

PLOWSHARE FARM LIFESHARING COMMUNITY

Welcome!

We are happy you are here and hope you have a wonderful and meaningful time here at Plowshare Farm

*The healthy social life is found
When in the mirror of each human being
The whole community finds its reflection,
And when in the community
The virtue of each one is living.*

(Rudolf Steiner: Motto of social ethics)

VOLUNTEER HANDBOOK

2017 - 18 EDITION

This handbook is intended to help guide you into the life and work of this community. The handbook will help you through the first few weeks and the whole year, so please keep it where you can easily find it and refer to it.

OUR VALUES

At Plowshare Farm we strive to manifest what are called the three essentials of Camphill (Camphills are the Anthroposophically-based lifesharing communities on which Plowshare Farm is founded). These can be formulated differently, but here is one simple triad. The first essential is our striving always to recognize and respect the higher being or divine essence of every individual, regardless of outer appearance or abilities. The second is that many of us follow a conscious inner path of self-development integrated with our outer work. The third is the creation of community social structures that reflect and foster genuine brother/sisterhood.

OUR IDEALS

We engage in biodynamic agriculture (a philosophy of organic agriculture), in crafts using natural materials, in homemaking with an emphasis on orderly warmth and sharing of tasks, in cooking with healthful ingredients and in an atmosphere of encouragement and skill development. The time we spend together when we are not working reflects the same ideals: we choose activities that engage the whole person and encourage the direct participation of our senses in the natural world. Playing music and listening to live performances are much loved cultural activities that involve our healthy senses. Hiking, games, continued learning or conversation are encouraged. You will notice, for instance, that television, a passive activity, is not a part of our daily lives. Television, recorded music and electronic sound, do not originate from a living source, and are therefore not alive in the moment they are experienced. In our workplaces, we discourage background music or radio, which distracts us from focusing on living the experience fully.

WHO'S WHO

Householders: Red House: Vikrant & Sony Shivdasani (first year so supported by Kimberly and Donat)
Artaban House: Joel and Molly Park
Jovis House: Karin Powers & Tom Russell (first year so supported by Donat and Kimberly)
Hestia House: Lois Horan
ShineRock House: Rochelle Mink

Director: Kimberly Dorn
Founder: Donat Bay

Carrying Group
(policy making body): Donat Bay, Kimberly Dorn

Middle Group
(extension of Carrying Group): Donat Bay, Kimberly Dorn, Lois Horan, Molly Park, Joel Park

Office Staff:
Administrative Manager:..... Paula Freischlag
Finance Manager: Kim Pfeil

Work Area Leaders:
Bakery Renee Buteyn
Candle-making Lois Horan
Community Kitchen..... Molly Park
Eurythmy Vadim Guitman
Farm Joel Menard & Donat Bay (Joel Park, Donat or Kay afterhours)
Land Eric Buteyn & Donat Bay
Fiber Arts Rochelle Mink
Associated Buyers ordering..... Renee Buteyn
Gardens Eric Buteyn
Local Share..... Kimberly Dorn (store) Renee Buteyn (cafe)
Maintenance Donat Bay
Volunteer Support Committee..... Molly Park, Lois Horan & Kimberly Dorn
Woodwork..... Donat Bay

ANTHROPOSOPHY and SPIRITUAL LIFE

Anthroposophy arose in Germanic Europe in the first part of the 20th century guided by Austrian philosopher, Rudolf Steiner (1861-1925). Steiner recognized the need of our times to re-unite super sensible realities with our experience in the material world. To that end, he chose a rigorous education in modern science and philosophy, and developed Anthroposophy, which can be defined as “spiritual science” or simply “wisdom of the human being.” Steiner described it as “a path of knowledge leading the spiritual in the human being to the spiritual in the universe.” He shared the results of his spiritual research in over 6,000 lectures and 40 books. Anthroposophy is a spiritual view of the human being and the cosmos, but emphasizes knowing, rather than faith. Rudolf Steiner’s wealth of insights offers a path for conscious spiritual self-development and at the same time inspires countless practical initiatives in education, science, agriculture, the arts, social and economic realms, medicine and curative work.

