



UPLAND HILLS SCHOOL

# CONNECTIONS

[www.uplandhills.org](http://www.uplandhills.org)

Fall 2009

## Vision Quest

by Charles Joseph Kosuth. Charlie Kosuth is a 2006 graduate of UHS. He penned the following essay on diversity for his application to the University of Michigan.

In February 2006, when I was in 8th grade at Upland Hills School in Oxford, Michigan, I went on a Native American Vision Quest with a fellow classmate, an alumnus from the middle school, our principle, and a Native American guide. During the week long voyage, we journeyed deep into the Arizona desert and spent 24 hours in solitude and meditation. We took part in a sweat lodge cleansing ceremony for over an hour and spoke of Native American spiritual beliefs and customs.

After the once-in-a-lifetime trip was over, we all journeyed home, humbled and forever changed by the experience. Coming from a non-theistic home and a Unitarian Universalist Church, these concepts were very new and very foreign to me. The experience gave me a respect for the power of the land and the power of spirituality. It showed me that a peaceful existence can unveil many unseen things and can ultimately bring about more peace.

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I feel that this experience is relevant in diversity because of the acceptance value learned. In my life, I find a relative lack of racial diversity but an abundance of differences in spiritual belief and social paradigm. The vision quest helped open my eyes to the value of these diversities. It showed me that many different points of view can be beneficial rather than problematic. Since that monumental week over 3 years ago, I feel that I have had a better ability to communicate non-superficially with people of other views. And, in addition to acceptance, the experience taught me about myself and the way I perceive the world. My beliefs were deepened by a realization of my own spiritual setting and were given more value to me as an individual.

**Editor's Note:** Upland Hills School is all about connecting: teachers to children, children to subjects, children to one another, parents to children, teachers to parents, people to nature, people to one another. Connections and Community - really two sides of the same coin. This year, we will include the stories of people in the Upland Hills Community, of their connections to Upland Hills and one another, and the learning that has taken place because of it.



## **Phil Moore Receives Environmental Educator Award**

**by Karen Troshynski-Thomas**

On October 9, Phil Moore accepted the Julian Smith Award by the Michigan Alliance for Environmental & Outdoor Education on behalf of the Upland Hills School staff for their fine work in environmental education. The Michigan Alliance for Environmental and Outdoor Education promotes environmental literacy through education, coordinating outdoor and environmental education efforts in the state of Michigan. The Julian Smith Award is given annually to an individual, working in Michigan, who exemplifies the best in the field of outdoor education, making outstanding contributions in the field and demonstrating a lifetime of devoted service. Congratulations to Phil and UHS staff for their fine work!

The following is an excerpt from the nomination:

*Outdoor education clearly can have at the center, organized sports and gaming performed out of doors, hiking, swimming, biking, etc...And these are systematic approaches used in education across the range of schooling from public to private. The particular difference about the curriculum Phil Moore has designed at Upland Hills School has to do with bringing to focus the delight of how, as humans living on the planet, we can best interact with our Natural World. Phil and others built an entire building next to the school that is powered using wind and solar energies. Here the children learn about the benefits of using these renewable energies to live. On the grounds there are Maple trees that get tapped and the children make syrup, the apple trees give apples that are put into a press for cider, and the newest addition to the landscape is the Community Supported Agriculture Garden which feeds 60 families with vegetables grown right there in between the farm and school.*

*Outdoor education by Phil Moore's design and the teachers he inspires has led to alumni returning to the school after having been out in the world awhile - seeking a reconnection with the place and the people. These alumni come back to play outside with the children, remembering their own times here, where they themselves fell in love with learning while being outside. They know the smell of the swamp, the sweetness of the maple syrup and the heaviness of the gallons of sap it took just to make a little sugar. They learned how to fly on the zip line and climb and count and swim and read and look for the sun and know that they are capable of changing the world using their own two hands.*

