



*Cultivating Justice,  
Nonviolence & Well-being*

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Newton, KS 67114**

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A nonprofit organization

## Store Hours

Monday-Thursday  
10 a.m.-5 p.m.

Closed Fridays

Saturday 10 a.m.-2 p.m.

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**July-August-September 2012**

# PEACE CONNECTIONS NEWSLETTER

## Nurturing our future

Ask any adult to reminisce about turning points and you will likely hear about a particular childhood experience that still resonates through the years with a special vibrancy, although it may have seemed perfectly ordinary to others at the time. A gentle word. An encouraging smile. A thoughtful question. Any gesture of unconditional caring.

Especially for children who come from distressed households, the most meager offerings of nurture can build resilience. The smallest seed may later sprout, an unexpected harvest from a much earlier planting.

This is the seventh year Peace Connections is partnering with USD 373, local businesses and volunteers in cooperation with USDA to offer two meals a day to area kids during the summer. Kids Summer Food is open any child. No forms to fill out. No questions asked except "how are you doing today?" Everyone is welcome, including parents who may share a meal for a modest fee.



**Kids gather five days a week for free breakfast and lunch at Sunset Elementary in Newton.**

What's on offer is so much more than a meal, of course. For the 65-110 kids eating breakfast and 150-200 eating lunch each day, the quality of caring offered by staff and volunteers feeds body, mind and spirit. Someone notices them and calls them by name, helps them with a tray or asks about their lives.

This nourishment is even richer for the 40 kids in the activity sessions that offer stimulating opportunities between breakfast and lunch. Little wonder that there is a waiting list for this part of the program. Activities range from a fire and police unit to pretzel-making with Bonnie Krehbiel, and from a K-State Nutrition program to a visit from Callie Unruh's mobile dairy.

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"This program touches so many lives in a truly positive way," says Volunteer Coordinator, Angela Altum. "We feel blessed to be a part of it."

Activity Program Coordinator, Sue Elder agrees. "We are providing a fun educational experience and meals for some children who do not have other opportunities in the summer." This is a critical safety net for working parents, especially single-parent households. "Parents tell us how grateful they are for having a safe, fun environment for their children," says Elder.

Over the years, Angela and Sue are noticing some encouraging patterns. More fathers are showing up with their families. And some parents who utilized the program for several years are returning as volunteers.

Without volunteers, the program would not exist. This year 28 attended the half-hour training required by USDA. What motivates these people, some of whom have been helping for a number of years? Reasons include loving to work with kids, wanting to make a difference and filling a community need. "My favorite part," said one volunteer, "is watching them appear from all directions in the morning and knowing that I can play a part in making sure they leave feeling nurtured."

**Deep gratitude for the financial support that makes Summer Food possible: Book Reviews, Citizen's State Bank, First Bank, First Presbyterian Church, Kids FUNd, Midland Bank, Redbird Circle of Salem United Methodist Church, USDA, USD #373, Women's Mission Society of First Mennonite Church-Halstead and individual contributors.**

*Gardeners know that you must nourish the soil if you want healthy plants. Why should nutrition matter less in the creation of young humans than it does in young plants?  
I'm sure that it doesn't.*

*-Ina May Gaskin*



## Riding for hope

By Laurie Oswald Robinson

The 85 cyclists of all ages who participated in the Cookie Wiebe Memorial Bike Ride on April 21 added momentum to the Circles of Hope campaign to end poverty one family at a time.



Riders, corporate sponsors and other donors raised more than \$5,500 for Circles of Hope, an initiative supported in its earliest stages by Cookie Wiebe, the woman whose legacy the ride honors. She died of cancer in 2011.

"The event authentically honored Cookie and her passions," said Wiebe's husband Dave, a member of the bike ride planning committee.

Ruth Holladay, owner of Bicycle Pedaler and a corporate sponsor, agreed. "Cookie was a step ahead of us with her vision and encouragement to bring change to a community that she loved and lived for, for so many years," she said. "I hope this becomes a yearly ride in her honor to support Circles of Hope and its proactive mission of 'paying it forward.'"

**Along with Bicycle Pedaler, six other corporate sponsors helped to make the bike ride possible and to help all residents within the greater Harvey County area. They were: Leroy Hershberger, storyteller; Prairie Harvest Market & Deli; Midland Bank; Everence Financial; Newton Medical Center; and Sylvia Bartel with J.P. Weigand.**

# Circles update

**Integrating Peace-Making Tools into Circles of Hope.** For more than a decade, Myrna Krehbiel has been studying and utilizing Non-Violent Communication (NVC), also sometimes called Compassionate Communication, in her work and everyday life. In May and June, Myrna teamed up with Marva Weigelt to share some of these tools and practices with the Circles of Hope community in a two-part series called "Tapping Your Inner Genius." The title refers to developing skills aimed at befriending and utilizing emotions instead of being at their mercy or suppressing them.