Our work is inspired by Anthroposophy. On the Anthroposophical path, one learns to meet every man or woman as an eternal spiritual being living in a particular configuration of soul and body.

Rudolf Steiner’s insights of Anthroposophy have reached many parts of the world. Since his death, others have carried on with his work, creating movements such as Waldorf education, biodynamic agriculture, eurythmy (the art of movement), curative education, youth guidance and social therapy, as well as many other creative endeavors in the sciences, medicine, social work, banking, and the arts. You will notice the influence of Anthroposophy on our community as you begin your time here at Plowshare Farm.

Prayers, blessings, graces at meals, and verses mark the daily rhythm of life in Plowshare Farm and help to foster a devotional and grateful mood among members of the community. We also celebrate seasonal and Christian festivals during the course of the year and these become highlights of the year. The deeper meaning of the festivals in relation to nature and the seasons can become a real experience for all. We also celebrate birthdays and other personal celebrations. We try to cultivate self awareness and awareness of our interconnectedness – with other people, and our environment.

Most Plowshare Farm co-workers have committed to Anthroposophy as their personal spiritual and meditative path. However, all service volunteers, AmeriCorps volunteers and young people are free to pursue their own spiritual practices, within the practical constraints of community life, and need not, subscribe to the tenets of Anthroposophy. *We ask that you approach the spiritual base of our life with an open mind, and that you do not hinder or undermine the spiritual striving of our community.*

Plowshare Farm is a nondenominational community which does not discriminate on the basis of race, color, creed, gender or national origin.

VOLUNTEER RESPONSIBILITIES

The most important responsibility for volunteers is the well-being of the people for whom we care and their environment. Order, cleanliness, and rhythm bring balance into these people’s lives, and it is essential that all environments shared by our residents are harmonious, well-organized, and free from such modern distractions such as loud music, junk food, sodas, and all posters, reading materials etc. which do not reflect a therapeutic environment.

During your time with us the Home Life will be a central activity. The warmth you enkindle and share with the residents will enrich the residents’ daily life. Domestic activities such as cleaning, table conversation, laundry, and other household crafts are not given much recognition in our modern world, yet these simple activities, done with warmth and good-nature, bring much healing to people in need of special care, much as they do for children.

As you establish relationships, you will become a special friend to the people for whom you care. Basic respect for the other human being, regardless of ability level, is essential. Caring for our special friends can at times be frustrating or try your patience. It is easy to imagine that the residents, especially the quiet ones, are not paying attention to what you are saying but they usually do hear. It is important to not speak negatively about the residents and to create a respectful atmosphere.

Activities are designed with community members in mind. Even if you think the activity is silly please participate respectfully. Sing the songs with joyful energy! Your help and enthusiasm is needed to carry and propel the mood of the moment and we count on your help. We ask you to be a moving force that helps carry the activity forward.

Your concern for proper clothing for the weather, enough to drink, hygiene and general well-being is very important. As you get to know our community members you will learn to share some of the small activities which bring pleasure, be it game playing, making music, little walks or outings, or simply sitting together in the evening.

Not knowing how to do something is OK. Plenty of volunteers have joined us who did not know how to wash dishes, clean a kitchen or bathroom, or do laundry. What is important is that, once you have learned, you consistently complete the task at hand with a careful attention to detail. With this population more than most others, the attention to detail is important. It makes a tremendous difference to the sense of well being if beds are properly made, clothing is on correctly, and general order and tidiness reign.

The **most important gift** that you can bring to our community and give to our residents is your heart warmth, patience and open minded friendship. The gesture we hope you meet our community members with is one of wonder at who each individual is and how to find your commonality with them. Do not attempt any behavioral modification or therapy. This is not your task. Plowshare Farm's coworkers, with the exception of office staff, are professional social therapists. Ask the social therapists all your questions but only offer the therapeutic support as directly instructed by a social therapist.

