

A Note from President and Founder
Nada Cory



What an exciting "Gardens of Hope" school year it has been for all of us at the Foundation. We have joined our hearts and minds and welcomed new engaged partners, whose vision and like-minded interest in student health and wellbeing, has made magic happen. This mingling of beautiful energy and dedication for the greater good of all, has no alternative but to yield exceptional results.

Yes, the planning, collaboration, and execution has been a lot of work; you could feel and see a flow of creative and physical energy as each accomplishment and milestone unfolded. You will see within this current newsletter, energy comes in many forms, but focused and pointed in the right direction, explodes into magnificent results. I am so grateful for every participant who has recognized the importance of our mission, whose passion and vision of mine, a mere seed, has grown into an impactful and meaningful body of work, that serves many.

In my eyes, you are all a perfect 10! This number rings true, as our *immediate goal* is to garner 10 new sponsors, 10s of 100s of active members and 10 new gardens ready for the Fall term. We also need educators and hands on volunteers to oversee our school and community gardens, clubs, presentations, and to connect and serve food pantries within our community, supplementing them with the produce grown in our Gardens of Hope.

For the moment, may you all rest, recharge and enjoy the warmth and the life-giving energy of the sun and summer activities, but not for too long, we have much work to do, and for that I call upon you to assist, engage and support us in whatever way possible. If our newsletter has inspired, educated, or entertained you in one small

way, please take a moment to see how you can make an impact by clicking on one of our secure donation or membership buttons (as little as $6 per month), or call/email us to discuss how we can collaborate and grow healthy lives, one seed at a time!

In good health!
Nada

Yes, I want to become a Member!

Schools and Community

"I would rather eat kale than watch Encanto!"



After school students at Morikami Park Elementary received a treat yesterday, as they donned their chef hats and aprons. Assembled in the cafeteria, all eyes were focused ahead, awaiting another fun lesson. These students have opportunities to learn about gardening, as the Joseph P Cory Foundation has donated an organic Garden of Hope to their school, accompanied by a garden nutrition centric curriculum.



Prior, students picked items from their garden that would be added to the pre-assembled Quinoa Kale Salad that was to be prepared. They learned about cooking techniques, ingredients, and spices. It should be noted the aprons they wore sported the digestive system printed on its front. Standing in front of the class, one volunteer served as the living example of where your food starts, and to their amusement, *where it ends!*

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We hereby Proclaim...



Congratulations to Nada Cory and the Joseph P Cory Foundation!
The School District of Palm Beach County officially proclaimed April 28, 2022, as "Gardens of Hope Awareness Day". At the District's monthly Board Meeting, a motion was made, accepted, and witnessed by the esteemed committee sitting on the dais. **Superintendent Michael J. Burke**, Board Chair Frank A. Barbieri Jr., Esq., and board members can be seen in the photo below. Special merits to **Erica Whitfield**, for reading the proclamation to the audience, and presenting it to Mrs. Cory.

The Joseph P Cory Foundation thanks everyone for the opportunity to implement this signature program within various school wellness departments and campuses around the county. It is proven that an early relationship with gardening and the knowledge of fruits and vegetables, makes a positive impact on student health.

We look forward to erecting more Gardens of Hope each year with everyone's continued support. If you are interested in literally being a "seed for change", please donate a garden, and/or become a member below. **Read the proclamation.**

2022 "Grow It Forward" Leadership Awards

Ceremony and Presentation to be held on June 7, 2022 at the Annual Wellness Celebration, the School District of Palm Beach County Wellness Promotion Task Force. Thank you to Paula Triana, Task Force Manager, for organizing and implementing this grand event.



Congratulations to the 2022 Recipients!

