, they can also be educated, and one of their first orders of business is to learn English. While waiting to complete the long process entailed in seeking asylum, the students are learning with SGITW how to farm sustainably in a new climate, how to use alternative energy systems, and grow their food organically and economically in their own backyards, and supplement their table with healthy fruits and vegetables.



One of the shelters we work with, [Abbott House](#), asked SGITW to help the refugee students to put in their own gardens. There was not a lot of space available, and only raised beds were possible for now, but with seeds donated by [Seed Savers](#), as well as starts donated by Trish Vasta at [Hemlock Hill Farm](#) and Linsay Cochran at Kitchawan Farm, and using our own compost made by the homeschoolers in the Children's Peaceful Garden, our "Refuge Garden" succeeded in a very short time! The students planted corn, squash, and beans in the "Three Sisters" bed; cilantro, tomatoes, peppers, onions, and cucumbers in the "Salsa" bed; a wide variety of edible and medicinal herbs in the "Herb" bed; and edible flowers and greens in the "Salad" bed. Nothing was more exciting than returning to the garden after a few weeks and seeing how huge it had grown! The students successfully harvested and enjoyed all the fruits of their labors. The teachers told SGITW that since working with us, the refugee students are constantly foraging in their gardens and eating it all on the spot, which made us so happy to hear.

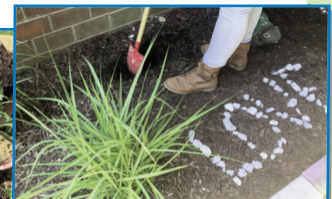
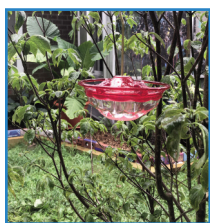
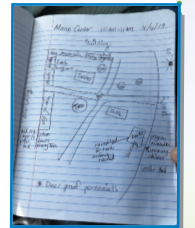
As part of the educational programs with the refugees, SGITW is seeking to assist the teens to follow their dreams while learning English and resettling here. We introduce them to local farmers, many of whom migrated from Central America, who can assist the students in learning how to adapt to new farming techniques in the US. Not all of the children are keen to farm, of course, some want to be doctors or mechanics or engineers, but most of them have farming experience that can be useful in the meantime, or to fall back on. For the students who really want to have their own farms, we also introduced them to the art of cultivating flowers, as an excellent cottage industry. Linsay Cochran taught them how to create flower bouquets, and SGITW educator Barbara Sarbin taught them how to make their own worm bins and backyard composting methods so they can add nutrients to their soil.

Another win-win this summer was taking the refugee students to meet two professionals who originally came from El Salvador, and who had followed their own dreams and opened their own cafes and restaurants locally. Luis Corena at [First Village Coffee](#) in Ossining told the students his story of how he came to own a café that serves coffee from his home country, and they were delighted to taste the homemade iced teas and baked goods that the café serves. Pablo Molina at [Good Choice Kitchen](#), a farm-to-table restaurant in Ossining, shared his experiences and encouraged the children to focus on learning English, studying hard in school, and keeping their visions of what they want to achieve in the future. Owner Laurie Gershgorin also prepared a delicious healthy snack for the students of avocado toast. The students had many questions about how to start their own businesses, and what had led Luis and Pablo to follow their paths, and quite a few tears were shed with the strong feelings of support all around. One boy said afterwards, "When I was leaving home to come here, everyone told me that people here would not be nice to me. But that wasn't true. Everyone is so kind."

Another successful collaboration this summer has been with [The Sally & Anthony Mann Center](#), a shelter for youth and adolescents who need personalized support to address the traumas they've experienced. The Mann Center contacted SGITW with inquiries about putting in a garden along the principles of the Children's Peaceful Garden design, and within a few months, "The Sanctuary Garden" was born. Thanks to a team of committed teachers and staff members, garden beds were lovingly created, and with a [Roots and Shoots Mini-Grant](#) that SGITW received from the [Jane Goodall Institute](#), all native, perennial plants, flowers, and herbs that could not be donated were able to be purchased. The final touches of the garden design were birdfeeders and wind chimes, generously given by [Feed the Birds](#) of Croton-on-Hudson. The teen girls at the shelter have been so excited to attract songbirds and hummingbirds to their Sanctuary Garden, and they have been harvesting their veggies to make salads, and herbs to taste and to prepare for calming, herbal oils. Next we hope to be able to install a small water feature: a birdbath with a solar-powered fountain.



