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news

urban agriculture... sustainable food systems... eating local...

As we enter the second decade of the 21st century, these phrases are cropping up everywhere. They involve some very old ideas that are gaining new traction and being re-imagined for our time and place.

For folks in Antioch's Center for Creative Change this all truly starts at home. Faculty, staff and students regularly trade gardening tips, share fresh-picked produce and home-cooked delicacies, and pass around images of newly producing raised beds and gardens as if they were baby pictures.

This year, the Center introduced the new **certificate in Food Systems and Permaculture Design**, featured in C3's spring newsletter.

In this issue we share stories of the many ways C3 connects with the broader field (pun intended):

- **South Park Fresh Starts**, the nonprofit that 2009 Environment and Community alums **Todd Hunsdorfer** and **Kathy Pryor** recently founded to provide vegetable starts to low-income folks.
- **Tierra Miguel Foundation and San Diego Growers**, founded by **Jonathan Reinbold** as his change project; **Erin Mercier**, farm operations director. Both are 2010 Environment and Community alumni.
- **Permaculture design services** offered through 1995 Whole Systems Design alum **Mike Lockman's** business, **WEdesign**.
- **Seattle Local Food Initiative**, a new CSA sponsored by **Richard Conlin**, president of Seattle City Council and AUS Trustee.
- **The Muckleshoot Tribe's** inspiring commitment to community-based sustainability projects.

These initiatives and entrepreneurial ventures share an understanding of the interrelationship between human well-being and the health of the ecosystem, between how we treat each other and how we treat the earth; and most of all an understanding of the joy we experience in being alive and collaborating with Life.

Betsy Geist, C3 director



Left: Todd Hunsdorfer and Kathy Pryor.



C3 alumni Erin Mercier, second from left, and Jonathan Reinbold, center, with Tierra Miguel Foundation farm friends.

Connecting Fresh Produce and Healthier Lifestyles

Jonathan Reinbold, 2010 graduate of C3's Environment and Community program, is executive director of Tierra Miguel Foundation, an 85-acre organic farm and educational foundation in Pauma Valley, Calif. It is one of the only nonprofit, organic, educational and CSA farms in the United States.

Jonathan worked on the farm and commuted for two years between San Diego and AUS for his monthly program residencies. He thought it would be valuable to use his work as a laboratory for experimenting and putting into practice what he learned in class. Jonathan says his C3 education developed his writing and communication skills as well as his systems-thinking approach to projects. He came to realize that the lack of central distribution centers for fresh produce directly affected the health of area residents.

Without C3, I'm not sure I would have been able to make that connection. The space and opportunity to test ideas and learn in small learning groups was extremely important.

San Diego Growers began as Jonathan's C3 capstone change project. This collaboration of small and mid-scale growers in the Greater San Diego region is developing a Regional Food Hub in San Diego to distribute locally produced agricultural products to institutions such as K-12 schools, senior meal centers, foster group homes, childcare, worksites and probation facilities.



In March 2010, San Diego Growers was awarded a \$600,000 start-up grant by San Diego County and the Center for Disease Control for Putting Prevention to Work.

Erin Mercier started work as director of operations at Tierra Miguel Farm shortly after her June 2010 graduation from the Center's E&C program. Erin says her C3 education provided the foundation to understand that her role as a change agent needs to be grounded in relationship building. **Antioch taught me the importance of identifying the talents of each team member and providing a space where everyone can speak openly in a collaborative environment. Social change is not limited to any one type of work. It can be applied anywhere, anyplace and anytime, which is pretty exciting stuff to me.** ■

Food Bank Sprouts New Gardening Thrills for Clients

Food Banks typically do not receive much fresh, nutritious produce. South Park Fresh Starts helps fill that gap by distributing vegetable plant starts to food bank clients, empowering them to supplement their diet with hyper-local, healthy vegetables. High-yielding peas, squash, green beans, cherry tomatoes and more provide a hearty dose of vegetables to low-income clients and children.