**Upland Hills School  
Community Calendar**

**November**

Fri., Nov. 13	karen Joy theatre presents <b>Charlotte's Web</b> , 1 & 7:30 PM
Mon.-Tues., Nov. 23-24	1st Evaluations – NO SCHOOL  UHS Holiday Book Fair
Mon.-Fri., Nov. 23-27	Thanksgiving Recess – NO SCHOOL

**December**

Fri., Dec. 18	Staff & Students Holiday Celebration
Mon.Dec. 21–Tues. Jan. 5	Holiday Break – NO SCHOOL

**January**

Wed., Jan. 6	School Resumes
Sat., Jan. 23	karen Joy theatre presents <b>UHS Community Showcase</b> , 7 PM

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Karen Troshynski-Thomas

## Granda's Summer

by Phillip Moore

One of the great joys of my life as well as one of its great ironies, is the fact that I've been going to school for 54 years. The irony is that when I was attending Washington Elementary School in Royal Oak, I distinctly remember watching the clock in sixth grade and thinking, "I can't wait to be free of school." That feeling only intensified as my public school education unfolded. Later, thanks to the war in Vietnam, I didn't hesitate to sign up for a tour of duty at a university because it guaranteed that I would not be selected for a tour of duty in the jungles outside of Saigon. Then, as my undergraduate coursework was ending and I began to feel the freedom of "No School" seep into my moment to moment awareness, I decided to explore the work of my mentor, Richard Buckminster Fuller, during a 6 week long workshop at Southern Illinois University. That meant more school. So, except for my early childhood and the year I traveled with Karen and Nina throughout Europe and North Africa, I have attuned my body, mind and spirit to the rhythms of a school year.

Which brings me to summer: The joy of long days and short nights. The ecstasy of sleeping in and creating your own adventures for each day. These delights of summer are made more precious when contrasted with the clock-like, calendar-driven agendas that grew out of the industrial era. For me, summers and freedom go hand in hand. So when it came to the summer after my heart attack, I was determined to live it as if each golden day would be my last.

Our hybrid car (just paid for) would be the vehicle that would take us west -- 1,677 miles -- across South Dakota and into the vast Big Sky country called Montana. Our daughter and five grandchildren traveled east from LA to spend their summer in Paradise (a valley just south of Livingston) and they were the gold we were heading towards. On impulse, I grabbed a bag of change that I had in my office at home, wondering if I could exchange the coin for gasoline and make it to Livingston, West Glacier and back home again -- all on spare change. As the miles rolled on, I began to feel lighter, as if the gravitational field of UHS was loosening and, as if by magic, I had entered "The Wild School of Travel." We stayed one night in the Spearfish Canyon Lodge in the Black Hills of Dakota. Our morning hike took us to a waterfall that was crashing so hard on the rocks below, it created a mist that rose from the river and filled the surrounding air with a vitality that could only have been born in the heart of the natural world: I was alive. I was in love. I was free and I was living a new dream.

This dream has a name and that name is Granda. Our first grandchild, Sophia, who turned 13 this past June, first used the words Grandee and Granda to refer to Karen and myself. Granda has one job and one job only: to devote all of his time and attention to his grandchildren. It's a beautiful job. It has great pay, huge benefits, long hours and a special health care plan that President Obama could learn something from. For five weeks we carried, hiked, fed, swam, soothed, drove, played, sang, biked, cooked, cleaned, changed, and read to our grandkids. While this was unfolding under a big sky where the Absaroka Mountains stand as silent witness to the rushing of the Yellowstone River's current, back home a new plan was being created.

Our current board president and a past president were developing an idea to help the school generate ideas and revenue for our long-range plan. The long-range plan is known as the 3-D Campaign. The D's stand for Dignity, Diversity and Development. Its fundraising goal of 2 million dollars, when reached, will create a financial platform to support the stability, growth and outreach of Upland Hills School and its values. This conversation between Sandy and John became an award: The Upland Hills Sustainability Award (see pages 6 and 7).

