

# THE SOWER

FALL/WINTER 1997-1998

The American Farm School

NO. 143





## Capital Campaign Corner



The complete student body and faculty say "Thank You!" to the Capital Campaign

**A**s the Capital Campaign approaches its final phase, we have so much to be grateful for - first and foremost for the tangible benefits which are already changing the way we educate at the American Farm School. Thanks to Capital Campaign gifts for the new Dimitris Perrotis College of Agricultural Studies, we have installed a fiber optic network connecting

not only College buildings, but the entire Farm School campus. Every day students and staff in all our educational programs apply the Internet and the World Wide Web to their academic and research assignments. Gifts of equipment, books and educational software are transforming the Farm School's modest library into a facility ready to serve the new College, while it is a boon

to our high school students and to our outreach programs.

The dream of the Zannas Farm as a state-of-the-art agricultural teaching, research and extension center has begun to be realized by gifts to the Capital Campaign. The Zannas Farm when completed will be the key to the U.S. land-grant college model which the new College strives to achieve. The Zannas Farm will also be used to develop the high school students' practical skills, as well as provide training opportunities for AFS graduates and other adult education programs.

The Farm School's friends, both old and new, have enthusiastically demonstrated their generosity towards the new College. Gifts from corporations and foundations in the U.S. and Greece, as well as individual donors across the U.S. and in the Athens and Thessaloniki areas, have brought us within reach of our \$6,650,000 goal. With the continued hard work of Trustees, Committee Chairmen and other supporters, we are in the home stretch. A huge thank you to one and all!

Mr. Pavlos I. Condellis  
Mrs. Charles F. Lowrey  
Capital Campaign Co-Chairmen

## Honoring Two Friends

**T**he Farm School lost two beloved friends this summer, Charlie Page at age 93, and George P. Livanos, 70.

Charlie Page, Farm School Trustee for more than 30 years, was a "Trustee's Trustee," in the words of former President Bruce Lansdale. A life-long supporter of civic and cultural endeavors in his native San Francisco, Charlie brought a special kind of devotion to the Farm School. "There is no limit to what you can accomplish as a Trustee, if you don't care who takes the credit," he would say. His gift to the Capital Campaign for the College shortly before his death is only the final expression of his love for the Farm School.

George P. Livanos was Co-Chairman of the Farm School's Capital Campaign of 1983 - 1986, inaugurating it with his own generous gift. Owner of Greece's largest merchant fleet, Livanos was best known for his introduction to the Aegean Sea of the hydrofoils called "Flying Dolphins," whose high speed linkage of the Greek Islands opened a new era for Greek tourism. The Hellenic Marine Environment Protection Association which he founded broke new ground in guarding against oil spills by promoting safety measures on oil tankers worldwide. He too maintained his interest in the Farm School over many years.



## President's Column: The Spark

**A**t the start of each academic year, Farm School staff gathers to take stock of the previous year and to plan for the year ahead. It is an opportunity for each department to present achievements and to voice concerns.

This year the comments of Tasso Apostolides, Assistant Director of the secondary program, struck a genuine chord with all of us, and I want to share his message with you. With great insight and compassion he described today's teenagers from villages throughout Greece whom we at the Farm School seek to educate.

Greek villages today remain the same scenic, ageless and hospitable locations that seem to personify the spirit of Greece. But today they are also part of the "global village," linked by mass media, the entertainment industry and consumer values to

the urban culture of Athens, London, New York and Hollywood. Rural teenagers grow up surrounded by video games, rap music, fast food and advertisements for celebrity athletic shoes and brand name jeans.

The challenge for our high school program, Tasso tells us, is "to teach our students to use their youthful energy to resist what glitters for a day."

Ironically, the traditional role of Farm School teachers until recently was to instill in village students what their parents saw as "worldly" or urban values such as the love for reading or appreciation of music and theater - activities their villages utterly lacked. Today, our teachers seek to uproot the corruption of certain urban values through the passion and quality of their teaching.

Thankfully, friends of the Farm School through the Capital Campaign and other

generous giving, have put powerful teaching tools in the hands of our teachers: the growing library collection of books and periodicals, the Information Center, and access to the Internet and the World Wide Web.

But teachers themselves, Tasso reminds us, will pass on the freedom and responsibility that comes with the "delight in the value of knowledge." Farm School students "await a spark from us." Our students will "catch fire, when we, the teachers, are inspired by our own knowledge, our own excellence, will, passion and determination."



George Draper  
President

## Springtime in Paris and ...Cow Judging!



Argiris Paschalides: sizing up an unusual halifer of Guernsey lineage from the American Farm School's largely Holstein herd.

judging competition sponsored by the renown Paris agricultural show, "Salon International de l'Agriculture." Under the secondary school's student exchange program Argiris, who chose the animal husbandry specialization in his third year, spent a week in Paris this March with more than 250 other students from all over Europe practicing their skills in judging farm animals. He was the only competitor from Greece.

Argiris, whose family operates a large dairy herd in Kilkis, north of Thessaloniki, concentrated on judging dairy cows. "We have a completely different way of evaluating dairy animals in Greece. Yet the organizers of the competition were very pleased with how rapidly I learned to judge as they do in France and in other countries." In his European cow-judging debut, Argiris was proud to finish in the top third of the class. Judging animals is an important skill for any dairy husbandryman, since body conformation is certainly a factor in the cow's milk yield as well as reproductive life.