Mrs. Sally Smollar - Librarian, Garden Club Sponsor
Plumosa School of the Arts K-8/Mrs. Ronda Smith, Principal
Mrs. Holly Nilsen - 3rd Grade Teacher, Garden Club Sponsor
Mrs. Carri Jones-Gallagher, ELL Teacher, Co Garden Club Sponsor
Hammock Pointe Elementary/Mrs. Stephanie Cook, Principal
Mrs. Ana Fraga - Assistant Site Director, After School
Morikami Park Elementary/Mrs. Stacey Quinones, Principal

Closing Down Your Garden for the Summer

Hammock Pointe Elementary, Boca Raton, FL, was the lucky recipient of a brand new fence to enclose their Garden of Hope. Jospeh P Cory Foundation was on site to put up the wooden structure, which surrounds their campus teaching garden. A big thank you to General Contractor Mr. Atlee Miller, who donated his time, talent, and treasure to erect this structure during a very uncooperative rainy day. The following morning, students were surprised, and proudly began to prepare their garden for the unrelenting summer sun. Click Here to help you "close down" your garden, and keep it rested and ready for this Fall's new planting!





Spotlight on Atlee Miller, General Contractor



Atlee Miller, owner of A.A.M. Development in Jupiter, Florida, believes that if something is worth doing, it is worth doing right!

Atlee is one of 16 children from an Amish family in Ohio, raised with the core belief that all people should be treated fairly, and integrity is everything. He began his journey in construction at the age of 13, working with his dad, ultimately earning his Florida General Contractor and Florida State roofing license, and running a successful business for over 20 years.

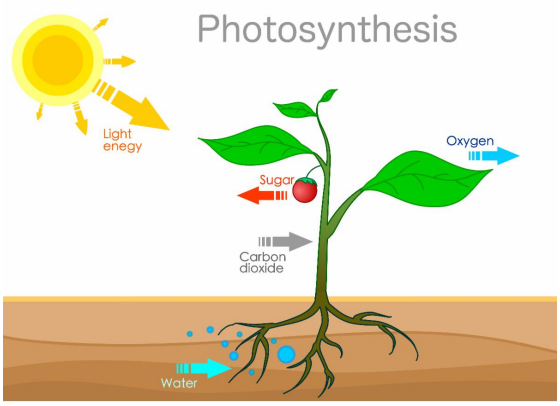
From peg and dowel barns to mansions on the water, Atlee builds and remodels all types of structures and anything you can think of. Utmost attention to detail is the ethic that earns him referrals and repeat business, exceeding everyone's expectations.

The Joseph P Cory Foundation thanks Atlee and A.A.M. Development for their generous in-kind donation, the erecting of the new fence around our Hammock Pointe Garden of Hope!

atlee.miller@aamdev.com

Summer Projects for "Energetic" Students!

Photosynthesis - Light Energy



Every time you take a breath or eat your favorite meal, you have plants to thank. Plants use a process called photosynthesis to make food. **During photosynthesis, plants trap light energy with their leaves**. Plants use the energy of the sun to change water and carbon dioxide into a sugar called glucose. Glucose is used by plants for energy and to make other substances like cellulose and starch.

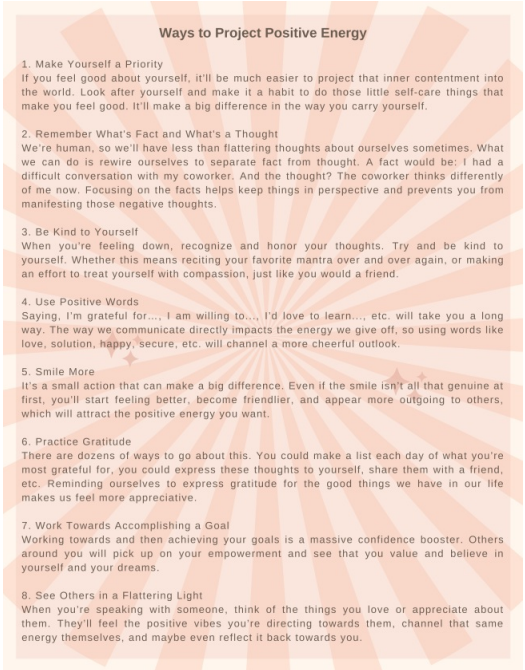
Link for student projects

Yes, I want to become a Member!

Ways to Project Positive Energy

Almost everyone knows someone who radiates positivity. They're the ones who naturally draw others in and make people feel at ease. While it may be effortless for some to channel the peaceful outlook, for others, it takes practice, and that's okay. The energy you give off not only determines your interactions with other people, it also speaks to how you're **feeling about yourself**.

