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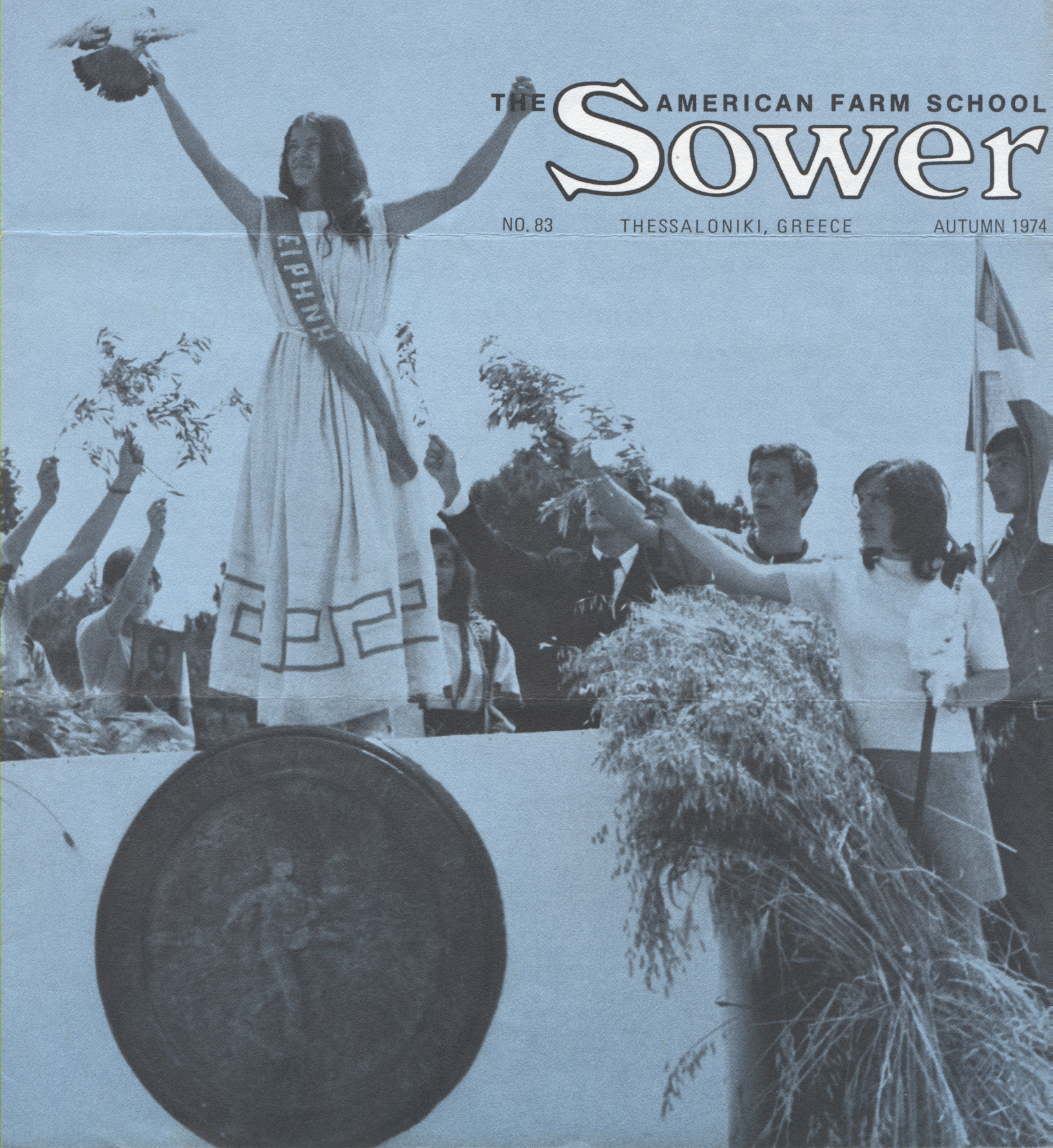
Get set to jet
to Greece in May
on our fabulous
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THE AMERICAN FARM SCHOOL Sower

NO. 83

THESSALONIKI, GREECE

AUTUMN 1974



"Peace" Is Theme As 66 Graduate In Hopeful Mood

MIDST STRAW HATS and livestock, peace doves and parents, 66 young men and women graduated from the American Farm School this year.

