



[www.hopefromthebottomup.com](http://www.hopefromthebottomup.com)

## March 2023 Hope Newsletter



**SPRING FORWARD**

**&**

**“ROCK AROUND THE CLOCK”**

As you turn your clocks forward on Sunday, March 12, take 2 minutes to enjoy rocking around the clock at this link:

[Bill Haley & His Comets "Rock Around The Clock" on The Ed Sullivan Show - YouTube](#)

### **Story of Hope:**

## **Spreading the love | Racine Police Department's COP unit surprises, honors RUSD employees for Love Week**

*Rachel Kubik, Racine Journal Times, Feb 5, 2023*



*S.C. Johnson Elementary educational assistant Donnell Taggart, third from left, poses with fellow school staff, members of the Racine Police Department and Hope City Church on Friday at the school, 2420 Kentucky St.*

RACINE — Donnell Taggart, an educational assistant at S.C. Johnson Elementary, is known to be the “all-around SCJ kid whisperer.”

Taggart has been with the Racine Unified School District for seven years and runs the after school buses, works with any student who comes her way and offers love and support to staff members.

She’s known to have an “amazing” sense of humor, to be quick with a smile, a hug and a positive solution. She is someone people can count on.

And on Friday morning, she was recognized by the Racine Police Department.

The [Community Oriented Policing unit](#) honored RUSD employees who embody the definition of love.

The RPD visited 19 schools Thursday and Friday, working to build positive relationships with schools, students, families and staff, during the COP unit’s inaugural “Love Week,” understandably taking place during the first week in February, the month of Valentine’s Day. To read and see more, click on this link:

[https://journaltimes.com/news/local/spreading-the-love-racine-police-departments-cop-unit-surprises-honors-rusd-employees-for-love-week/article\\_ed4eab44-a3f5-11ed-92af-8b2344ee019c.html?utm\\_source=journaltimes.com&utm\\_campaign=%2Fnewsletter-templates%2Fnews-alert&utm\\_medium=PostUp&utm\\_term=1387062&utm\\_email\\_eh1=01bd8f4bbd87b1b8e02791bc07ac6336d5dd61a8](https://journaltimes.com/news/local/spreading-the-love-racine-police-departments-cop-unit-surprises-honors-rusd-employees-for-love-week/article_ed4eab44-a3f5-11ed-92af-8b2344ee019c.html?utm_source=journaltimes.com&utm_campaign=%2Fnewsletter-templates%2Fnews-alert&utm_medium=PostUp&utm_term=1387062&utm_email_eh1=01bd8f4bbd87b1b8e02791bc07ac6336d5dd61a8)

## Story of Hope:

### Managing Stress - Sustaining the Human Spirit in Farm Country

*Created with SARE support by Raylene Nickel 2022*

A course in skills-based suicide alertness prepared Ruth Linkenmeyer-Meirick for a desperate call from a friend. “She was going through a divorce, and she was so overcome by grief and sadness it was hard to talk with her,” says Meirick. “Had I not taken the course, I wouldn’t have known what to do.” Meirick was able to ask her friend a difficult but important question: “You’re not thinking about death by suicide, are you?” Her friend replied that she was not, and from there, Meirick listened and offered crisis-intervention suggestions.

Meirick understood how to help her friend because she had recently attended the skills-based suicide-prevention training called safeTALK. The training sessions were adapted to address the unique characteristics of agricultural communities. Through her work as the foundation director of the Minnesota Farm Bureau, Meirick has helped to make similar workshops available to Farm Bureau agents and others throughout the state.

The adapted trainings, called *safeTALK: Preventing Suicide in Agricultural Communities*, resulted from a multi-pronged Minnesota project titled *Trying Times: Tools to Understand and Alleviate Farm Stress*. The USDA Sustainable Agriculture Research and Education (SARE) program funded the two-year project. The Minnesota Department of Agriculture (MDA) managed the grant, which involved multiple partners in the public sector and nonprofit community.