These are useful tools for anyone, regardless of socio-economic circumstances. The idea that we can choose our emotional responses for a more wonderful, win-win outcome can be liberating to Circle Leaders who live in a crisis-oriented, fight-or-flight pattern. Building emotional resources increases overall resilience and allows individuals and families to make wiser choices during times of stress. For Allies who may have grown up in an atmosphere of self-control and stoicism, the tools can be equally freeing. In fact, articulating feelings and needs may even prove more challenging for Allies than Circle Leaders.

The goal of NVC is to build more compassion for self and others by learning to identify observations, feelings and needs and make skillful requests that increase the likelihood that everyone's needs can be met. For more information about NVC, go to [www.cnvc.org](http://www.cnvc.org) or drop by Peace Connections. See page 5 for NVC tools that can be purchased in the Peace Connections Gift Shop.

"The opportunity to integrate NVC into Circles of Hope brings two of our mission areas together and is a dream come true for me," said Myrna.

**Hot off the Press: New Circle Leader Curriculum.** For the last year, Denise Rhoades, facilitator for the Circle Leader training class, has volunteered her time to revise and improve the class curriculum. Denise recognized the need for modifications after direct experience in the classroom and in response to low program retention.



**Training of Trainers.** This spring Myrna Krehbiel, Wanda Pumphrey and Glenda Reynolds traveled to Harmony Farms near Dayton, Ohio for Training of Trainers (TOT). The purpose of the TOT sessions was to expand the capacity of ten Circles sites across the U.S. to provide outreach, engagement and coaching to new Circles communities. Circles of Hope at Peace Connections has been designated as the Kansas Regional Training Center for the Circles National Campaign.

success of Circles of Hope is coming into sharper focus. These objective measures are important to securing funding and other support to keep the initiative viable. From time to time, some of these data will appear in the newsletter. This quarter's data of interest is this: Since 2009, Circles of Hope in Harvey County has conducted five Circle Leader training classes with a total of 54 participants. Of those, 36 finished the class, a completion rate of 65%.

**Hands-on Training.** A Circles National Campaign Hands-On Training event, which will be attended by approximately 30 from across the country is scheduled for July 10-13 at the Crosswinds Conference Center in Hesston, July 10-13. This training is required for leaders of local Circles initiatives that are part of the national campaign. Circle Leaders and Allies from Circles of Hope in Harvey County will be telling stories and helping with a poverty simulation.

According to Denise, her process was driven by the goal to "increase the percentage of Circle Leader training participants becoming active Circle Leaders and to equip them to lead their Matched Circles with confidence." Data demonstrate that individuals who continue as Circle Leaders for 18 months (the full length of the program), substantially increase income and decrease financial assistance. "More importantly," says Denise, "they increase the number of people they can count on."

The goal of retention is already bearing fruit: one hundred percent of the most recent training class made the commitment to become Circle Leaders, by comparison with a previous cumulative rate of 66%.

**Measuring Progress.** Thanks to data compiled by Circles Coach Bill Reynolds, the suc-

# Board Notes

Peace Connections staff and Board are deeply grateful to Mel and Mary Sue Voth for serving on the Board of Directors since July 2011. The couple announced their resignation from the board in June in order to provide accounting support to Evangelical Mission Ministries (EMM) in Pharr, Texas where they have volunteered for the last four years. They will be helping during a difficult transition after the sudden death of EMM's Office Manager/Accountant.

The Voths' skills and experience with accounting and business management have been a tremendous asset to Peace Connections. Mel's talents, patience and persistence were especially critical to year-end account reconciliation. Both Mary Sue and Mel combined a deep commitment to the Peace Connection's mission with a playful sense of humor, making board meetings more fun than most people would probably expect!





The couple plans to continue their involvement as Allies in the Circles of Hope initiative and Mel is willing to be on call as an accounting advisor.

## Giving Garden: Planting seeds to fill a need

The garden at 6th and Pine is entering its second decade of giving, thanks to the love and labor of Harvey County Master Gardeners and other volunteers. Each year the garden produces around 10,000 pounds of fresh produce that is then distributed through the Salvation Army to families in need.

Tomatoes, potatoes, onions, cucumbers, cantaloupe, watermelon, peppers, egg-plant, sweet potatoes and annual flowers have been planted and the garden is looking great!

County Extension Agent Scott Eckert outlined this list of current needs for the garden:

-  Straw for mulch
-  Garden shed
-  Soaker hoses
-  Volunteers: Scott is usually there to supervise on Thursday mornings at 8:30 a.m. Please call to let him know you are coming or if you have questions: 316-284-6930.



