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# Newsletter

## Fall, 2017

### Ending Homelessness One Child at a Time

#### From the Director's Desk:



Happy Fall, everyone! Many of you probably don't know me yet, but I am looking forward to getting to know each and every one of you. My name is Ola Boswell, and on July 3<sup>rd</sup> of this year, I joined Deep Roots as the

Executive Director. I have lived and worked in the greater Maryland area for many years, and I am well acquainted with the challenges and struggles that are part of homelessness. I have made the fight against homelessness my own – taking as my personal creed and commitment Deep Roots' mission: "Ending homeless, one child at a time."

I have taken on this new assignment and its responsibilities with fire in my heart, with a passion-filled spirit, with enthusiasm and commitment to the cause, and with the firm belief that faith will guide me and lead the way.

I am excited to be a part of the Deep Roots community and I invite each of you to stop by and say hello – I would love the chance to meet you and to show you what we are about!

Along with Deep Roots' amazing staff and board of directors, I am counting on all of you in the community to continue to help us carry out the important work of this organization. I can't thank you enough for your support in making the world a better place.

Let us join together to put an end to homelessness – one child and one family at a time. Together, with God's blessing, we will accomplish incredible things!

"It is in the shelter of each other that the people live."  
-- Irish proverb

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Deep Roots at Clairvaux Farm is a shelter for homeless families with children. We offer transitional housing and a program to break the cycle of homelessness. So far this year, Deep Roots has provided over 16,500 meals, and over 6,500 bed nights!

## CARL'S CORNER: a word from our founder



For children, homelessness is a nightmare of loneliness and insecurity. This is why we take the kids on field trips to Turners Creek Park, so they can be immersed in the wisdom and love of nature and experience firsthand the splendor of earth. To know that each one of us is a vital and irreplaceable member of this universe of life, that we belong to it and enrich it, and that we are at home among all living beings, is the foundation that can oust the shadows of terror and chaos. Our name is no accident. One of our founders, a once-homeless kid named Tracey, insisted we call ourselves “Deep Roots.” From our first meeting, she fought for every child to have this grounding – to know that no person, old or young, is ever truly alone in this world. She had learned, as we all must, that our rooted-ness in life is never to forget that we belong: to the earth, to one another, and to ourselves. Home is our birthright, and we aim to keep this loving insight ever at the heart of our mission. – written by Carl Mazza

### A Small World:

*A Deep Roots story as told by Deacon Doug MacArthur (to his wife, Caroline)  
from First Presbyterian Church of Southold in Long Island, NY*

When my Reverend, Peter Kelley, first asked me to consider taking a week-long trip to a homeless shelter at Clairvaux Farm in Earleville, Maryland (“What?!...Where?!”), I was really nervous about traveling somewhere unknown, with the youth group, and stepping so far out of my comfort zone. Peter assured me all would be fine. Since then, I have been back six times. Each trip is an amazing experience. I meet great people and wonderful children. I’ve seen miracles happen on every trip. It’s a magical place, even though the residents are all going through tough times.

This past summer, Peter and I traveled with 8 kids between 7<sup>th</sup> and 12<sup>th</sup> grade. We were there the entire week of July 4<sup>th</sup>. That Wednesday, we had a day off from the farm and chose to take a trip to Rehoboth Beach in Delaware. So, early in the morning, we packed up the kids and headed out on the two-hour drive to the ocean.

When we got there, the kids were crazy from the long ride, and very excited to get to the water. The beach was packed with people. We found a spot in the crowd to spread out on. They saw some dolphins swimming in the water, dropped their stuff, and ran off toward the surf. Peter took off after them. I looked down and saw all the cell phones, keys to the vehicles, backpacks, towels, and all the rest of our stuff. I put all the cell phones into a backpack and hid it as best I could by my chair. I looked around at all of the people near me. I spotted 3 women in beach chairs. I went over to them and said, “Excuse me, is there any way you could keep an eye on my stuff while I go swimming with my kids?” One of the women says, “Those can’t all be your children.” So, I told her about the mission trip, where we were from and where we were staying. She quickly stood up, surprised, and said “I know where that farm is!” and she added that what they do there works. She told me her name was Linda Boulden, that she had just retired as Vice Principal from Cecilton Elementary school, where most of Deep Roots’ children go, and she knows firsthand the tremendous impact we make in their lives. “When your kids come back from the water, I want to thank them personally for the sacrifice they made on their summer vacation and make sure they know the impact they have on the people they are meeting this week. I have seen it firsthand.”

And she did. And it was impressive.

Of all the thousands of people on that beach that day, *she* was the person who could deliver that inspiring message to those kids. A message they will never forget.



# Deep Roots Baby Announcement: It's a Girl!!



Adrianna was born on July 19<sup>th</sup>, 2017, just 9 days after proud parents Will and Samantha moved to Deep Roots. Adrianna is a healthy baby girl. She is doing well, and mom and dad are thrilled and excited that she has finally arrived.