So what do Granda and the Sustainability Award have in common? Nina.

In October 1971, Karen and I came to Upland Hills Farm School to find a place for our daughter Nina. She had turned 6 years old in March of that year in a place called Cocenza, Italy. We had traveled together for almost a year in Europe and North Africa. Once we returned, we were looking for a school, and I was looking for a job. On our first visit day, we were greeted by Bruce and Anne Tubbs, who were part of the first teaching staff of Upland Hills Farm School. As we listened to Bruce describe the promise and curriculum of this brand new idea/school, we knew we had found a place for our daughter. So without having a job or a place to live, we enrolled Nina and the rest, as they say, is history.

I first met Nina in October of 1968. Karen and I were in a play at the Bonstelle Theatre at Wayne State University and Nina was with her mom when we went to get our pictures taken. At three and a half, Nina was already a fascinating soul. As we traded looks and smiles, along with a bit a buffoonery on my part, a bond formed. That bond grew as time passed: there were outdoor cookouts at Belle Isle, Pioneer Camp in the Upper Peninsula, our 600 sq foot house in Troy, and a Volkswagon bus tour of Europe, as well as years of Upland Hills School -- her last two with me as her teacher and stepfather.

In December 1977, Nina at age 12 wrote a self-evaluation for her dad, Karen and myself. I had instructed my class to write about their emotional self, their physical self, and their intellectual self. She wrote:

*The way I deal with my anger is not very good for me or for other people around me. I don't go raging around unless I'm having an argument with somebody. Instead I go and push against a wall as hard as I can until I feel depressed and defeated then I go out and read a book. ....I think I'm pretty honest except if you count dinner time and me saying I ate all my dinner when the eggplant parmesan is wrapped up in my napkin ready to be flushed. Sometimes I keep my feelings inside which is not good. I think I should work on that. I also think I should work at being more patient. But on the whole I think I'm a terrific person.*

*I enjoy playing sports but I'm still a little afraid of the ball when I play football and basketball and soccer but I think I've improved a lot.*

*I am in the brown book (8th grade level) in math and I am behind in that book. I have trouble I just can't do math as fast as other people and I don't understand it as well and I hate doing it!*

Self-awareness and self-directed growth are part of the legacy of lifelong learning that Upland Hills School fosters in its students. It is a legacy that is carried far and wide and enriches both the lives of the children who attended school here as well as children whose parents are UHS alumni.

Nina now has her own school of sorts. While living in Los Angeles, she has searched high and low for the right schools for her kids. I have received many calls over the past three years as she is driving away from a school and wants to debrief with one of her parents. I listen to her comments as she describes the things that matter most to her and I feel the depth of her insight and marvel at her powers of observation. Nothing is more important to her than the "right fit" for her children.

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**Alumni! Friends! Keep In Touch!**  
**Send your email address to [terry@uplandhills.org](mailto:terry@uplandhills.org).**  
**Thanks!**



### Upland Hills School Sustainability Award 2010

[www.uplandhills.org](http://www.uplandhills.org)

#### **Upland Hills School:**

Upland Hills School (UHS) is an independent, non-profit educational institution located in northern Oakland County, Michigan. For the past 38 years UHS has applied a unique vision and mission to educate children in the natural world. We are convinced that there is an increasing need to make available to children, teachers, families and the greater community, access to the tools, resources and wisdom gained at our school.

We are very fortunate that in these economic times UHS enjoys full enrollment and has embraced as one of our core values “doing more with less”. We have been guided by a conservative economic philosophy, yet **we are firm supporters of investing in creative potential**. Through hands-on projects completed with Upland Hills students, and guided by inspired teachers, staff and board, we have created a solar green house, a geodesic dome with a 2kW wind turbine, a 155 seat theater made with recycled materials and alternative energy sources, and a 25 foot high pedestrian bridge, built with reclaimed materials and spanning a 200 foot ravine.