"A Portrait of Peace" was the theme of the festive and hope-filled ceremony. As our cover photo shows, the pageant was climaxed by the release of a dove by one of the girls. She was dressed as IEPHNNH — Irene, goddess of peace.

"Not peace simply as the absence of war," said President Bruce Lansdale, "but peace as an inner tranquility which man can transmit to his fellow man."

Each boy received a straw hat in the traditional symbolic rite. Paschalis Delides, voted "best all-round boy," was given a calf.

Eleven of the boys were in the first class to complete the new 3-year technical program. Their advanced skills will be vital in helping to modernize farming methods in Greece.

Several of the 36 graduates of the older, lower-level program are back in school this fall — enrolled in the new 3-year program.

How to Double Your Donation To the School

AN EMPLOYEE of Mobil Oil Corporation wrote out a check to The American Farm School recently — and his contribution was promptly doubled.

Mobil is one of more than 600 companies with "Matching Gifts" programs. When an employee or annuitant donates to any approved institution, the company matches his gift — usually up to a certain limit, in this case \$3,000 a year.

Earl Whitcraft, Secretary of Mobil Foundation, Inc., says:

"We have found that a matching-gifts plan is an excellent way to encourage employees to support schools. Many other companies have similar programs. So I'd say that any employee of a large company should check his own situation, whenever he gives to the Farm School, because his donation may be doubled too."



TWO BOYS CARRY Greek and American flags in the 1974 graduation-day parade. Girls wear aprons they designed and made in their homemaking classes, and sweaters knitted by machine in their commercial-crafts courses.

Youth Groups Score in '74; Planning Gets Under Way for 1975

HISTORIC EVENTS at home and abroad lent a touch of excitement to the Farm School youth programs this year. And for the village of Peristera, perched in the mountains above the rolling Farm School fields, 1974 brought a welcome abundance of young American ambassadors.

First came GREEK VILLAGE SPRINGTIME: Diane Curtis and Wendy Forsyth of Rochester, N.Y.; Susie DiSesa of New Haven, Conn.; Helena Lea of Washington, D.C.; and Mike Lansdale of Thessaloniki.

The GVS group arrived in Peristera in May to live with families and experience village life firsthand. Their 5-week independent study program also included investigation of classical sites, a hike up Mount Olympus, and a trip to the Sporades Islands.

Hikes and excursions fit the GREEK SUMMER agenda, too, but the focus of the 6-week work camp was pretty Peristera.

The 44 GS young people met with a rousing welcome, and spent July living and working in the village. They paved two steep, winding roads around the beautiful 9th Century church in the heart of

town. Look for their story in the next *Sower*.

Meanwhile don't delay: plans for both programs are rapidly shaping up for '75.

GVS is open to high-school juniors and seniors with school permission.

GS is open to students in grades 9-12, and we always have more applicants than spaces.

For more information, or to have a slide presentation or the GREEK SUMMER movie shown at your school, contact Sarah Holland at the New York Office.

How to Cook Tasty Greek and American Dishes

WE DON'T often review books in *The Sower*, but here's a slender little volume that should delight anyone who loves to cook, eat, and experiment with tasty new dishes.

It's called *The American Farm School Cook Book*. Recipes were contributed by the women of the school, both Greek and American, and each is printed in both languages. You'll find everything from hors d'oeuvres to desserts, from moussaka to shrimp Creole.

New, interesting, and even great results are almost guaranteed, and any profits from the sale of the book go to the school. The price is only \$3.50, postpaid from the New York office.

COME VISIT PERISTERA

GS and GVS parents who come to the Farm School in the Spring can visit the villages where your children have worked. See page 7 for charter flight details.

N.Y. Staffers Move to New Office - the Hard Way

DID YOU EVER carry an electric typewriter down 20 flights of stairs?

"The closer you get to the bottom, the heavier it gets," says Farm School Vice President Joe Cruickshank. "Must be the law of gravity."

The typewriter was just one item rescued in the weeks after an early-morning gas explosion wrecked the building where the New York Office of the Trustees was located.

Staffers Sarah Holland, Thea D'Avanzo, and Joe Cruickshank found temporary shelter in the nearby offices of UNICEF, thanks to the hospitality of UNICEF Director Henry Labouisse — who is a Farm School Trustee.