South Park Fresh Starts is a partnership project that began in 2009 between **Todd Hunsdorfer** and **Kathy Pryor**, 2008 Environment and Community alumni, and the Providence Regina House Food Bank in South Park.



Todd, who has a degree in plant biology, worked in botanical gardens and a commercial nursery before coming to Antioch. When he noticed an abandoned greenhouse at the Regina site, an idea formed around growing plants to supplement the food bank. Kathy has worked on food systems with a variety of local and national nonprofits. Together they wrote a proposal to United Way and received a grant to clean up the old greenhouse and purchase supplies. During the first season, SPFS distributed 2,600 plants. "We were shocked how much people loved it," said Kathy. Clients could choose four plants a week. Families with kids were excited to take plants and learn how to garden from other community members knowledgeable about farming and gardening. In a year's-end poll, three quarters of the recipients reported they were able to eat fresh food from the garden twice a week. South Park Fresh Starts has taken off from there with new raised planting beds on extra office park land in Renton owned by the Sisters of Providence. They recently received a Molina Health Care Award and are creating new partnerships and applying for grants to expand their project.

Kathy and Todd each arrived at C3 in search of a way to create a more sustainable world. They say their C3 experience taught them that, **oftentimes, the solution that you're looking for doesn't exist yet. You have to be willing to create it.** ■



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C3 brings together five degree programs and seven graduate certificates in an integrated model of graduate education that grows creative leaders.

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■ **B.J. Bullert, Ph.D.**, C3 core faculty, joined the board of Northwest Dance Network, a local nonprofit dedicated to building community "one step at a time." She drafted a treatment for a new short video, "Space Needle at 50," to coincide with the 50th anniversary coming up in 2012. In October, she interviewed feminist artist, Betty Gordon, who was part of the first wave of artists who gathered at the Los Angeles Woman's Building. Communication graduate student, **Amanda Donenfeld** served as a production assistant. The oral history video interview is part of a major exhibit opening in October 2011 – a collaboration of more than 50 cultural institutions in Southern California.

■ **Kate Davies, D.Phil.**, C3 core faculty, had two articles published; one in *Resurgence Magazine*, the other in *Alternatives Journal*: "Awesome Science" (www.resurgence.org/magazine/article3202-awesome-science.html) and "Sustainable Minds" (www.alternativesjournal.ca/articles/sustainable-minds). She was a visiting teacher at Schumacher College in Devon, UK, in Sept., teaching Creativity and Social Change. In May 2011, she will teach a course on Social Innovation and Creativity at the Hollyhock Educational Retreat Center on Cortes Island in British Columbia.

■ **Jonathan Scherch, M.S.W., Ph.D.**, C3 core faculty, had a paper entitled "From Backyard to Board

Room: Towards a contiguous practice of Permaculture design spanning personal and professional domains" accepted for the International Conference on Environmental, Cultural, Economic and Social Sustainability, NZ, January 2011. He also is collaborating with a team of C3 students on a video documentary featuring his work on sustainable agriculture and permaculture design initiatives underway within Tibetan refugee settlements in India. For more information and to watch the trailer, visit www.sustainabilityinexile.org.

■ **Barbara Spraker, M.B.A.**, C3 associate faculty, launched her new website: www.womenleadingtheway.com – "celebrating and nurturing women's leadership

around the globe." The intention is to share stories of women who are stepping up to lead the way - in their communities, workplaces, countries or tribes; to provide capacity building activities and resources to increase women's leadership skills; to convene Conversation Circles; and to make available articles, essays, and news about changes in the world that impact women.

■ **Farouk Seif, Ph.D.**, C3 whole systems design professor emeritus, received a prestigious grant from the Fulbright Specialist Program, the Council for International Exchange of Scholars. During Oct. and Nov., Farouk taught and conducted scholarly work at the host institution, University of Sofia "St.

Kliment Ohridski" in Bulgaria. He introduced the cutting-edge approach of whole systems design, integrating design principles and skills into the curricula of history, anthropology and ethnology. He also engaged students in the development of strategic approaches to social/cultural change.