I. COMMUNITY RHYTHMS

The core of our daily and weekly rhythms comes from the households outward.

General Daily Rhythm is as follows:

Mornings 7-9 AM

Varies by household though a rough guide is:

All basic house work completed between **7-9 AM**.

7 AM Wake the residents and help the residents dress, wash up, shave, some shower, ready for day as needed.

Also start laundry, straighten or clean bedrooms as needed. Check each residents bedding to make sure the sheets are not soiled. Open the curtains. Help with meds as needed. Start daily housekeeping.

8 AM Breakfast then general housecleaning, hang up laundry, etc.

8:50 AM Volunteers should help residents prepare for 'going to work,' proper clothing etc. and bring resident to work location, ready to begin at 9:00 AM.

One or two volunteers may care for the animals, provide transportation or fulfill other community needs during the morning slot, rather than being responsible for people.

Morning Workshop 9:00 AM – Noon (Volunteers assist in a workshop unless it is one's 'free' workshop)

Midday Noon – 2:15 PM

12-12:15 PM - After the morning workshop, it is the volunteer responsibility to bring the workshop participants to the Agora for lunch, helping with hand-washing etc., getting their napkin, settling in for the meal, and the modeling of appropriate table manners and conversation. Lunch begins promptly at 12:10 p.m. As saying Grace

before the meal and blessing the meal afterwards are an important part of ‘holding through rhythm’, volunteers are expected to learn the graces, say them (or sing them) and encourage ‘table neighbors’ to participate. Attention should be paid that all at the meal are served, has help with cutting if needed, has water, etc.

After the meal: volunteers are expected to help clear the table onto the bussing carts and encourage the assistance of all residents. Some volunteers assist others in getting home.

Often a volunteer is scheduled for lunch duty. This volunteer helps clean the kitchen after lunch or tidying the Agora, our community building.

In the household after lunch: Chores in the household after lunch time, during the residents’ rest hour, such as preparing snack or escorting residents are arranged within the house.

The rest periods are for the residents. The residents rest periods are usually time for the caregivers to finish their responsibilities and to relax.

just before 2:00 PM Per the household schedule, the volunteer or the householder prompts residents to arise and prepare for afternoon workshops, serves snack at **2 PM**, cleans up behind the snack, and assists residents with getting to their afternoon workshops, insuring that all residents have had snack, are appropriately dressed for afternoon workshops, and are at work location, ready to begin at **2:15 PM**.

Afternoon Workshop 2:15 – 5 PM (volunteers assist in a workshop unless it is one’s ‘free’ workshop)

The exception is Thursday when the whole community meets, in Agora, at 2:00pm.

5 PM – Volunteers should come home with housemates from work locations, and help prepare for the evening.

Evening in the household:

Each house has its own particular rhythm so all details are worked through with the Householders. Below is a general outline:

Evening 5:30-6 PM dinner

Evening activities are determined by household. The volunteer is asked to participate in music evening, story night, playing games or otherwise engaging in a relaxing evening with the residents.

Evening time is also a good time to ensure that all laundry is put away and that daily chores are finished. In some cases there are showers to assist with before dinner. Those residents who do not bathe in the morning or before dinner should be assisted in bathing in the evening.

At around **8 PM** the householder or the volunteer, per the household schedule, provides an evening snack (and cleans up behind the snack).

After snack volunteers help the residents prepare for bed, and brushes teeth.

After residents are settled for the evening, the on duty volunteer is free although may only leave the house if the householder, or another volunteer, is present.

This is just a rough overview to give you a feel for the rhythm of our day.

General Weekly Rhythm:

The weekly rhythm is characterized by the flow between the household, which is the core of community life, the vocations, which are our Monday-Friday (and a bit of Saturday) work life, and cultural life, which vary and follow the seasons.