### We are grateful to:



- ◆ Volunteers for the Kids Summer Food & Activities program, the Giving Garden and Circles of Hope.
- ◆ Cathy Anderson, Stan Bohn, Christy Brenneman, George Dyck, Arnita Haury, Jeanette Stucky, Ruby Moore, Kathy Randall, Gloria Rediger, Marlene Smucker, and Leann Toews for help in the store and office.
- ◆ White Eagle Credit Union for surprising Peace Connections with a donation. The board of directors, staff and volunteers of this regional credit union help select the non-profit recipients of \$40,000 annually in the communities where its branches are located.

# BOOK & GIFT SHOP

## Aprons

Celebrate gardening or home canning and cooking with either of two fun aprons made in the USA. These are perfect for the new generation of old-fashioned gardeners, cooks and canners. Adjustable neck strap and tie at the waist, so



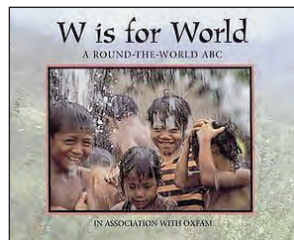
one size fits all. 3 front pockets. 35/65 poly/cotton blend. 24" x 28" **\$20 each**



**GARDENING IS CHEAPER THAN THERAPY AND YOU GET TOMATOES**

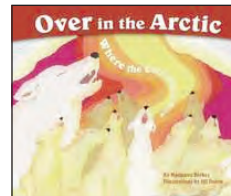
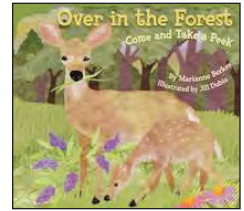
## *W is for World: A Round-the-World ABC* by Kathryn Cave

Oxfam allowed the author to browse their wonderful archive of photographs from around the world to create this multicultural alphabet. Featuring over 20 countries from Greenland to Vietnam, the book shows how different the world may look to people of different backgrounds, and yet how many things diverse cultures share. **\$8.95**



## *Over in...the Arctic...Australia...the Forest...the Jungle...the Ocean* by Marianne Berkes

In a wonderful series of five wildlife books, this award-winning children's author reworks the traditional rhyme "Over in the Meadow" to introduce animals in different habitats. The



books promote counting and number recognition while interweaving more complex geographical/ecological information in fun ways. The illustrations are "eye-popping" and full of hidden images

to find. Ages 3-8. **\$8.95 each**

## *Peace Earth Marble Necklace*

Hold the whole world in your hand and imagine peace on earth with this marble globe imprinted with the continents and a peace sign on handmade recycled glass made in the USA. Chain included. **\$12**



## *Molino Glass Peace Sign Necklace*

Clear pendants with assorted color insets (green, red, purple) are made from hand-blown glass. Pendant is approximately 1" wide on adjustable black faux leather cords. **\$10**

# Tools for enhancing Non-Violent Communication (NVC) skills



**Communication FUNdamentals** by Jean Morrison and Christine King. This fun and insightful 56-page booklet illustrates the difference between life-alienating and life-giving language. The book uses jackal and giraffe drawings to guide you through the tools and consciousness of Nonviolent Communication as developed by Marshall Rosenberg. **\$10**

**Kids GROK** is a set of 26 feeling cards with photographs of children demonstrating emotions and 26 colorfully illustrated needs cards, with instructions for games and activities designed to support emotional intelligence and empathy. These cards are equally suitable for children, adults and your "inner child." **\$16**



**Magnetic GROK** is a set of 180 feelings, needs and connecting words that can be placed on your refrigerator or any magnetic surface. Play with these

words daily to help you deepen your understanding of yourself and others. Bring mindful awareness to each day for discovery, connection and fun! **\$9**

# SUMMER CALENDAR

*All events are held at Peace Connections unless otherwise noted*

## JULY

**Be the Peace Monthly Meditation on Monday, July 2, 12:10 - 12:50 pm** in the Quiet Room. This is the one year anniversary of this practice!

**Circles community meetings** are held on **Tuesdays**, 6:30 - 8 pm at the First United Methodist Church. The first Tuesday of each month features an educational topic, and the fourth Tuesday is the Big View meeting, which explores and works on barriers that keep people right here in Harvey County from having enough resources. Anyone is welcome to attend the first & fourth weekly meetings. (The second Tuesday is reserved for Ally and Circle Leader meetings and the third Tuesday is reserved for the Guiding Coalition teams.)