#### **The Award's Purpose:**

The purpose of the Upland Hills Sustainability Award (UHSA) is to enhance the traditional and creative methods that currently support and sustain Upland Hills School while working toward the realization of the long range plan developed by the UHS board in 2003.

Our current sources of funding are tuition (90%) and creative fund raising (10%), which includes an annual auction and solicitations of annual giving. It is the intention of the UHS community to continue using these strategies and to create new, innovative income generating methods that reflect our values.

The UHSA is thus **our invitation to the greater community** to encourage creative thinking and to apply that thinking to leveraging forward days. We have chosen to invest not only in our school but in **ideas** to capture creative sustainable solutions in these challenging economic times. We are looking for specific strategies that create alternative income streams which support UHS and its mission.

For those who are courageous enough to create a strategy that will help UHS sustain itself into the future, the following will be awarded at a ceremony on Saturday, February 27, 2010:

<b><u>Awards:</u></b>	<b><i>1<sup>st</sup> place</i></b>	<b><i>\$5000</i></b>	<b><i>2<sup>nd</sup> place</i></b>	<b><i>\$3000</i></b>	<b><i>3<sup>rd</sup> place</i></b>	<b><i>\$1000</i></b>
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**Eligibility Requirements:** This award is open to the Global Community.

- No age limit
- One proposal per individual or team
- Proposal submitted in English

**Criteria for Assessing Proposals:**

Proposals will be given careful and serious consideration for determining which designers or design teams will be granted the three awards of this competition. We seek plans of action that are addressed both to Upland Hills' revenue needs for sustaining its work and to the following Upland Hills guiding principles for organizing its curriculum, facilities, and staff in pursuit of our conception of how children are best educated:

- Protects, nurtures and defends the innocence of childhood;
- Encourages a relationship between children and the natural world;
- Empowers teachers and staff;
- Fosters cooperation and consensus in decision making;
- Promotes mutual respect and trust that encourages our community to form authentic relationships;
- Teaches us to think comprehensively;
- Builds friendships that connect us with others around the world.

In our review of proposals, we will be mindful of the feasibility of what you propose, but we will also balance this concern with our valuing of ideas that push our thinking and efforts outside and beyond the proverbial "box."

**Schedule for Proposal Submission, Winner Notification, and Awards Event:** All proposals must be submitted by midnight, **December 15, 2009**, and proposal winners will be chosen by **January 23, 2010**. The award ceremony will take place on **Saturday February 27, 2010** at the Karen Joy Theater on the campus of Upland Hills School.

**How to Submit Your Proposal:** Please submit your proposal as an attachment to an email message, to the address [info@uplandhills.org](mailto:info@uplandhills.org), as a Word 2003 document (NOT as a Word 2007 document) with 12 point font, one-inch margins, and single-spacing.

**Proposal Outline:** Please include the following in your proposal:

- **Project Designer** – name of author(s) and organization, address, email, and phone number
- **Executive summary** – a short summary of your proposal in **50 words** or less. Please include the following:
  - Title
  - The main points of your proposal
- **Sustainability Plan**
  - Describe your plan for sustaining the ideals and work of Upland Hills School. What are the priority milestones that your plan is intended to achieve? **250 words**
  - How does your idea and approach respond creatively and comprehensively to the social, cultural, economic, ecological and technological issues which shape the current condition and future potentials of Upland Hills School? **300 words**

**600 Words Total**

**Inquiries:** All inquiries should be directed to [info@uplandhills.org](mailto:info@uplandhills.org) or call 248.693.2878.

**Selection Process:**

**Stage 1** - A team consisting of staff members of Upland Hills School will review all proposal entries for compliance with the entry criteria. The screeners will determine which entries will advance to the second stage.

**Stage 2** – Remaining entries will then be reviewed by a panel of judges, who will choose the top three proposals.

**Intellectual Property:** By submitting an Upland Hills School Sustainability proposal, the applicant relinquishes all rights to ideas presented in the proposal. The grantor will own and hold all copyrights and intellectual ideas that derive from proposals submitted for this award.