Our weekly workshops include: handcrafts (fiber arts, candle-making, pottery, blacksmithing etc.), food production, preservation and preparation, animal care, land care, home arts and special projects etc.

Each Thursday morning is a coworker meeting during this time the volunteers are asked to carry many workshops, under the guidance of non-lifesharing coworkers, thereby providing coworkers, especially the lifesharing coworkers, the time to meet. Thursday at 2:00 PM is our community meeting.

In each house there are two days per week are the Householder's free days. On these days the volunteers are asked to be particularly awake to the well-being of their household members, to stay in the home into the night unless the Household has agreed to carry consciousness of the home, and to seek advice and guidance from Householders in other homes that are carrying that particular day. Usually the volunteer is responsible for the evening meal on these days. Attention should be paid that each resident at the meal is served, has help with cutting if needed, has water, etc.

Clean up follows same guidelines as for lunch.

Saturday breakfast is no later than **8:15 AM**, wake up no later than **7:15 AM**

Sunday is a 'rest day' for residents. Brunch is at about **9:30-10:00 AM** depending on the household, a bit heartier snack, and dinner about **5-5:30 PM**. The rhythm of the day (i.e. the exact time of rest hour) is more flexible depending on activities and work to be done.

We seek to be a bit more groomed and dress for Sunday dinner. Please take a second glance to be sure you household members are clean, shaved and well dressed for Sunday evenings.

Concerts here on the farm or events in town are also times when work clothes and shoes are laid aside and clothing and grooming that marks the event are used.

Often in the evening there are special events. For example Monday night is dinner at a local church. In December we will be practicing the Shepherd's Play on Monday and Thursday nights.

General Yearly Rhythm:

Plowshare Farm, as both a rural and an Anthroposophically-based community, finds its foundational rhythms within the cycle of the year. Each season influences the activities of daily life and work and is celebrated through the festival life – especially the Christian festivals. Just as the year breathes through the contraction of winter and the expansion of summer, so does our activity expand and contract with the season.

Autumn: In September workshops are geared toward harvesting and food processing for the winter. New volunteers arrive and are learning. Michaelmas is celebrated.

October and November find us raking leaves, putting gardens to rest, bringing in fire wood, and preparing for winter. Indoor workshops find their form again. Volunteers are usually worked in by now. In October we host retreats, workshops, and class trips. It is generally busy and not a good time for vacation or guests. In November 2-4 people from Camphill Copake come up for 10 days respite around Thanksgiving week. All Soul's, Halloween, Martinmas, and Thanksgiving are celebrated.

Winter: Focus in December is given to the Advent season and the inner light we kindle as the world grows darker. We perform The Shepherd's Play in Peterborough. The whole community, except the few who tend the animals, have a two week vacation from 7 PM Saturday, December 16, 2017 to 10 AM, Sunday, December 31, 2017.

Snow shoveling becomes a common activity. Indoor projects/activities are strong. The days lengthen until Maple syrup making time is here and spring beckons. Cutting firewood for the coming year is a pressing task.

Spring: Easter is a lovely community celebration. Spring vacation begins at 7 PM, Saturday, April 14 and ends at 10 AM, Sunday, April 22, 2018. May is a very busy month: the farm activities quicken and we host school groups. Usually one or two volunteers join the community in May particularly to help on the farm. Our more indoor workshops such as candle-making and fiber arts begin to close up for the summer.

As we are so busy no guests can be scheduled during May.

Summer: Summer is full of farming, gardening, land care, wood chopping and outdoor activities. For six weeks, from the middle of June through the first week of August, we have a summer camp and our schedule changes. There are more recreational activities and activities every evening. **No guests can be scheduled during this time.** Expect to have more responsibilities during these busy times.

Plowshare Farm's Annual Summer Party is always (for the past 29 years) the third Saturday in July. Even if it is your free day, we encourage you to attend. It is an event that residents, families and the surrounding community looks forward to.

Summer camp ends, our three week summer vacation begins and many volunteers term of service end at 7 PM, Saturday, August 4, 2018.