The project developed materials and delivered workshop and online training about several farm stress and mental health topics to federal agency staff, state regulatory staff, Extension staff, lenders, clergy, social organizations, business people and others.



*Meg Moynihan received support from SARE for her ongoing efforts to train agriculture advisors to respond to the stress they encounter on farms and in rural communities.*

To read more, click on this link: [https://www.sare.org/publications/managing-stress/sustaining-the-human-spirit-in-farm-country/?utm\\_source=USDA+SARE&utm\\_campaign=8a8cc66f91-Organic+Transition+bulletin\\_COPY\\_03&utm\\_medium=email&utm\\_term=0\\_ea09c80bba-8a8cc66f91-355680241](https://www.sare.org/publications/managing-stress/sustaining-the-human-spirit-in-farm-country/?utm_source=USDA+SARE&utm_campaign=8a8cc66f91-Organic+Transition+bulletin_COPY_03&utm_medium=email&utm_term=0_ea09c80bba-8a8cc66f91-355680241)

### **Hope-Filled Organizations:**

**Two Organizations in the City of Milwaukee which promote healthier food for a healthier life are the Urban Ecology Center and Friends of Real Food.**



**Our Mission** - *We connect people in cities to nature and each other.*

**Our Vision** - *Our vision is to inspire generations to build environmental curiosity, understanding, and respect. We restore hope and heal our urban natural world, neighborhood by neighborhood.*

#### **Values:**

- **Practice Kindness:** *We assume the best intentions and recognize humanity in ourselves and others by intentionally leading with kindness, openness, warmth, concern and care.*
- **Nurture Communities of Belonging:** *We work with our communities to provide wanted and accessible programming while prioritizing equity, dignity and justice.*
- **Care for Nature:** *We have a respect for the cultural histories of the land we occupy, and recognize the importance of restorative ecological practices at home, in our neighborhoods and in public spaces.*
- **Seek Knowledge and Inspire Learning:** *We actively look for opportunities to both gain understanding for ourselves and to teach others what we have learned.*

- **Find Fun and Share It:** We bring our personal passion, joy, fire, playfulness, laughter, adventure, even silliness into our work.

To learn more, click on this link: <https://urbanecologycenter.org/about-us/mission.html> To view a 3 minute video about the urban Ecology Center, click on this link: <https://www.youtube.com/watch?v=CzSE84dxueY>

**Hope-Filled Organization:**



The Friends of Real Food gather at the Urban Ecology Center in Riverside Park on the east side of Milwaukee on the 3rd Thursday of each month from 6:00 to 8:00 pm. High energy conversation and a tasty potluck dinner make for a memorable evening centered on the pleasure of shared meals and learning.

We seek to educate ourselves about mindful eating, sustainable food systems, the local and national food movements, and other food related issues. All are invited to join this welcoming community of real food enthusiasts – there is no need to sign up ahead of time.

Since the summer of 2006, the Friends of Real Food have learned together about a wide range of timely food related topics from speakers, farmers, films (e.g., King Corn) and their own lively discussions. The topics have included:

- *Why and how to eat locally*
- *The Farm Bill*
- *Mindful eating (how to choose the food we eat)*
- *Growing our own food*
- *Planning food preservation*
- *GMOs (genetically modified foods)*
- *Heirloom seeds and heritage breeds*
- *How to strengthen the food system in Milwaukee*
- *Fair trade chocolate -- and coffee and much more.*

The group has also taken field trips together to listen to authors like Michael Pollan and to visit local farms including an organic strawberry U-pick. Whether you are new to the group, or a veteran member, you are always welcome to suggest new meeting topics and to get involved in other real food activities at the Urban Ecology Center, including volunteering at the Local Farmer Open House. To learn more, click on this link: [Friends of Real Food](#)