■ **Britt Yamamoto, Ph.D.**, C3 core faculty and executive director of iLEAP (www.ileap.org), welcomed another group of iLEAP International Fellows to campus in Sept. for a 10-week program. Yamamoto leads the iLEAP Fellowship, and C3 faculty contribute their expertise to the curriculum, providing students many opportunities to work with and learn from the Center's faculty. ■

Self-directed Learner Follows His "Bliss" and Discovers Permaculture

WSD alumnus **Michael Lockman's** successful landscape design business, WEdesign, embraces the principles of sustainability and whole systems design. His website clearly explains his philosophy: "Our belief is that a garden should do more than look neat and pretty. It should be low maintenance, stable, diverse and healthy...just like a natural ecosystem. We are focused on creating sustainable landscapes that provide food, privacy, shade and enjoyment for you and your family."



While working on his undergraduate degree in philosophy and math, Michael realized he didn't know how to cook his own food. That led him on an exploration that included a stint as a macrobiotic chef and manager of a whole-foods deli. When a farmer came in one day to drop off onions with their greens attached, Michael asked, "What's that?"

At that point, he was determined to learn to grow his own food. Initially, he thought he'd become an organic farmer, so he worked on organic farm on Fir Island, Wash. There, he learned about diversifying crops, such as fruit trees and willow, and about selling products created by nurturing crops through sustainable growing methods.



Michael started his landscape business prior to coming to Antioch. **I was looking for a graduate program, because I wanted to legitimize my studies and my interest in design. I discovered Antioch's WSD program was a perfect fit.** ■

Antioch University is a bold and enduring source of innovation in higher education. With roots dating back to 1852 and inspired by the work of pioneering educator Horace Mann, Antioch University was founded in 1964 on principles of rigorous liberal education, experiential learning and social engagement. The multi-campus university nurtures in its students the knowledge, skills and critical thinking to excel as lifelong learners, democratic leaders and global citizens who live lives of meaning and purpose.

More than 5,000 students across the United States and around the world are served by undergraduate, graduate and doctoral studies at Antioch University Los Angeles, Antioch University Midwest (Yellow Springs, OH), Antioch University Santa Barbara, Antioch University Seattle and Antioch University New England (Keene, NH) and the university-wide Antioch Education Abroad and Ph.D. in Leadership and Change programs.

Together, students, alumni, faculty and staff form a visionary community that strikes a rare and essential balance between idealism and life experience.

New Kids on the Block

City Council president and member of Antioch University Board of Trustees **Richard Conlin** and 1995 Whole Systems Design/OSR alumna **Phyllis Shulman**, a Senior Legislative Advisor for the City, have been instrumental in advancing legislation that promotes urban agriculture and access to locally grown food.



Richard Conlin with Richard Conlin the Kid (aka Little Richard). Photo courtesy of Jennie Grant, founder and president of the Goat Justice League. www.goatjusticeleague.org

When asked about her work, Phyllis commented: **To meet the challenges and opportunities of improving the health of people and the environment through urban agriculture requires a systems approach and expertise in design. I have been able to utilize what I learned at Antioch in ways that benefit the residents of Seattle and can have a positive effect on our community.**

Seattle's Local Food Action Initiative was passed by the City Council in April 2008 increase opportunities for residents to purchase and grow healthy food in the city. In addition to improving local food systems, it also is intended "to advance the City of Seattle's interrelated goals of race and social justice, environmental sustainability, economic development, and emergency preparedness."

Some of the benefits include increased support for community gardens and farmers' markets; stronger connections between rural and urban areas; improved health through increased access to healthy, locally grown foods; reduced climate impacts and negative environmental impacts; improved food-supply security; and the creation of local economic opportunities.