GUIDANCE

Your direct supervisor is your Householder(s) and while in workshops, your workshop leader. The Volunteer Support Committee is carried by Molly Park, Lois Horan and Kimberly Dorn. You will have weekly meetings with members of this committee who will guide you, offer support and carry concern for your well-being. Bring your questions to any of these committee members. Donat Bay is also available for support, mentorship and guidance. Any questions having to do with paperwork requirements should go directly to Paula and any financial questions should go to Kim.

In your first few weeks you will be learning many things and will be guided by all the coworkers who you work with. Your primary realms of activity will be in household care, support of resident's physical needs, social life within the community and helping in workshops. Within your first 6 weeks you should expect to become competent in these areas.

With regards to household care and physical care support for residents please realize that the householder has many levels of responsibility – many of which you may not directly see. The householders usually do not carry the bulk of routine care because they busy tending to all the other details of running a house such as annual or periodic cleaning and maintenance needs, required reporting and general paperwork, scheduling, medical and dental appointment care, working with guardians or parents, etc.

II. BASIC RULES

PLOWSHARE FARM COMMUNITY COMMITMENTS

As members (coworkers, volunteers or household members) of Plowshare Farm we commit to:

- 1) Make it our practice to share issues or perceptions at crucial moments and to review community related incidents in coworker meetings, volunteer meetings or community meetings.
- 2) Speak directly to each other about issues or conflicts and then solicit additional help from the coworker circle when needed. If not in the coworker circle -- and after speaking directly -- if help is still needed, share with a member of the coworker circle.
- 3) To agree in the moment when confidentiality is needed and uphold that confidentiality.
- 4) Not to let issues simmer. To talk with one another rather than about another.

We further commit to hold each other accountable by addressing behavior that is inconsistent with these agreements when it occurs and by reviewing our performance in our weekly meetings.

Other tenets we ask you to be mindful of:

Treat people with basic kindness and respect.

Do not assume or try any therapy ideas without first discussing them at the weekly volunteer meeting or with Donat Bay.

No drinking on the property.

No recreational drugs or drug use on the property.

Do not operate any machinery: the tractor, weed whacker, farm equipment, log splitter, woodworking machines, generators etc. — until you have been trained and the coworker circle has approved you for that particular piece of machinery. This approval will be specifically spoken to you by the workshop leader or a Carrying Group member.

Plowshare Farm vehicles may never be used for personal reasons by volunteers. Please do not even ask. Each year 1-2 volunteers become drivers for the community after going through an approval process as stated above. If you drive with residents please do not play loud music. Always drive Plowshare Farm vehicles slowly and carefully.

Please drive your own cars very slowly on the farm.

For safety reasons do not use the woodshop unless you are accompanied by a coworker or have specific permission from Donat.

Do not take household supplies out of houses (spoons, glasses, towels, pillows, blankets, etc.) If you need something for outside the house see a householder who will help you find the appropriate thing to use.

Before any furniture, tools etc. are moved or borrowed, consult with your householder who will either answer or bring it to the appropriate group.

Be considerate and clean up behind yourself. Don't leave dishes in the sink, in common rooms, etc.

Pay attention to where things belong and put things away in their proper place.

No soda cans, chips, etc in front of residents.

Generally do not play recorded music during workshops.

ALWAYS PUT SAFETY FIRST

Know your responsibilities and follow through on them.

Be respectful of other houses. The house which you are 'attached to' is your home. In the other houses you are a guest.

Please take proper phone messages, including time and date.

Only smoke in designated areas and away from residents. Do not throw butts on the ground.

Please speak in English when you are around other people.

Please close windows when it is raining.

The Agora cannot be used for private activities.

Do not take any videos — with cameras, phones or other devices — of residents.

Do not post any photos of residents online via Facebook or any other website or other form of social media.