When you begin to shift your mindset, you'll start to witness all sorts of amazing opportunities come your way, and you'll start feeling a whole lot lighter as well. Here's how to channel positive energy from the inside out:





- Make yourself a priority
- Remember what's fact and what's a thought
- Use positive words
- Smile more
- Practice gratitude
- Work towards accomplishing a goal
- Give compliments
- Live in the moment
- Practice good posture
- Be more generous
- Practice good faith
- Be kind to yourself
- See others in a flattering light

"Rice, Rice Baby" - We *Love you* Rice



We may not always notice it, but the words we say, and the thoughts we think, tend to influence us in some way or another. They can affect our mood, how we treat others, and how our day goes - whether for the better, or for the worse, it's up to us. We wanted to find out if we would be able to visibly see the power of positive versus negative words, so we decided to recreate **Dr. Emoto's** famous rice experiment for ourselves and see what would happen.

The basic premise of the experiment is this: that the words we say and the thoughts we think have an energy that can physically manifest over time. In Dr. Emoto's original experiment, he found that the rice that he spoke kind words to remained mostly white, while the rice that he spoke negatively to, turned moldy, providing physical evidence of the power of positivity. **Dr. Emoto's Rice Experiment Link**



Full List & PDF

Slow and Steady...

If you plan it right, what you eat can help keep you healthy and energized all day long. The key is to maintain balanced blood sugar levels and to eat meals made up of low glycemic index carbohydrates combined with protein and small amounts of healthy fats. A well-balanced meal can keep you fueled for as long as four hours, so another pro tip is to eat every four hours or so, to keep a steady flow of energy. The worst foods to eat for sustained energy are high-sugar foods because they cause your blood sugar to quickly rise, triggering the release of too much insulin, which triggers a plunge in blood sugar levels, AKA a sugar crash. Steady energy feels great. To optimize your daily energy level, try adding some of these foods into your meal plan.

So...



Highlights and Accomplishments

- Year Three of our longitudinal study with University of Miami Miller School of Medicine MD/MPH program verifying the impact Gardens of Hope have on students.
- School District of Palm Beach County (SDPBC) proclaims April 28, 2022, as Gardens of Hope Awareness Day.
- "Grow it Forward Leadership Awards" distributed at the SDPBC Wellness Promotion Task Force "Annual Wellness Celebration", to highlight exceptional GOH work in schools.
- Nada Cory, on behalf of the Joseph P Cory Foundation, will be the key note speaker at the General Federation of Women's Club Annual Conference, June 11th in Stuart, Florida.
- Course Standards assigned to Gardens of Hope syllabus.
- Completion of the new After School GOH program.
- Gardens of Hope has a published paper in The International Journal of School Health
- SDPBC Wellness Champions planted raised bed gardens at 4 Transportation Facilities locations.
- Homeschool groups are eligible for GOH Ed - Email us and ask how
- You asked for it... MEMBERSHIP IS NOW OPEN!
- Garden and Farm tours, organic dinners, and more events to come

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Scalar Energy?

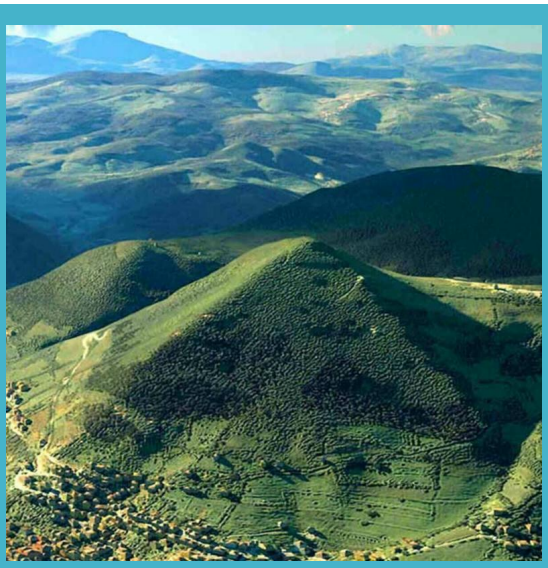
The science indicates that Scalar Energy is created when two circular electromagnetic waves rotating from opposite converging energy vectors meet. The equivalent frequencies of the wave

cancels each other out leaving a standing or stationary energy field that is Scalar Energy. This space that Scalar Energy occupies is not a vacuum but is buzzing with checked and adjusting energies. The science also portrays that Scalar Energy can be made by electromagnetic generators or naturally when similar circular electromagnetic waves meet from two unique energy vectors. It is therefore not unusual to find small amounts of random scalar energies in the environment around us.