When the wrecked building was deemed safe enough, the staffers climbed up to their offices. The elevators were still out of order; the stairs were on the blown-out side of the building, exposed to the elements.

"When we got to our offices we were shocked," says Sarah. "The door was blown right off. It was on top of a table. The wall was on top of the door, and the ceiling had fallen on top of the whole mess!"

"Mr. Cruickshank told us to watch our step," says Thea. "He didn't have to tell me."

Files were scattered; some had blown out the gaping holes in the walls; some were too deep under the debris to dig out.

The intrepid team made many trips up and down the 20 flights, toting files, office equipment, slide projectors, and everything else they could dig out and carry.

In late May, the 22nd floor of a modern Madison Avenue office building became available. The Farm School and a group of other schools that had shared space in the old building promptly moved in.

The cost of moving, replacing lost or ruined equipment, and buying new supplies, put an unexpected strain on the budget. Some of the damage was covered by insurance. But most was covered by the generosity of the school's friends.

Luckily, the U.S. mailing list was at the printer's when the old office was wrecked. So a letter was sent out, asking for help.

"The response was tremendous," says Chairman Post. "People who had just made donations sent extra checks. People who normally give later in the year sent donations by return mail. And *three* foundations who had turned us down changed their minds and sent donations."



VIEW FROM THE 20th FLOOR was breathtaking but scary after an explosion wrecked Trustees Office in Manhattan. Staffers Sarah Holland (who borrowed a hard hat for the occasion) and Thea D'Avanzo worked alongside Vice President Joe Cruickshank and Chairman George Post in digging out files and equipment — and carrying countless loads down those long 20 flights.



She Opens the Eyes of the Girls to the World of Art

By Dorothy Rutledge

A LADY FROM CHICAGO came to the Farm School in February, 1972. She watched the girls at work at their looms. She made suggestions about color, texture, and techniques. She wondered whether here, at The American Farm School, a dynamic new approach to contemporary Greek design could be nurtured.

The lady from Chicago is Mrs. Bertold Regensteiner. She has now made four visits to the school, staying several weeks each time.

Today there's a small boutique at the Girls School displaying (and selling) a wide variety of scarves, taghari bags, rugs, tapestries, sherpa coats, and many other items.

There's also a display at the National Handicraft Organization of Greece in Thessaloniki, and a smaller display in the Trustees Office in New York. Many of the items are one-of-a-kind; all show fine workmanship and creative talent.

Today the school is emerging as a pioneer in modern Greek design. Students and graduates are using efficient, high-volume techniques to produce marketable items. Girls School crafts are becoming a welcome source of income for the Farm School — where self-help has always been a basic principle.

Many people have worked very hard to bring about this transformation: teachers and staff members, wives of teachers and staff members; students; graduates; friends in Thessaloniki, Athens, and America. But no one person has done more than Else Regensteiner, who saw the possibilities and stirred the imaginations of the young craftswomen.

"She teaches," wrote Litsa Fokidou, "and in her teaching shows her love for fabrics and the wonder of their creations."

Mrs. Fokidou, reporting for a Thessaloniki newspaper, continued:

"She opens the eyes of these young girls to the world of art. She teaches them to look at nature and to borrow from it colors and shapes, which they then transform into personal creations by combining warp and weft on the loom."

Mrs. Regensteiner is one of the world's foremost weaver-designers. She is the former head of the Weaving Department at the Art Institute of Chicago. She studied at the University of Munich and later at the Institute of Design in Chicago. Her creative work has been shown in more than 50 exhibits, and is included in several museum collections. Her many awards include a citation

of merit from the Museum of Modern Art in New York City, and a first prize from the International Textile Exhibition.

At the Farm School, Mrs. Regensteiner has taken a practical approach to fostering a creative art. When she found that the first-year girls were learning to weave by watching the older girls, she donated new looms — so the girls could learn by doing, rather than watching.

When she learned that the small village of Vlasti, near Kastoria, is a center of the weaving craft, she chartered a bus — so the students and teachers could spend a day with the professional weavers of Vlasti. They returned with many a secret formula for spinning and dyeing yarn, warping, designing, and even pricing the finished product.

She also encouraged students to visit folk museums and archaeological sites, to learn about modern and ancient designs they could adapt to their own creative tastes.