Seattle's "2010: The Year of Urban Agriculture" campaign promotes urban agriculture efforts and increased community access to locally grown food. In August 2010, the Council unanimously adopted Council Bill 116907 that supports Seattle's rapidly growing local food movement by removing barriers to urban agriculture. The ordinance updates the City's Land Use code governing urban agriculture uses. (Seattle has more than 2,500 community garden (p-patch) plots.) In addition, it encourages food production by allowing residents to sell food grown on their property and increases to eight the number of domestic fowl permitted on a residential lot. Full details can be found at www.seattle.gov/urbanagriculture. ■

Tribal Sustainability Through Community

The students of the First People's Program in Creative Change made the needs of their Muckleshoot tribal community the focus of their studies and named their cohort Sustainable Muckleshoot. Their inspirational symposium presentations showcased three important community-based sustainability projects they initiated for the tribe: providing food, clothing and emergency services for the homeless; developing a beautiful rain garden; and creating a community garden based on their Permaculture studies. Each of these projects involved tribal members and became true community projects.



Wilma L. Cabanas, Tribal College Administrator, concluded the symposium with these remarks: "Keep up the good work! ... It would mean so much to the community for you to continue the work you started and watch it grow. Thank you." ■

Antioch Celebrates Peace Corps at 50

The Peace has been promoting peace, friendship, and service around the world for 50 years. We think that deserves some celebrating, especially since Antiochians have been part of that history! In November, C3 co-sponsored a World Affairs Council event. One of the fathers of the Peace Corps, Antioch University Chancellor Emeritus **Al Guskin**, led the AUS delegation. In January, an evening of film, food, testimonials and conversation at AUS will recognize Guskin's contributions to the Peace Corps' founding and explore the enduring connection between the values and activities of Antioch and the Peace Corps. This relationship is particularly evident in C3. Center core faculty **Jonathan Scherch** and **Mark Hower** are Returned Peace Corps Volunteers. Scherch volunteered in Jamaica, 1991-93. Hower was in Sierra Leone West Africa, Ukraine, the Baltic States, Russia, and the Kingdom of Tonga in the Pacific.



Many C3 alumni are RPCVs including: **Kristin Vogel**, E&C '07, Panama; **Micah Anderson**, E&C '07, Zambia; **Judy Davis**, E&C '03; **Steve Marma**, E&C '00; **Charles Offut**, E&C '02; **Vanessa D'Amelio**, E&C '10; **Kristen McIvor**, E&C '05; **Charis Giles**, E&C '03; **Darcy Cronin**, E&C '05; **Rebecca Hoff**, WSD-OSR '05; **Robert E. Brown**, MGT, '94; **Teri Schwindler McKenzie**, WSD, '88. ■



Global Issues & Perspectives is a free lecture/discussion series sponsored by the Center to address the question: **What do we need to know to become effective global citizens?** The series is an enriching opportunity to hear, learn from and be inspired by individuals — many of whom are from other cultures and countries — who come to Antioch to share their values and vision. Free and open to the public. **Check the AUS website for the Winter 2011 line up.**

Recent Fall 2010 Events:

■ **Institute for Cultural Reconnection: Lessons in Global Leadership**

Marcia Tate Arunga, cultural custodian and co-founder of Institute for Cultural Reconnection, has led numerous delegations from the U.S. to East Africa where cultural immersion in development projects with Kenyan leaders has led to transformative civic leadership and professional growth. In October, she and other delegates who have traveled to Africa reflected on their work and the collaborative learning and exchange of ideas that takes place during reconnection. Arunga is visiting faculty, B.A. in Liberal Studies (completion program), AUS.

■ **What Is the Role of Women in Global Leadership?**

In November, **Barbara Spraker**, C3 associate faculty, led a lively exploration on this topic and shared her work in supporting women's leadership across many cultures. Women's leadership is based on creating space for diverse voices to be heard, nurturing creativity and compassion, building relationships or trust where shared vision can emerge, and collaborating in action to bring those visions into reality. www.womenleadingtheway.com

■ **C3 Symposium**
Students graduating from the Center's programs presented findings from their community-focused change projects in December. Download a PDF of project descriptions from C3's website: www.antiochseattle.edu/creativechange.

recent events