



# *buzz*

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## Communication Tips Part 1

As I was picking up material to read at my doctor's office, I found this brochure from the Indiana Governor's Council for People with Disabilities. I began to read the brochure and thought that it had some very good information which I wanted to share with all of you.

Rules to use when writing or speaking about people with disabilities.

1. Always use people-first language. Instead of saying "a disabled person," say "a person with a disability."
2. Never group individuals together such as "the mentally disabled." This puts the focus on the disability instead of the individual.
3. Avoid emotional and sensationalist words. People with disabilities are often either thought of as inspirational and courageous or pitiful and in need of charity. Both extremes are inaccurate stereotypes.

You can help support people with disabilities by using nonjudgmental terms and phrases that portray an image of dignity and respect. By working together to create positive attitudes toward people with disabilities, we can create a better society, which is a positive step for everyone.

I hope that these tips can help you communicate more effectively with people with disabilities. Look for Part 2 in next week's *Buzz*. If you would like to discuss them further, please feel free to contact me.

—Karen Pfahler, Disabilities Advocate  
for Waterford Mennonite Church

## Listen Up

Communication—ah, what a great idea. To talk to each other and to listen. What does it mean to listen well? Well, one thing it means is hearing the voice that is talking. Seems pretty simple, right? Maybe for many of us, but there are a fair amount of people among us who are really trying to listen and hear but cannot hear what the other is saying. Many of these people have invested big bucks for hearing aids and still have difficulty hearing. What this means for those of us who do not struggle with hearing is to remind ourselves to speak up, speak clearly, speak slower and don't drop your voice at the end of your sentence. It is frustrating and at times maddening for those who are really trying to hear and pay attention to not get the "whole truth." Let's work at this together and remind each other of the need to "Speak Up" so we can really "Listen Up."

—Velma Swartz, Pastor of Senior Ministries

## New Buzz deadline

The new deadline for submitting articles to the Buzz is Mondays at 5:00 p.m. Articles submitted after that time may be held until the next week. Please cc all submissions to [office@waterfordchurch.org](mailto:office@waterfordchurch.org).

## Gingerich Dairy Farm Tour

The Gingerich Dairy Farm Tour happened last Saturday, June 18, from 12:00 noon to 5:00 p.m. An estimated 500 people enjoyed the self-conducted tour. Many of the visitors were from Waterford Mennonite Church.

After signing in at the tent, people were given a bag to carry educational brochures and other items of interest that were on tables. Before leaving the tent, shoe covers were provided for use while on the tour. A cup of ice cream was enjoyed early in the tour by the group I was with.

There were knowledgeable people at various locations to answer questions about how the cows and calves are cared for. I learned that cows drink about 30-50 gallons of water and eat about 100 pounds of food each day. There were two large buildings in which the cows were eating on both sides of the driveway/walkway where the visitors walked. The food was on the cement floor on the visitor's side. It appeared that the cows were enjoying the mixture of hay, grain, silage, protein, vitamins and minerals. Most of the food for the cows is produced on the Gingerich Farm.

The calves are separated from their mothers soon after birth and live in small individual

outdoor shelters and pens where they are fed and watered. During the afternoon, two new calves were born. There are over 1,000 cows and calves on the Gingerich farm.

Each of five-hundred cows are milked three times a day. There are two large stainless steel tanks to store the milk. The computers in the basement of the milking parlor keep track of how much milk each cow gives—each cow averages 90 pounds (10.6 gallons) of milk per day. Twenty-four cows were being milked at one time by two people.

Before leaving, visitors could return to the tent and enjoy free cold drinks—milk, chocolate milk, and bottled water. There was also cheese cubes and yogurt available.

If you missed the tour and are interested in visiting the Gingerich Dairy Farm, you can call and arrange a time for a visit. Someone would be pleased to show you around.

Thank you, Merrill and Lola (and other members of your family who are a part of the Gingerich Dairy Farm), for inviting us to tour your farm. The tour was enjoyable, educational, and refreshing.

—Elmer Wyse



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The *Waterford Buzz* is normally published weekly for members of Waterford Mennonite Church. Items for inclusion should be given to the editor by 5 p.m. Monday preceding publication.

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