



## THE AMERICAN FARM SCHOOL **Sower**



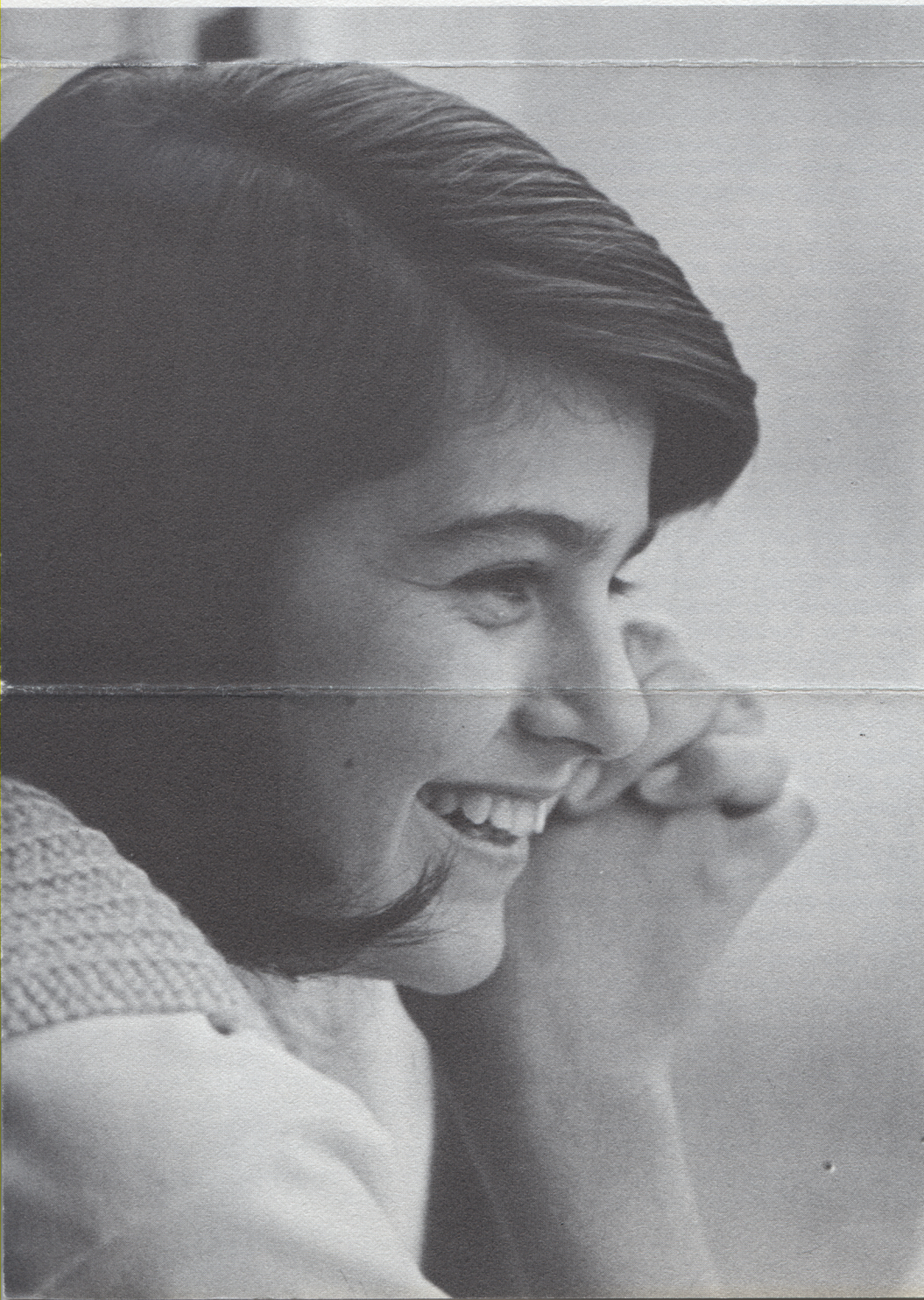
NO. 76

THESSALONIKI, GREECE

WINTER 1971-72

### A Day at the Girls School

## Where a Village Girl Becomes an Educated Young Woman



LONG BEFORE the first bell rings in the morning, two girls crawl reluctantly out of their warm beds. They are members of the "kitchen team" this week, and their day will be even longer than the days of the other students. It's 5:00 a.m.

Perhaps the best way to describe the Girls School — founded by the British Quakers in 1946 and now an integral part of the American Farm School — would be to watch the girls go about their daily activities: the learning, studying, sewing, housekeeping, gardening, and day-dreaming. Farm School staffer Kathy Cosby spent 24 hours with the girls. Here is her report:

**6:00** The first bell rings. It's still dark outside during the winter. The 42 "late sleepers" awake to the aroma of breakfast being prepared by the two early risers — who are part of a team of seven girls who prepare the daily meals. There's a new team each week.

**6:30** Breakfast. Farm-School eggs and bacon, of course. Then comes bed-making and straightening up. Each girl has a small bedside table-cabinet for her personal belongings. She also is allotted a certain amount of hanging space in a communal closet, and a place to keep her shoes and store her suitcase. Space is tight: so tight that each girl must be, at worst, immaculate. There just isn't room for messiness. And there's a weekly award for the neatest dormitory room.