Be present — do not check your phone, text, update profiles online, etc. during our meals together, in the middle of a workshop, or during other community gatherings. If you have a personal matter that you need to attend to by phone, email or otherwise, please speak with your workshop leader or coworker and excuse yourself to attend to the matter. We all continuously strive to be present in every moment and this is doubly important times during workshops and meals. By the same token we do understand that in some cases there are time differences to consider and arrangements can be made if time to attend to personal matters during workshop time or meal time is necessary, but speak to your workshop leader or coworker. Please use personal time to attend to correspondence.

At Plowshare Farm we seek to encourage all community members to develop strong and nurturing relationships within various circles outside of the immediate Plowshare community. These relationships include neighbors, former volunteers or coworkers, families of other community members, and people met out and about around

town, at conferences, events, Special Olympics etc. and in our general locality. As we are all unique individuals there is not one common method for nurturing or forming these relationships. Some of us have guardians who needs to be consulted prior establishing a friendship or changing the boundaries of an existing relationship, some of us have boundaries regarding the usage of technology which need to be honored and some of us have particular privacy issues which need to be respected.

Plowshare Farm general encourages volunteers to continue relationships which have grown during the volunteer's time in the community after the volunteer leaves. However because there are so many different levels of guardianship, relationship to technology and individual needs, it is Plowshare Farm's policy that prior to initiating, arranging or facilitating any conversation with someone outside of the community, all volunteers must receive explicit permission from their householder. This policy most directly applies to Skype, email and telephone calls. The intention of this policy is not to discourage connections or relationships but rather to protect an innocent gesture from having unintended repercussions. The householders are ultimately responsible for safe guarding the well-being of those who have been entrusted to their care and are aware of each household member's specific needs and boundaries. The householders therefore must be relied upon to make all decisions regarding appropriate communication including encouraging calls to the house and the writing of letters.

Please bear in mind that each person who lives here needs to be met differently. Most folks have been here for years and can help you know the community's culture. Please respect people's freedom as much as possible.

IV. VACATION AND TIME OFF

You will have 2 free days per week, plus another free evening or workshop, and 3 vacation weeks.

We try to help fill special requests for traded days off or special evenings off. The time just before or after a vacation, during the summer camp weeks and in May while we have school classes are not times that we can grant requests.

All trades or special requests for time off must go through proper channels to ensur that everything is covered and that the office is fully informed of any changes. A **Request Form** is used for this and trades or requests cannot go through without the completion of this form.

Plowshare Farm is closed, or at reduced numbers, for 6 weeks per year: 3 weeks in August, 2 weeks at Christmas, and 1 week in the spring. If your service begins in the spring you will have 2 weeks off in August and 1 week at Christmas. If your service begins in the fall, you will have 2 weeks off at Christmas and 1 week in April. Vacation weeks begin on Sunday and end on Saturday. Please be sure you are back and ready to go Sunday morning before the residents return and that you are prepared to have a busy day the Saturday before residents leave. We find that everyone is much more rejuvenated when truly away for vacation and to that end, unless other arrangements are made with Kimberly, we require all volunteers to take this time away from Plowshare Farm.

The vacation dates for 2017-18 are:

December 17, 2017 – December 31, 2017

April 15, 2018 – April 22, 2018

August 5, 2018 – August 26, 2018

Short term volunteers (less than 3 months) receive no pocket money or vacation time.

GUESTS

When inviting or bringing a guest to a lifesharing community such as Plowshare Farm there are a few things to keep in mind:

- ☞ We will do our best to accommodate all guests and visitors but please do not assume and make arrangements before speaking to your householder. If you would like to have an overnight guest please talk it over with your householder then **submit your request, on a Visitor Request Form, to the office as far in advance as possible.** Kimberly will then get back to you with approval or concerns. Bring any special concerns to the Volunteer Support Committee.