**A copy of this RFP may also be found at [uplandhills.org](http://uplandhills.org).**





## Empty Bowls 2009

Empty Bowls began in 1990-91 when a Michigan art teacher organized it as a way for artists and art students to make a personal difference in the fight against hunger. Since then, Empty Bowls has become an international project, but each event is developed and managed by each community host.

Here at UHS, students and families (during Community Day) make and paint the beautiful clay bowls as well as

contributing to the delicious meal of soup, bread, and handmade butter.

The Upland Hills Community has been hosting our Empty Bowls event for over 19 years, raising over \$40,000 in contributions to the Gleaners Community Food Bank. Thanks to the everyone who made the bowls, provided soup and bread, donated money to the food bank, or joined us for this joyful, magical meal.

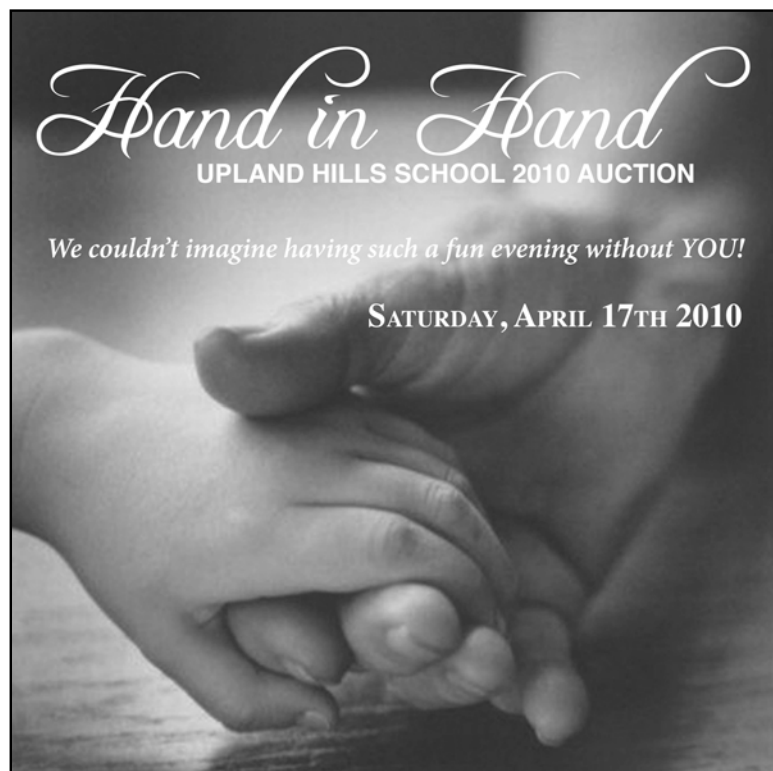
**...however pessimistic one may at times be, the only philosophically tenable position in a time of crisis for a pessimist is optimism – to work as if by our labor we will make a difference.**

**Ashley Montagu**



## Hooray for Grandparents' Day!

On September 25th, Upland Hills students hosted their grandparents or special friends at the school. Grandparents and friends visited their child's classroom, toured the grounds and the EAC, and were treated to a special performance by Guy Lewis in the Karen Joy. This is a very special event for the children and their families. Thank you for coming!



## Aging and Health: An Anthropological Point of View

by Ashley Montagu, Ph.D.