THREE SISTERS GARDEN	LA JARDIN DE LAS TRES HERMANAS	
CORN	MAIZ (ZAPOTE)	
SQUASH	AYOTE	
BEANS	FABILES	
SALAD GARDEN	JARDIN DE SALSA	
PEPPERS	CHILES (PIMENTONES)	
TOMATOES	TOMATES	
PICKLES	PEPINILLOS (ENCURTIDOS)	
ONIONS	CEBOLLAS	
COMPOST	ABONO ORGANICO	



The winning aspects of the “Refuge Garden” and the “Sanctuary Garden” were the dedicated directors and educators and caregivers at Abbott House and the Mann Center. In order for a garden project to succeed at a school or shelter, everyone has to be on board, from the administration to the educational staff to the maintenance teams. For the children, it’s easy: they get to plant and weed and water and harvest and enjoy the hands-on learning experiences in the natural settings of their own backyards. Everyone understands [the power of “hortophilia”](#) in these cases, because the children involved have experienced trauma. The effects of therapeutic horticulture are known and accepted in these educational environments. But what about regular schools and day care centers, can all children benefit from time in natural settings during the course of their busy learning days?..

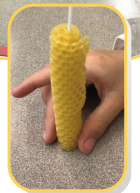
At SGITW we believe that all human beings benefit from time in nature, and that for children this is even more essential now that so much attention is given to electronic devices and screens. Many schools consider sports to be outdoor time, but it isn’t free time in nature, which has a very different effect. Gardening time can really help, as the learning integrates with curriculum requirements for science and math, as well as for art projects and creative writing. The [Ossining High School](#) “Mindfulness Garden,” inspired by and designed along the principles of SGITW’s Children’s Peaceful Garden, has been steadily growing each season, thanks to the tireless efforts of OHS chemistry teacher Danielle Jackson and her Interactive Ecology class. Early this summer, the high school students visited Kitchawan Farm for SGITW’s Sustainable Design workshop, and took elements from our CPG to add to their in-school garden, such as: drip irrigation systems, rounded garden shapes, xeriscaping with drought resistant and pest resistant perennial plants, flowers that attract pollinators, birdfeeders, and delineating gardens with natural materials. When asked what they got from doing this work, the high school students told us that they feel more present, more connected to nature, more mindful, and that they are helping the environment. In the fall, SGITW will continue to help OHS students to continue to put in plants and bulbs, perhaps to add a water feature with a solar fountain, and to create outdoor seating from upcycled materials (benches from trees that were felled on the school grounds). The hope is for students at OHS to begin to be able to use their Mindfulness Garden for free time, for quiet conversation, journaling, and contemplation, as an open space between classes.



One other garden got its jumpstart from SGITW this summer, with the help of the Earth as Homeschoolers, who joined the elderly residents of [The Country House](#) in Yorktown to realize their vision of a “Garden of Youth,” with raised beds high enough for residents in wheel chairs to be able to work inside of and harvest from. This was a winning collaboration, as SGITW has been delighted to engage in intergenerational projects with the Country House for the past 20 years, and the idea of a collective garden had always been a wish to achieve.