**7:05** Time for chores. The girls keep their own house — no janitors around to scrub the floors. With kerchiefs on their heads and brooms, mops, and dust rags, the girls clean the dorm from top to bottom. Even the new four-bed infirmary

ONE OF 44 STUDENTS at Girls School is Eleni Barbatzarou, 15, whose brother Sotiri is a Farm School graduate. She's a freshman from a small village near the Yugoslav border. Favorite subjects are rugmaking and embroidery.





**A DAY AT THE GIRLS SCHOOL** starts at 5:00 a.m. for the breakfast-making-team. For all 44 girls it's a long, full schedule — from calisthenics to gardening and rug making, with classes in English as well as Greek, math, history and religion. But the days are full of laughter, too, and companionship.

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gets a dusting and pillow-fluffing, even though it's unoccupied today.

**7:50** Here comes Paula Xanttopoulos. She's an American, in her fourth year on the Farm School staff. Three days a week, before classes begin, Paula leads the girls in ten minutes of brisk calisthenics on the new hard-surface volleyball court.

**8:05** Bong goes the bell. Classes begin. During their two years at the school, the girls will study both practical and academic subjects. Mrs. Vouli Prouali teaches the academic subjects — Greek, English, math, history, geography, and religion. Mrs. Prouali is director of instruction as well as administrative assistant to the Girls School director, Mrs. Elizabeth Woodlock. Since the girls enter the school after completing the elementary grades, their instruction is at the junior high school level. They have five class periods in the morning — including two classes in knitting, rug-making, sewing or weaving. The skills acquired by the girls in these practical crafts can be vital sources of income after they graduate, as well as a lifelong cultural enrichment.

**12:30** Time for lunch, prepared by the seven-girl team of the day, followed by free time to be alone or to relax with other students.

**1:50** Bong goes the bell again. Miss Loutha Pantazidou (who also is director of the dormitory and accountant for the Girls School) teaches cooking, food preservation, and other phases of home

economics. Finally come the classes in gardening, taught by Miss Fani Mattheopoulou.

**4:15** The "extra period" begins — a special hour for gym, lectures, guest speakers, and other activities not on the regular schedule. On a typical day you might find some of the girls practicing volley ball, and others making gym shorts in the sewing room (which at meal times is the dining room and at other times is the study hall). Since making the gym costumes saves the school money, the girls will be paid for their work — and the proceeds will go toward the graduating class trip. During this extra period you also might find eight of the girls doing their laundry in the eight basins in the new laundry room, which is one of the capital projects completed in 1971.

**5:15** Free time begins and many of the girls start to congregate in the new Sigma Kappa lounge (which is at one end of the dining-sewing-study hall). Others keep working on their sewing project, and still others get together in twos or threes to gossip and work on their embroidery.

**5:30** While most of the girls enjoy their free time, the kitchen team swings into action. Today is Wednesday, and on the menu is a rice-and-cabbage dish, bread, milk, and halva for dessert — no meat, because this is a special day. The girls have decided to fast so they can save money to send to UNICEF for Pakistani children. After dinner the clean-up team takes over. With three sinks in the newly enlarged kitchen, the girls make short work of the dishes.

**7:30** The bell brings silence; the dining-sewing-study room is once again a study hall, and for two hours the girls settle down with their books.

**9:30** This time the bell brings the scurrying of feet as the breakfast team heads for the kitchen to measure out the morning's food, the student nurse heads for the infirmary to prepare for any emergency, and the other girls prepare for bed.

**10:00** Once again, the school is quiet. It's been a long day. What are the girls thinking about, as they drift off to sleep? Home, perhaps, and their village, or perhaps the coming week end — football games, Saturday evening recreation with the boys, leisurely hours on Sunday. The work and the study at the Farm School are hard and demanding. But there's play as well as work, and wonderful companionship. It's all part of the metamorphosis from village girl to educated young woman.





## School Testing New Methods Of Dairy for Small Family Farm

David Coppock is a 26-year-old American with a beard and a task — both of Herculean proportions. The beard is an accomplished fact, but the task is only well started. He is out to prove that dairy farming can be conducted profitably on small, family-owned Greek farms.

Rolling pasturelands, big dairy barns, and herds of fat cows have never been part of the scene in Greece. The dairy industry is so small that imports of condensed milk and other dairy products cost the country \$20 to \$30 million each year.

But David has some stout arrows in his sling. Among them: a herd of 24 Holstein heifers imported by the American Farm School; a modern barn and milking parlor designed especially for conditions in Greece; and more than 70 years of Farm School accomplishments and acceptance to back up his own enthusiasm and knowledge.

The dairy facility is designed for minimum time-consuming maintenance, so a family on a small farm can profitably add a herd of 24 cows to their normal farming activities.

By tending the herd himself, and teaching at the same time, David has already demonstrated that one man can do the job. The next question is whether milk can be produced at competitive cost.