Both parents are also deeply grateful and relieved that Adrianna delayed her arrival until the family had settled in at Deep Roots. Especially so because, according to Samantha, *“Honestly, if it wasn’t for Deep Roots, we wouldn’t have been able to keep her.”*

*If you are able to donate diapers, formula, baby food, or other baby items, please stop by the farm at: 21 Veazey Cove Rd., Earleville, MD 21919. To make a monetary donation, please visit our website at: [www.deeprootsinc.org](http://www.deeprootsinc.org), or mail a check to:*

**Deep Roots, Inc. P.O. Box 113 Earleville, MD 21919**

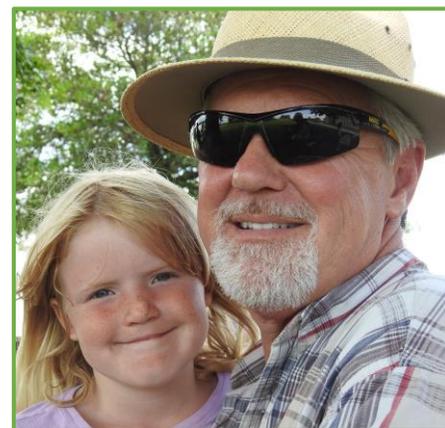
## ACEs – by Board President Ed Oceanic

Can you remember sitting at a traffic light and hearing screeching tires, getting that bump in the rear and feeling the car rock forward and back? You compose yourself, realizing that no one is going to a hospital today, and then the emotional anger starts. You did nothing wrong, but the inconvenience, the time off from work, the trips to the body shop, the deductible, the rental fees and more, cause you to become frustrated. Then you think, “Will the car ever be as good as it once was?” You will always see the damage after the “repair,” even if others can’t, but it’s there, under the surface. Later you feel pain in your arm and neck and wonder, “How long will this last? Is it permanent?”

Now imagine you’re a child and these “bumps” are coming from a household member in the form of Adverse Childhood Experiences (ACEs.) Take the following quiz to learn your score. The quiz should take less than two minutes to complete. Only you will know your score.

### **Prior to your 18th birthday:**

1. Did a parent or other adult in the household often or very often swear at you, insult you, put you down, or humiliate you, or act in a way that made you afraid that you might be physically hurt? **If Yes, enter 1** \_\_
2. Did a parent or other adult in the household often or very often push, grab, slap, or throw something at you? Or ever hit you so hard that you had marks or were injured? **If Yes, enter 1** \_\_
3. Did an adult or person at least 5 years older than you ever touch or fondle you or have you touch their body in a sexual way? Or attempt or actually have oral, anal, or vaginal intercourse with you? **If Yes, enter 1** \_\_
4. Did you often or very often feel that no one in your family loved you or thought you were important or special? Or your family didn’t look out for each other, feel close to each other, or support each other? **If Yes, enter 1** \_\_



(continued...)

5. Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? Or your parents were too drunk or high to take care of you or take you to the doctor if you needed it? **If Yes, enter 1** \_\_
6. Were your parents ever separated or divorced? **If Yes, enter 1** \_\_
7. Was your mother or stepmother often or very often pushed, grabbed, slapped, or had something thrown at her? Or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit over at least a few minutes or threatened with a gun or knife? **If Yes, enter 1** \_\_
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs? **If Yes, enter 1** \_\_
9. Was a household member depressed or mentally ill, or did a household member attempt suicide? **If Yes, enter 1** \_\_
10. Did a household member go to prison? **If Yes, enter 1** \_\_

**Now add up your "Yes" answers: \_\_ this is your ACE Score**

As your ACE score increases, so does the risk of disease, and social & emotional problems. With an ACE score of four or more, things start getting serious. The likelihood of chronic pulmonary lung disease increases 390%, hepatitis 240%, depression 460%, suicide 1,220%. Not to mention a 200% increase in teen pregnancy. These percentages are from the Centers for Disease Control. For more information, see [www.acestoohigh.com](http://www.acestoohigh.com). Why am I asking you to take a quiz? The children that we serve typically score six or higher. Their chances for happy, healthy, and productive lives are in real jeopardy. They need our support to increase their resilience to this kind of trauma. The schools do a great job seven hours a day, but what about the other 17 hours each school day? We can help these children avoid becoming the next generation of chronically-homeless adults with babies of their own: **This is the cycle of homelessness.** I am asking each of you - whether an individual, family, or church group - to consider sponsoring one homeless child or family for this school year. We would also be delighted if you can help out with our other programs. If you can spare some of your time to give to these children, it will make a big difference in their life and in yours. If you do not have the time, donations of all types are greatly appreciated, and always, a prayer if you are moved to.

## ***ALREADY???***

***Yes, Thanksgiving is just around the corner!  
As in previous years, Deep Roots is asking  
for your support in providing  
Thanksgiving Meal Baskets – with a turkey  
and a traditional Thanksgiving meal –  
to our off-site families.***

***Our goal this year:***

***100 Thanksgiving Meal  
Baskets to 100 families!!***

***With your help, we can do it!***

***For more information or to donate,  
please call (410) 275-2194***

*Did you know....?* That donating money to Deep Roots is as easy as shopping with **Amazon Smile**? Amazon donates 0.5% of your AmazonSmile purchases to Deep Roots when you shop at [smile.amazon.com](http://smile.amazon.com). Designate "Deep Roots Inc" as your charity of choice!

## ***You are SO appreciated!!***

***A very special Thank You to all  
who have donated their time or  
resources to Deep Roots!***



***Please send checks to:***

**Deep Roots, Inc. P.O. Box 113  
Earleville, MD 21919**

**or to donate online, please visit the  
Donate page on our website:**

**[www.deerootsinc.org](http://www.deerootsinc.org)**