A smaller, but no less important “Children’s Veggie Garden” was also planted this summer by the [Harlem Children’s Zone Promise Academy II](#) students at [Glynwood Farm](#). Because of the school’s financial difficulties, SGITW came to the rescue by visiting the students in their classrooms to make their own healthy soil (“worm cake”) and plant their own seeds into mini-greenhouses, as well as to learn about honeybees and make beeswax candles. Thanks to a grant from the [St. Faith’s House Foundation](#), the students were able to come to Glynwood Farm to transplant their veggies into the ground, and in the fall they will have the opportunity to harvest and prepare these into healthy snacks. SGITW is forever grateful to Glynwood Farm for hosting these programs and giving children from urban environments the opportunity to enjoy a day of outdoor learning fun on such a beautiful farm.





Glynwood Farm also made possible a [Farm-Based Education Network](#) retreat, through the donation of facilities to Something Good in the World as a co-host with the FBEN and [Shelburne Farms](#). 20 farm-based, garden-based, and nature-based educators from New York, New Jersey, Connecticut, Massachusetts, and Vermont, gathered together for 3 days for the “XYZs of Farm-Based Education at Glynwood this summer. The gift of time together to share visions, curriculum ideas, inspirations, stories, challenges, and inter-support was invaluable. SGITW is enormously grateful to have had this opportunity to meet together with others of like mind, and to have had the incomparable space of Glynwood to meet inside of.



Thank You...

SGITW wants to thank the many supporters who came to our aid this summer with crowd-funded contributions for our Children’s Peaceful Garden, which is the home base for all Earth School and many Earth School-to-Farm programs. Between our Benefit Picnic (with live Irish music by Liz Nolf and friends), the GoFundMe, and personal Facebook fundraisers, not to mention volunteers who just dropped by with cash donations because they knew we needed them, we were able to raise a total of \$7,986.23 which allowed us to meet our budget for the school year. And thanks to a matching grant from a local donor, who prefers to remain anonymous, and thanks to the generosity of the Cochran Family, we are also able keep our CPG at Kitchawan Farm for one more year!





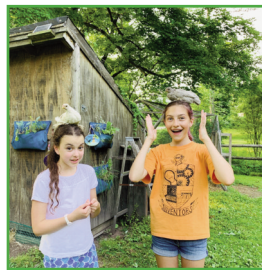
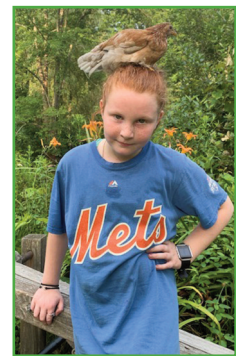
The past 20 years of Earth School and the work of Something Good in the World have been successful because of all of you, all our readers and donors and supporters, our teachers and families. Everyone who volunteers for SGITW knows how much community-supported education is needed and why it's so important for children to have access to chickens and gardens, to nature-based activities. Whether we are singing aboard the Clearwater, or taking kindergartners into the woods, or pumping the seesaw to water our strawberries, the attempt is always to nurture the natural genius of each child, and to help all children to stay connected to the power of nature for as long as possible...

Thank you letters from an Earth as Homeschool family:...

Dear Barbara,
How do I sum up my gratitude for seven fabulous years of Earth School in one short note? I believe that your influence has positively altered my children and family in a lasting and positive way. William has made lasting friendships, has many happy memories of hikes, sails, helping with the Harlem Children's Zone, free play, acting out Story of the World... What I most treasure though is that William got this time to explore, contemplate, be free and grow into his authentic self. Thank you for creating the space to do this!
With Gratitude, Martha

Dear Barbara,
Thank you for making me the person I am today and giving me and many others such amazing experiences in and out of nature.
Love, William (age 13)

Good morning Barbara,
It was a true pleasure to be able to give back a bit. You are a role model for me in living your commitment to the world while also recognizing your humanity. Your impact on my family, and on me, is immense.
I am so grateful our paths have intersected and have converged for a bit. And I'm grateful that I get to participate in a few moments of the extraordinary experience you and the other amazing teachers have crafted.
With great respect and love!
Pete, father of Jack and William



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

Jane Goodall's
Roots & Shoots

October 2016
Date

the Jane Goodall Institute

Project of the Month:

<https://www.rootsandshoots.org/projectofthemonth2016>



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/donate/>

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.