**National Circles Hands-on Training**, July 10-13, Crosswinds Conference Center.

**Individual Development Account (IDA) Information Session, Wednesday, July 11 at 6:00 pm**, Newton Public Library. This is where you will receive the application for the September 25 training. The application and training are required in order to open an IDA. Annual income must be below 200% of federal poverty level to qualify.

**Peace Connections Board meeting** will be **July 9, 7 pm**. Meetings are open to the public.

**Remembering the Guest House at 610 & 612 N. Main, Thursday, July 26, 7 pm**, see article below for more information.



## AUGUST

**Be the Peace Monthly Meditation on Monday, August 6, 12:10 - 12:50 pm** in the Quiet Room.

**Circles community meetings** are held on **Tuesdays**, 6:30-8 pm at the First United Methodist Church. See info. under July.

**Peace Connections Board meeting** will be **August 13, 7 pm**. Meetings are open to the public.

## SEPTEMBER

**Be the Peace Monthly Meditation on Tuesday, September 4, 12:10 - 12:50 pm** in the Quiet Room (normally this is the 1st Monday of the month, but it's been moved to Tuesday due to the Labor Day holiday).

**Circles community meetings** are held on **Tuesdays**, 6:30-8 pm at the First United Methodist Church. See info. under July.

**Peace Connections Board meeting** will be **September 10, 7 pm**. Meetings are open to the public.

**Individual Development Account (IDA) Information Session, September 15**, call Peace Connections at 284-0000 for meeting time and location. Application required. (See July 11 calendar item for more information.)



## Uncovering History

If you've driven by Peace Connections recently, you may have noticed some interesting changes. When awnings were removed at 610 and 612 N. Main Street, the sign for the Guest House Self Service Cafeteria was revealed. An article in the May 5 *Newton Kansan* chronicled some of the highlights of the restaurant's history. The nostalgic sign will be restored, along with other facade improvements.

**Do you have fond memories of the Guest House?** Bring your stories and join Roger Rutschman, whose father, James, started the business in 1955, for a reminiscence session at Peace Connections, **Thursday, July 26, 7 pm**.



# Generosity + Constancy = Sustainability

By Laurie Oswald Robinson, Coordinator of Fund Development

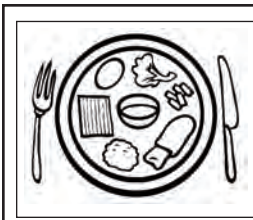
Throughout its 30 years of operation, Peace Connections has enjoyed sustainability because of generous individuals, churches and organizations that provide time, talent and treasure to support its programs and initiatives.

In 2009, the circle of Peace Connection's mission grew wider because of its newest initiative, Circles of Hope. Circles received a start-up grant from United Methodist Health Ministries Fund for \$75,000. Throughout the last three years, Peace Connections has stretched the impact of this sum by careful planning and spending.

By leveraging these funds with other financial gifts, sustainability for Peace Connections is solidly in place through 2012. In 2013, it will be crucial that financial support from other grant sources and individual donors keep pace with the yearly operating budget of roughly \$150,000.

Peace Connections invites donors, congregations and other community groups with an existing giving plan to consider increasing that sum to ensure sustainability as the organization's outreach continues to grow.

Two examples of how monthly giving builds continuing sustainability:



\$10 per month for 12 months (\$120)  
**Groceries for one community meal to serve 75 people**  
The program needs to fund 51 meals each year for a total of \$6,120



\$30 per month for 12 months (\$360)  
**Incentives and materials to train one new Circle Leader**  
The program sponsors 24 participants each year for a total of \$8,640



## Annual Phoningthon

On September 10-13 and 17-20, and beyond, Peace Connections' Board members and other volunteers will be calling persons on our mailing list. We want to hear what you appreciate about Peace Connections and how you'd like to support the mission in the coming months. If the call comes at an inopportune time, feel free to ask us to call back. Efforts like the Circle Leader training classes for low-income persons, the Kid's Summer Food and Activities program, and Circles of Hope are making a difference in our community. Your pledge towards the Peace Connections operating budget will help us continue good work on your behalf.



612 N. Main  
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**RETURN SERVICE REQUESTED**

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**Vision: Thriving communities sustained by social justice and compassion.**

Listening is the greatest gift  
we can give others.

Listening is being willing to be changed  
by what we hear. Today, listen to every-  
one without planning what to say or  
thinking about something else while  
they are talking. Not only will this  
help you stay present, but it will also  
transform your relationships.

--Judith Lasater  
*(A Year of Living Your Yoga)*

**Peace Connections partners with others to:**

- ▶ **build resources within families and communities**
- ▶ **teach and practice nonviolence**
- ▶ **nurture personal and spiritual well-being**

This newsletter is published four times per year by Peace  
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The Board of Directors meets monthly at 612 N. Main,  
Newton, KS. Meetings are open to the public.