At the end of 1972, when the project has been conducted for three years, David will tote up all his expenses to arrive at an average cost per quart of milk. If that final figure is attractive enough, the government may help a number of Greek farmers build similar facilities and get into the dairy business.

As Farm School President Bruce Lansdale points out, however, it's one thing for an experienced dairyman like David Coppock to run the facility — and quite another to teach students and farmers to do the same. And that's the long-range

task now under way. David says his new facility "is about the most efficient barn and milking parlor you could ever get." But, he adds, "Dairy farming is much more than keeping cattle in a new type of barn. You also have to keep cattle on paper — with accurate records of milk production, health, and costs."

When students or farmers visit the school, they quickly learn from David how to spot good cattle. "This one stands well," he will say. Or, "That one has the best udder." Farmers look over the barn, and go home with ideas on how to improve their own barns. "It's hard to measure what a visiting farmer will learn," David says. "But you can tell by the way they poke around and ask questions that they will go home with new ideas and new enthusiasm."

New ideas and new enthusiasm — helping Greek farmers participate in the Green Revolution that is sweeping the world. That's the continuing story of the American Farm School.

## Nana Mouskouri To Sing At Girls School Benefit In New York, Washington

In 1969 The New York Times reported: "Not many singers can sell out Carnegie Hall for a debut concert, but then again, Nana Mouskouri is a very special sort of singer."

Not only will Nana return to Carnegie Hall this year — on Feb. 26 at 8 p.m. in a benefit performance for the girls at the American Farm School — but she also will sing for the girls at Kennedy Memorial Center in Washington on Feb. 20.

For New York tickets, call the Trustees office at (212) 889-8285. For Washington tickets call Mrs. Sperry Lea at (202) 337-6453.

## Last Call to Sign Up for Charter Flight

Our low-cost charter flight to Greece May 11 to June 8 is filling up fast.

If all 170 seats in our own TWA 707 jet are filled, the cost comes down to \$225 per person — and less than 30 places are still open. A \$50 deposit (refundable until Feb. 28, less a \$15 handling fee) reserves your seat. Final payment is due March 30. You'll be advised of the exact fare by about March 1 — or sooner if the flight is fully subscribed.

The plane will stop briefly at Thessaloniki for those who plan to visit the Farm

School, where special events are planned over the week end of May 12-15. See Optional Tour A on the yellow insert page.

Other optional tours — including Northern Greece, the Balkans, Classical Greece, and a cruise among the Greek Islands — are also described on the insert page.

Springtime in Greece, and a warm welcome at the Farm School, await you. Please act promptly!



# Business Booms at Expanded Self-Service Store

Swinging doors, shopping baskets and carts, automated check-out counter — and sales of over \$150,000 a year. That's the scene at the new Farm School self-service store.

The scene has changed. Only a few years ago, staff members and friends from Thessaloniki went around from building to building to buy any fresh milk, eggs or vegetables that might be surplus to the school's own needs. It was not a very efficient way to shop. But people were willing to take the trouble to get the fresh, farm-grown food they trusted.

Then, one day, a table appeared outside the dairy barn — laden with vegetables grown, packed and displayed by the

students. It was true self-service; the customers chose what they wanted and deposited their money in a box on the table. There was no attendant.

At that time, Cincinnati Hall housed a small staff cafeteria which sold a few non-school products such as coffee and sugar for the convenience of staff members who lived at the school. The next logical step was a store where staff members and people from Thessaloniki could buy many items — staples such as salt and flour as well as Farm School ice cream, poultry, and vegetables in season.

Housewives were soon coming from all over the Thessaloniki area, and last summer the school received a grant from

the United States government to modernize and enlarge the store as a demonstration project for modern retail merchandising. Much of the expanded area is now occupied by the latest American storage, display and dispensing equipment.

The new self-service store was officially opened on Thanksgiving Day. Its goal is to double the income of the old store — which for the 1970-71 school year was about \$100,000.

It's well on the way already; milk sales are close to 1,000 quarts a day — against perhaps 150 quarts a day back when customers had to make the rounds of the buildings for their purchases.

## 79 Airborne Calves Arrive

LAST NOVEMBER, 79 cooperative calves arrived at the Farm School.

They were a bit exhausted — but who wouldn't be, after flying all the way from Canada to Greece in a wooden crate? Twelve of the Canadian-Friesian calves are heifers and the others are

bulls. The school will keep all the heifers and 15

bulls. With this group the school will train students, test early weaning, and grow beef

for the self-service store. The remainder of the herd will be sold to farmers

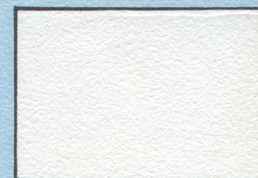
— part of the school's continuing program to upgrade beef and dairy farming in Greece.



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### GREEK SUMMER 1972

A challenging adventure awaits 40 high-school-age American boys and girls during GREEK SUMMER 1972. You'll live at the Farm School while working on a peace-corps-type project in a Greek village. You'll also see the mountains, islands, beaches, and historical sights of Greece. June 21 — August 3. Total cost including jet from N. Y. is \$1,500, of which \$500 is tax deductible. Apply by April 15. Write to address above or phone (212) 889-8285.