"The girls should learn weaving at the vocational-school level," she said recently. "But vocational training must encompass design as well as techniques. A girl should be a well-trained technician, but she also should be competent to select and adapt designs creatively."

Under Else Regensteiner's guidance, the students have attained a high level of technical skill. But her real gift to the girls is one of developing confidence in their own ideas — of opening avenues of expression through beautiful, natural-dyed wools handcrafted into unique works of contemporary Greek art.

These gifts have been freely given despite a staggering schedule in the U.S. of lectures, conferences, seminars, and book-writing.

It is little wonder that the girls hope our lady from Chicago will return to the Farm School again and again.



Meanwhile, Bertold Sets Up New System for Bookkeeping

ELSE IS NOT the only Regensteiner whose professional advice and counsel have been invaluable to the Farm School. Her husband, Bertold, has devoted many hours to overhauling the Girls School bookkeeping system. He introduced a new system which is more efficient, takes less staff time, and is easier to maintain than the old system.

Bertold Regensteiner worked closely with Miss Loutha Pantazidou, the Girls School bookkeeper, and with Prodromos Okkalides, Business Manager of the Farm School, in setting up and implementing the new system.



ONE OF THE WORLD'S greatest weaver-designers is helping Farm School girls learn to produce creative designs with professional skill. In the photo above, Else Regensteiner shows a strikingly modern design that Koula Tapta, a producer-teacher, adapted from an ancient mosaic she saw in an archaeological museum. On the wall are some of the girls' unique taghari bags. In photos at left, Mrs. Regensteiner checks techniques of two graduates who have returned as producer-weavers. Zoe Michaelidou is making a famous owl rug, while Sonja Kourtidou works out a geometric design.

One-Man Dairy Demonstrated by Young "Old-Timer"

HE CAME to the school in the autumn of 1972, to head a one-man-dairy demonstration operation that already is having a profound impact on the future of many Greek farmers.

He brought a lifetime of experience, a mature knowledge of the dairy business, and an easy self-confidence in his ability to handle the job.

Laird Bowman was 17.

It's not uncommon these days for young people to devote a year or two, between high school and college or after college, to social service. The Peace Corps is a prime example. Laird chose the Farm School. His service was sponsored by the Brethren Volunteer Service, a division of the Church of the Brethren.

Laird Bowman grew up on his family's dairy farm near Boones Mill, in Franklin County, Virginia, where his father taught him the skills and methods of the dairy business. Laird owned six of the 175 Holsteins on the Virginia farm when he left for the Farm School. One of these he donated to the school.

The two years Laird spent at the Farm School helped hundreds of Greek farmers learn — by demonstration — that the typical small, family-run Greek farm can actually include a thriving dairy business.

The Farm School's one-man barn and milking parlor were designed for a minimum of time-consuming maintenance. But Laird had some other chores. Since this was a demonstration project, he had to keep detailed records of every pound of feed, every pound of milk, every drachma received and spent.

He also taught Farm School boys how to build and operate their own dairy barns. And during the summer months he conducted short courses for hundreds of Greek farmers — many of whom asked for plans, so they could check out the cost of building their own dairy barns.

Lansdale Writes from Greece To Reassure American Visitors

HOW ARE THINGS in Greece? Would it be wise or safe to travel in Greece these days?

Farm School President Bruce Lansdale recently has written several letters to friends who are planning to visit Greece, but who are concerned about the anti-Americanism they have read about in the newspapers.

Here is what Bruce said in one of his letters:

"A number of friends have arrived from the U.S. in a state of great distress, wondering how they would be treated. They have soon discovered that you shouldn't be too concerned about all you read in the newspapers.

"The Greeks have a wonderful way of separating people from politics. There have been incidents involving cars with U.S. government license plates, and this expresses their very keen disappointment

over the whole Cyprus matter. But at a personal level, they emphasize that their affection for the American people continues at the same high level it has always been.

"I hope you will not be dissuaded from coming to Greece. As a matter of fact, the hotels have plenty of rooms and you can travel everywhere without overcrowding.

"But mostly, I hope you will come because there is a great need for personal contact — for Greeks and Americans to look each other in the eye and see that the affection they have always held for each other has not changed."

As a glance at the opposite page will tell you, the Farm School is planning a Charter Flight for next spring. We hope it will be filled to the rafters with Americans ready to help reaffirm the old friendship between two great peoples.