- ☞ All visitors are expected to help out if they stay for more than 3 days.
- ☞ **Guests cannot be accommodated in May, during summer camp or vacations.**
- ☞ As we are a socially therapeutic community, all guests, even if they are coming by for less than an hour, **MUST** be introduced to your householder before coming into the house. If the householder is not available your guest must be introduced to the evening carrying coworker. We do not have individual guests, this is a community and all guests are guests of the entire community. Be considerate and introduce your guests to all of your housemates.
- ☞ Within the first 24 hours of being at Plowshare Farm guests must be introduced to Kimberly, Donat and all members of the household.

V. MAIL

Volunteers share a mailbox in the Agora News Room. All your mail will be put there. Please do not pick-up mail from the mailbox outside as all Plowshare Farm mail comes together there. There is a place in the office for Outgoing mail. If you have questions about international mail ask Paula.

VI. POCKET MONEY

You will receive \$300.00 in a check for pocket money on the 15th of each full month that you are volunteering at Plowshare Farm. Your checks will be placed in the volunteer mailbox. Short term volunteers who come just for Summer Camp do not receive pocket money and should expect to share a room with another volunteer.

VII. MEALS

Meals are an important part of our social therapy. Please help ensure that everyone gets served, and if needed, help with cutting food, serving food, etc. and model appropriate table manners. Please actively engage in appropriate table conversation.

On your free days, please let us know **early in the day** if you are not going to be at the meal so we can make the appropriate amount of food. Please eat at meals and snack times. If you are hungry in the evenings you are welcome to heat up leftovers or make a snack. Please do not prepare full meals in the kitchen while everyone is trying to sleep. On your free days you are welcome to make a late breakfast, but please be aware and don't use food which is being counted on for a meal (the last eggs for example). **Please clean up after yourself. Let coworkers know if you have an allergy or dietary restrictions.**

VIII. HOME

Each volunteer will be a part of a certain home. It is this home where you must participate in fire drills, where you will carry household duties, etc. It is also your home. In the other houses in the community, please consider yourself to be a guest (i.e. don't go make yourself something to eat in the kitchen etc.).

IX. COMPUTER USAGE

Each house has a separate DSL, or high speed internet, network. Your householder will be able to help you connect your device. If you need to print a document, plane tickets for example, or other documents please see Paula in the office and she will set you up on the coworker printer/computer. The town library also offers Wi-Fi and has a number of shared terminals that you may use to get online, print or copy. Do not post any photographs or pictures of residents online via Facebook or any other website. Please do not ever attempt to use the office computer. They are for Plowshare Farm office staff only.

Wireless internet is turned off at 10 PM each night. If you need internet after that hour you can turn it back on but please turn it off again when you finish so it is not running through sleep hours.

X. MOVIES

For your enjoyment, Plowshare Farm has contracted a membership with a company called Netflix. Through this service volunteers can check out 1 DVD at a time. This DVD comes in the mail and once you have watched it you mail it back—then you receive the next DVD on your list that is housed on the Netflix website. With this membership you also have the option to stream as many films as you like each month via their “play it now” option. Keep in mind that the new movie is not sent out until the old movie is returned. Please be considerate of other volunteers and return movies in a timely fashion. Do not remove movies from Plowshare Farm property. Movies can be checked-out by going to Netflix.com online. You can get the username and password from the office.

XI. SURROUNDING COMMUNITIES

In the Agora office, there is a lot of information on the local communities of the surrounding areas. There are road maps, hiking guides, bus and train schedules. While we are in a very rural setting, there is always something to do. Almost every weekend there is a “fair” or “festival” of some type. A lot of times co-workers and residents go to these. There are abundant trails in the woods surrounding the farm that end in spectacular vistas. The local newspaper, The Monadnock Ledger-Transcript, is a great resource as well to find out what is going on. If you can’t get your hands on a paper copy, go online and check out the calendar.

We do hope that you find your time volunteering with Plowshare Farm Lifesharing Community to be enriching and inspiring. Volunteers have joined us in our work for many years and have contributed greatly to the life of our community. The participation of volunteers is greatly appreciated and can warm the daily lives of the people for whom we care. We thank you in advance for your valuable service.