**Ashley Montagu (1905-1999) was a British-American anthropologist, known for his work on race and biology, as well as the relationship between mother and child. He visited the school in 1987.**

Aging should be just another word for growing, for we are designed to grow (increase in amplitude) and develop (increase in complexity) all the days of our lives. When I say “designed” I mean precisely that, for the scientific evidence clearly shows that just as we have evolved physically, retaining our neotenous (or childlike) traits -- for example the large brain, the high forehead, the flatness of the face, and small teeth -- so we are designed behaviorally by retaining the behavioral potentialities of the child. Those childlike traits are:

The need for love	Touch
Friendship	Speech
Sensitivity	Fantasy
The need to think soundly	Self-Esteem
The need to know	Trust and honesty
To learn	Openmindedness
To work	Flexibility
To organize	Experimental-mindedness
Curiosity	Explorativeness
Wonder	Resiliency
Play	Sense of Humor
Exercise	Joyfulness
Imagination	Laughter and Optimism
Creativity	Compassionate intelligence
Enthusiasm	Dance
Spontaneity	Song

These are our inbuilt system of values which tell us what we ought to do: to grow young, to grow in health, to die young (as late in life as possible), and to live as if to live and love were one. To grow young means to grow and develop in the spirit of the child, in the childlike basic behavioral traits. To grow in health means to develop the ability to love, work, play, and use one’s mind as a fine instrument of precision. If one will do these things one will certainly grow older with time, but one will never grow old.

The quality of life is a matter of the spirit, and all the evidence indicates that where the spirit is happily realized the body will be too, for spirit, mind, and body are simply faces of the same organism that is the human being. Certainly physical and physiological changes will occur during our life, but many of these are avoidable. Unfortunately the mythology that surrounds aging has resulted in a self-fulfilling prophecy which has deceived many, nay almost everyone, into believing that growing older is a descent into senility and decrepitude. The old are expected “to act their age,” to retire into nonentityism and anecdotage. Older people are made to feel old, to believe that they *are* old, and to fulfill only those requirements that are expected of them, to walk, talk, sit, think, rise and move as old people should. Dr. Gay Luce in her inspiring book, *Your Second Life* (New York, Delacorte, 1979), has listed the stereotypes of our culture relating to “old age:”

Old people should be dignified and circumspect.

Old dogs cannot learn new tricks.

Old people are close-minded, set in their ways, slow, senile.

Old people are ugly.

There is no future for old people. Why teach them?

Old people don't want to use or touch their bodies.

Old people like to sit still and be quiet.

These myths about old people are all false and very damaging. Nevertheless, our culture has forced millions of wonderful human beings into the tragedy of acting-out the stereotypic roles expected of them, much of the time not altogether unwillingly, for the old have come to accept the mythology of aging quite as much as the young. In this way, too many people have been shipwrecked by "old age" simply because they have never learned to navigate the waters in which they suddenly find themselves. They find themselves in unfamiliar territory, traumatically displaced persons consigned to the very outskirts of the society in which they were once full members; forced into a lifestyle for which they have not been prepared, a lifestyle of unstructured time and reduced input from the world with which they were once familiar. The results are abandonment, rejection, and a kind of exile or excommunication.

Those who retain their youthfulness into the later years are the biologically elite, not simply because they have survived, but because they have attained that weathered wisdom that only they can possess. The truth is that age is in no way connected with feeling old, but in every way with feeling young. There is an untouched freshness that comes to us when we are old, which need not for a moment ever waver, but keep us buoyant all the days of our lives, bringing to others that wisdom and that other gift which is the true vocation of the "old," love.

The whole of life is a journey toward youthful old age, toward self-contemplation, love, gaiety, and in a most fundamental sense, the most gratifying time of our lives. Growing older should mean reaching one's full behavioral potential, a completeness.

Our preoccupation with youth has made us forget that people considered "too old" often have the youngest ideas of all. "Old age" should be a harvest time when the riches of life are reaped and enjoyed, and a=shared, while it continues to be a special period of self-development and expansion, instead of a half-life waiting to die. And in that connection, one needs a special strength to die, rather than a special weakness, and that strength can only come to us by dying young, at whatever age that may be, neither surprised by time nor attenuated by it.

And finally: always remember that the fountain of youth resides in yourself.