AT THESSALONIKI AIRPORT, Laird Bowman (left) takes time out from his chores to help unload a cargo of 150 airborne calves, newly arrived via jet from Canada. Other members of the welcoming committee are Agriculturalist Stelios Georgios, Agriculture Division Manager Panayotis Rotsios, and Dairy Technician George Kefalas. Most of the calves will be sold to farmers. The others will be used by the school for student training and for growing beef for the self-service store.

Get Set to Jet

Low Cost Spring Charter Flight Now Being Organized

The American Farm School is arranging a charter flight to Greece next spring. We will have our own private 707 jet. The fare may never be this low again. Tentative dates are May 19-June 9.

How much? About \$445 round trip, New York - Athens. That's based on 150 passengers. The fare may rise a bit, depending on the cost of fuel. Or it may go down a bit, if more than 150 friends of the school sign on.

We're also planning special tours, all fun, all optional. One is a week-end at the Farm School, where a special welcome awaits you. Then there's a 7-day Aegean cruise. Plus Olympia, Delphi, Kalambaka, and of course Athens itself. We're even working up a tour of Egypt. Pick a tour, or two or three, or blast off on your own.

Who's eligible? Most readers of The Sower are current contributors to the Farm School, and thus are eligible. If in doubt, send along a donation. Only one contributor per family is required.

You can reserve your space right now for a deposit of \$100 per person, which is refundable (less a 10% handling fee) until March 1st. Final payment is due April 1st. Or if you'd like more details first, we will put you on our "keep informed" list. Either way, we'll send you brochures, tour rates, schedules, firm dates, and so on -- just as soon as possible.

TO: The American Farm School, 380 Madison Ave., New York, N. Y. 10017

Check one or both boxes. Use an extra sheet of paper if necessary.

Reserve ___ spaces. A check for \$___ is enclosed. The names and addresses of my group are: _____

Send all information to the following people: _____

Here's a Message from Chris On Behalf of His Classmates

IN THE PHOTO BELOW, Chris Ouzounis is the lanky student sitting in the middle. He'll be familiar to many readers, because his good English and ready grin made him a favorite spare-time translator and guide for visitors.

Chris also was president of the Class of 1974, and President of the Student Body. During his speech at the graduation ceremony, he sent along a message on behalf of all the graduates. He said:

"We would like to thank, from the bottom of our hearts, the friends of the school, both Greek and American, who have contributed so much toward our education."

On behalf of all your Greek and American friends, Chris, we say:

"God go with you and your classmates. We'll be looking to you, in the years to come, to build a happier and a more peaceful world for all of us."



QUEEN DIPPY: She's Mrs. Clarence "Dippy" Bartow, a Trustee, chairperson of the American Girls School Committee, and long-time friend of the Farm School. She was elected Queen of the annual May Day track and field events during a recent working visit to the school. Who took the photo? Clippy, of course. Who's Clippy? Clippy Bartow, her son, who took hundreds of photos and slides to replace those lost in the wreckage of the New York Office.

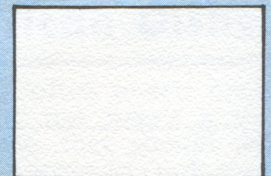


RAP SESSION: The manager of the boys dorm at The American Farm School (standing, with glasses) finds a spare moment to rap with the students. He's David Lansdale, 23, whose qualifications for the job go far beyond being the son of the president. David is a 1973 graduate of Oberlin College, with a degree in International Relations. He was born in Thessaloniki and is completely bicultural as well as bilingual. David reports to Nicos Papaconstantinou, who as coordinator of Student Services is responsible for all the boys' extracurricular activities.

ΑΜΕΡΙΚΑΝΙΚΗ ΓΕΩΡΓΙΚΗ ΣΧΟΛΗ
Sower
THESSALONIKI, GREECE

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COME SEE US ON MADISON AVENUE

AN EXPLOSION last April wrecked our New York office (see story on page 3). Much of the cost of replacing damaged or lost equipment and of moving to the address shown above has been donated by friends of the Farm School. We are deeply grateful. Please stop in to see us, next time you are in New York. We'll show you some of the wonderful things made at the Girls School — and for *that* story, see pages 4 and 5.