

## Meaningful work, the peace of nature, and community!

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### *Story of Amanda Stibrany and her experiences working at the Albion Hills Community Farm*

Amanda moved to Canada, from England, four years ago. Being a homestay mom, it was hard for her to meet people, until she joined the Albion Hills Community Farm. By volunteering at the farm, she not only found a good excuse to leave the house and be active, but a good way to exercise, be social and work towards something she believes in, sustainable food systems.

When she first moved back to Canada, she felt she was not living in the place she wanted to be. Volunteering at the Albion Hills Community Farm helped her overcome the lack of sense of belonging she was feeling. She said, “I find working in nature very uplifting, it really helped me get over that I wasn’t living where I wanted to at the time”. Then she added, “Another great aspect of working in this kind of environment is that you get to meet, interact and make friends with like-minded people”.



vegetables, regardless of weather conditions. It made me feel like if I were living a thousand years ago. But it felt great. It was actually really inspiring!”

During our conversation, Amanda couldn’t emphasize enough how much meaning and satisfaction working in nature has brought to her life, and how good she feels about working with like-minded people, in a peaceful and natural environment, while being part of a sustainable food production system.

Amanda told a brief story about the strange feeling of working with your hands to raise vegetables, “One day we had to harvest a large amount of vegetables, but it was raining really hard. Oddly enough, instead of feeling miserable for being cold and wet, I felt a complete sense of satisfaction by being physically involved in something so elementary and natural as growing