**Hope-Filled Organization: Center For Peacemaking at Marquette University. Milwaukee, WI**



<https://www.marquette.edu/peacemaking/what-we-do.php>



**About the Center:** *The Center for Peacemaking is an academic center at Marquette University in Milwaukee, Wisconsin that fosters research and action for the promotion of peace, human dignity, and justice. The Center's programs provide students opportunities to develop peacemaking skills and faculty avenues to research nonviolence. The center's impact reaches near and far beyond campus—through social action projects based in Milwaukee to international partnerships in Afghanistan, El Salvador, and India.*

**Our Mission:** *The Marquette University Center for Peacemaking strives to empower the university and wider community to explore together the necessary skills to become informed, spiritually centered, nonviolent peacemakers. Rooted in the Ignatian charism, the center works with a spirit of confidence and joy to achieve an awakening to the complementary relationship of scholarship, spirituality, nonviolent living, and the active struggle for peace and justice.*

**Our History:** *In Fall 2006, Dr. Terry and Sally Rynne proposed an audacious vision: What if every student at Marquette learned how to work nonviolently for the promotion of peace before they graduated? What started as a small experiment has grown into one of Marquette's most robust academic centers. Students are graduating with peace studies degrees, faculty are producing scholarship on nonviolence, and peacemaking initiatives are engaging and transforming communities.*

**Catholic and Jesuit:** *The center's work is mutually informed by the rich traditions of Catholic social thought, gospel nonviolence and the Jesuit mission of reconciliation and working for peace. As a Jesuit social center, we understand that when knowledge creation and informed action is directed toward solving pressing community needs, social transformation occurs. This is the essence of Jesuit education and praxis.*

**Diversity and Inclusion:** *The center's offices are filled with the vibrancy, energy and joy that our staff, students, faculty and community members bring to our shared work of building a more just world. As a space dedicated to learning and growth, we welcome all people and encourage discussion, debate, and exchange of ideas with the goal of seeking truth.*

To read more, click on this link: <https://www.ncronline.org/news/center-peacemaking-coordinates-peace-studies-research>

**The Future:** In early 2021 Hope From the Bottom up conducted a survey among its readers to see what they thought were some of the more important issues and challenges which needed to be addressed by all of us to re-imagine and re-invigorate our democracy. We named it Democracy 2.0.

## Democracy2.0



One of the possible steps forward is the following: **Support Efforts to Promote Civic Education in Schools.** As parents and as members of our communities, we should encourage educational institutions to re-instate civics education as an important element in all levels of education so that we are informed and empowered members of our Democracy.

Civic education has not been included in many educational curricula in elementary schools, high schools, and colleges and universities over the last 25 years. As a result, less than 50% of Americans can name the three branches of government: Executive, Legislative, and Judicial. Stanford University is leading an effort to include civic education as a requirement for all incoming students.

## Welcome to the Stanford Civics Initiative - A core course taken by all incoming students



**What makes this course unique:** This seminar will address both the historical roots as well as the future of citizenship, especially as it comes under stress from populism, authoritarianism, climate change, and other challenges. Starting with Stanford's fundamental standard, we ask how citizenship in a community needs to be constantly redefined and reinvigorated for each new era.

**Course Description:** Citizenship is not just what passport you hold or where you were born. Citizenship also means equal membership in a self-governing political community. We will explore some of the many debates about this ideal: How have people excluded from citizenship fought for, and sometimes won, inclusion? These debates have a long history, featuring in some of the earliest recorded philosophy and literature but also animating current political debates in the United States and elsewhere. To learn more, click on this link:

<https://civics.stanford.edu/>

## Share this Newsletter

If you find this Newsletter to be a positive contribution to promote Hope and positive changes for now and in the future, please forward this Newsletter to people you think would enjoy it and who may want to share their hopeful stories and programs for future Newsletters. They can sign up for the monthly Newsletters by doing the following:



Hope From the Bottom Up website link: <https://hopefromthebottomup.com/>

Or send me an email ([robert@robertbeezat.com](mailto:robert@robertbeezat.com)) with the name and email address of the person you think would be interested. I will then contact them.

**Thank You**