***Upland Hills School is the kind of school every school should be: a creative experience which encourages the growth and development of the child's potentialities for becoming a creative, knowledgeable, loving human being, one who is able to love, to work, to play and to use his or her mind in health, wisdom and harmony with all that breathes. I wish every child could enjoy the opportunity of such a wonderful school."***

***Ashley Montagu***

**Granda....continued from page 5**

Sometimes it's the things that are unsaid that are important. In the case of Nina and her search for the right school, it may be that she's looking for a little piece of Oxford in Encino. Her experience of school, from our first home in Scotland to her 7 years at UHS, nurtured a love for learning, revealed the power of the natural world, and fostered in her a desire to know herself. These same traits continue to be nurtured in children at UHS. That is why Sandy and John created the Upland Hills Sustainability Award. They want to know that this place will continue after the founding teachers have either moved on or moved over.

After 5 weeks in Montana I was ready, even eager to return. We came back a different route, this time passing through North Dakota and entering Michigan through the Upper Peninsula. I ran out of coin returning from Glacier National Park, but I was excited at how far we had traveled on just spare change and fuel efficiency. As we drove out of Marquette, Lake Superior was on my left and a flood of memories surfaced as we approached Munising and I recalled plunging in under the direction of old man Larson some 42 summers before. At one point we stopped to go out to the lake and I jumped in. This plunge was strangely related to my first initiation: Wake up Phil. You're still alive.



**What can educators do to foster real intelligence? We can attempt to teach the things that one might imagine that earth would teach us; silence, humility, holiness, connectedness, courtesy, beauty, celebration, giving, restoration, obligation & wildness.**

**David Orr is the Paul Sears Distinguished Professor of Environmental Studies and Politics.**

## **karen Joy theatre 2009-2010 Season**

### *The Theatre in the Woods*

To order tickets...call 248.693.2878

Online at [www.karenjoytheatre.org](http://www.karenjoytheatre.org)

Upland Hills School's Theatre Play Shop  
presents

### **Charlotte's Web**

Friday November 13, 1 pm & 7:30 pm

\$12 adults, \$7 students/seniors

\*Pre-performance PJ Party 6:45 pm-7:15 pm

A timeless story of friendship filled with colorful and enchanting characters!

### **UHS Community Showcase**

Saturday January 23, 7 pm

\$12 adults, \$7 students/seniors

Back by popular request! An evening celebrating the abundant talents and creativity of alumni, staff, parents and students.  
Unforgettable!

### **Jesse Elder Trio**

Friday April 9, 7:30 pm & 8:30 pm

\$15 adults \$10 students/seniors

A UHS alumnus, Jesse brings his NYC based jazz ensemble to KJT!

They perform at the top NYC jazz clubs, including

The Blue Note, The Jazz Standard, Small's, Fat Cat, Barge Music and many others.

Jesse is a 3 time winner of the national "ASCAP Young Jazz Composer's Competition"!

[www.myspace.com/jesseelder](http://www.myspace.com/jesseelder)

Upland Hills School's Theatre Play Shop  
presents

### **Spring Musical Surprise!**

Friday April 30, 1 pm & 7:30 pm

\$12 adults \$7 students/seniors

\*Pre-performance PJ Party 6:45 pm-7:15 pm

### **Concerts at the Karen Joy Series**

Presented in cooperation with 3gracesmedia

November 20 8pm Drew Nelson

February 6 8pm Peter Mulvey

For more information visit [www.3gracesmedia.com](http://www.3gracesmedia.com)

Support Karen Joy Theatre -- Become a Sponsor

Contributions are vital to help underwrite the cost of bringing you quality performances each season.

Ticket sales alone cannot completely cover expenses. Donations are tax deductible . Please visit [www.karenjoytheatre.org](http://www.karenjoytheatre.org) for giving levels and benefits. Or be a volunteer and see the shows free!

THANK YOU!