Scalar Energy is different from other man-made electromagnetic field in a few important ways. Scalar energy is:

- **Zero Frequency**
- **Immeasurable**
- **Able to Permeate through Solid Object**
- **Once Embedded in an object, it remains**

Scalar energy products are alternative medicine products. The manufacturers of scalar energy products state that they are made of volcanic materials or other minerals and claim of a number of health benefits, including improved circulation, improved stamina and improved flexibility.





Energy of the Bosnian Pyramids

The Bosnian town of Visoko has in recent years become a pilgrimage site. Several formations in the landscape have been branded as ancient pyramids and tunnels. These purported monuments from bygone times are administrated by a private foundation led by the Bosnian American entrepreneur Semir Osmanagić. His claim is that the structures at Visoko were built tens of thousands of years ago by an advanced civilization that mastered a technology that enabled the concentration of healing energies.See what Dr. Sam Osmanagich has to say about the pyramids

Want to explore the Bosnian Pyramids this September? Join the private adventure "Croatia and Beyond with Your Host Nada Cory"!

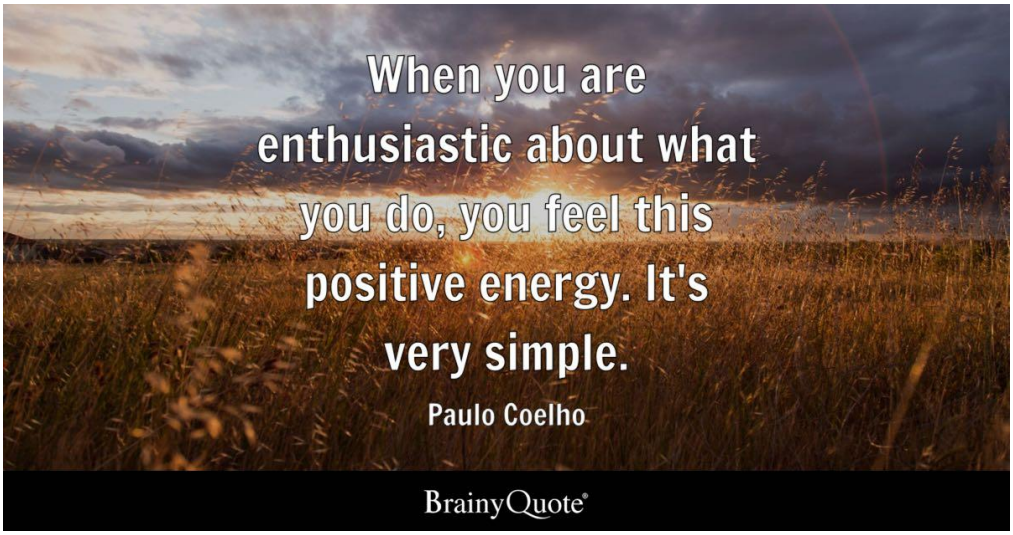
Yes, I want to become a Member!

Our School Goal is 10 new gardens.DONATE TO EDUCATE!

NOTE: For as little as $6 a month, your membership takes gardens within our parks and recreation, school campuses, vacant properties that might lay dormant, and creates an exemplary learning environment for providing hands-on nutrition and health education, promoting positive

time outdoors, physical activity and developing collaborative skills.

Simply click below and choose from the many levels secure payment options, and exclusive benefits, and let us continue this exciting journey together as we transform and unleash the power within all of us!



Note: All medical information/nutritional content is compiled from affiliates and experts in their fields, and is not meant to treat or to replace the advice of your personal healthcare professional. The Joseph P Cory Foundation, provides guidelines and suggestions that align with our mission: Empowering people and communities to achieve wellness
and well-being through education, expertise, and guidance. Nada Cory/the Joseph P Cory Foundation does not receive compensation for recommendations and affiliate links.

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561.501.3538