## Community Supported Agriculture: Pictures from the CSA

by Karen Troshynski-Thomas,

photos courtesy of Jack Thomas and Russell Taddiken.  
UHCSA members

*2009 marked the beginning of a new addition to the Upland Hills Community -- Upland Hills Community Supported Agriculture. A CSA (Community Supported Agriculture) is a partnership of mutual commitment between a farm and its community members which makes a direct connection between producing and consuming food. CSA members purchase a*

*share in the farm. These shares cover a farm's yearly budget, providing the farmer with startup funds to purchase seeds, fertilizer, water, labor, and other necessities. In exchange, the farm provides members with weekly shares of fresh, seasonal produce during the growing season (usually June through October). The CSA garden is located off Indian Lake Road, on land belonging to Upland Hills Farm. The Farm generously loaned the use of the land, farm equipment, and other materials to the CSA.*

Returning from the Upland Hills CSA one evening in late August, the sky glowed deep orange all around me as the sun began to rest for the night. My brain hummed with thoughts of the work that had occurred and I was happy and tired.

As work share members, we came weekly from June to October to work on the 4 acres that comprise the beginnings of the Upland Hills CSA. Two hours a week was required. Many members worked more, and some of those who worked were purely volunteers. In the beginning, we took direction from our young farmers. We picked weeds, removed rocks, and planted seedlings. In June and July, we began picking herbs, greens, and many, many daikon radishes. By August and September, the sun and warm soil finally ripened the fruit of our labors: we picked literally hundreds of tomatoes and peppers, along with corn, melon, and more herbs. In the cool and rainy evenings of October, we dug blue, white, and sweet potatoes, cut squash and finally, after a frost, brussels sprouts.



It had been a beautiful job. I thought of my children running through the corn stalks, laughing as they pelted one another with the cobs. I considered the soft brown soil holding ivory and indigo potatoes that smelled and tasted of that same sweet earth. I watched the gently nodding sunflowers weighted down with field birds as they landed to peck a sunset meal. I listened to the soft murmur of quiet

conversation between two pickers. At my feet, baskets of gold, russet, and scarlet tomatoes held the sunshine of summer deep in their fruit.

While we had signed on in order to connect with the land, we had gained a great deal more. With our CSA community, we had shared tools and shoulders and gloves. We had learned one another's names and our favorite recipes. We discussed the finer points of the size of a perfect bean and which peppers were hot. We wondered together about what exactly to do with 10 daikon radishes. We supported each other when we stumbled and looked for ways forward when the CSA stumbled. In return, we were blessed with much more than beautiful organic fruits and vegetables.



I gave thanks to the ground that had produced such bounty, to the sun that had shone its bright light, and the rain that had gently watered the plants. I gave thanks for the spark of an idea and the initial enthusiasm that gave rise to a flood of support in love and dollars and hard work. I thanked the young farmers full of learning and hope and persistence as well as the seasoned farmer with his generosity of spirit, zen nature and ready laugh. And I thanked the Webster family who had provided tools and land, and something more. They gave us a reason for being as well as a steady hand when it was needed most.





## **New Change Coming - OH MY! New Change Coming - OH MY! New Change Coming - OH MY! OH MY! OH MY!**

For all readers and friends of Upland Hills: we are planning on moving our communications to an electronic format!

While we admit to a fondness for the printed page (we are readers here!), paper communications have a higher cost both in dollars and resources. A paper newsletter with its use of paper, labels, and the USPS is not in tune with our hopes for a green and sustainable future. We would much rather use those dollars to support the work of our Upland Hills learning community.

In order to continue to reach you, however, we need your email address! Please send your current email address, along with your name or company to [terry@uplandhills.org](mailto:terry@uplandhills.org) so that you may be added to our growing email list of UHS friends and family. Not only can we work toward a sustainable future, but we hope to communicate with you on a more frequent basis.

SO... SEND IN THOSE EMAIL ADDRESSES!

**Spirit Wear Returns!**  
**Watch our website -- [uplandhills.org](http://uplandhills.org) -- for more information soon!!**



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