"The Farm School prepared me not only with the knowledge I needed, but also with the practical ability to acquire a new skill. The competition in Paris has given me a wonderful opportunity to share my experience and my new skill with the other Farm School students."



European Commission President Jacques Santer, pictured to the left of George Draper, visited the Farm School this May during the first annual "Fair Day," an event which attracted more than 3,000 visitors. To date, the Farm School is the only educational institution in Greece to have been visited by Santer, the highest ranking official in the European Union.

**"W**hat meant the most to me was how well prepared I was to compete," said third year lyceum student Argiris Paschalides, who participated this spring in a major livestock



## Commemorating Dimitris Perrotis Day, 1997

**T**wo hundred guests gathered at the College entrance the morning of October 7th in a quiet ceremony to honor the man for whom the Dimitris Perrotis College of Agricultural Studies is named. Mrs. Alik Perrotis, with her daughter and granddaughter, was joined by Capital Campaign Co-Chairmen Mrs. Charles F. Lowrey and Mr. Pavlos I. Condellis, as well as other Trustees, students and their parents, faculty and staff.

In his brief remarks in appreciation of Mrs. Perrotis, whose gift in memory of her husband made possible the founding of the College, Farm School President George Draper observed "Truly, it is a rare and wonderful thing when a gift given in memory of someone in the past can carry an institution and a name, the name of Dimitris Perrotis, with such energy, creativity and power, into the future."

At a reception in Sherrill Quadrangle, its plane trees beautiful in their fall foliage, guests met students of the incoming freshman class for the first time. This year, in addition to young men and women from the four corners of Greece, there are two students from Albania, two from Bulgaria, and one from Germany.



*Dr. Evangelos Vergos addressing the guests, including Dippy Bartow, Trustee since 1957.*



*The full faculty lineup*



*Dr. Evangelos Vergos (right), with Mrs. Perrotis (center) and Mrs. Perrotis' daughter Marie-Louise (left)*



*The Agronomy Lab*



*Members of the freshman class perform for the guests.*



## College Internships

"It's what sets us apart," said Dr. Evangelos Vergos, describing the Dimitris Perrotis College of Agricultural Studies' Internship Program. "The opportunity to test career aspirations through work experience in the agricultural industry gives our students the focus and self confidence no other college or university in Greece can provide."

This summer 25 College students were employed in agricultural businesses or universities in Greece, Northern Ireland and the United States. Internship positions ranged from wine making, dairy, nursery production, and the cloning of fruit trees, to poultry processing, computer programming, and applied research in livestock and forage crops.

Charoula Palatzoglou, who, with Vassilis Liolios, spent the summer at Cumberland Farms headquarters in Rhode Island, worked on both the production and the business side of this varied enterprise with a dairy farm and milk processing, garden produce, bakery and 783 convenience stores throughout 11 states. From caring for new calves in the dairy barn, to being behind the cash register at the "pick your own" blueberry field, to testing milk and

bakery samples in the microbiology lab, Charoula and Vasilis had an entire world of experience in just two months.

In Ames, Iowa, Vangelis Kounelakis worked at a "mega-nursery" of ornamental and other plants with links to Iowa State University, where he and Elpida Ormanidou were hosted by Trustee Dr. David G. Acker. Elpida worked in ISU's International Agricultural Programs Office.

The first impression of Northern Ireland for Dimitra Gaki and Antonia Karakousi, was rain, rain and - more rain. But after two months at the Agricultural Research Institute of Northern Ireland both are making plans to further their studies in the Faculty of Agriculture and Food Science of the nearby Queen's University of Belfast. The theoretical and applied research into forage crops they were involved with aims



*Antonia Karakousi and Dimitra Gaki at the Agricultural Research Institute of Northern Ireland*

to increase the efficiency of the already capable dairy farmers of Northern Ireland. Did the experience provide career goals? Positively. Both Dimitra and Antonia want their own dairy enterprises - after, that is, they have completed their education in Northern Ireland.

Without exception, employers received the student interns with enthusiasm and admiration for their knowledge about agriculture and basic business tenets. In some cases, students' excellent English language ability and computer proficiency were the key to a successful summer. In others, students were valued for their hands-on practical skills - a result of the "I do - I understand" educational philosophy practiced at the College and throughout the Farm School.

For President George Draper, the success of the Internship Program is "another measurable sign of progress, stronger than we could have imagined, for the new College."

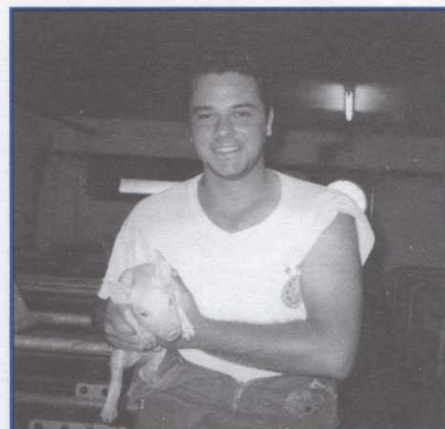
## AFS First in Greece with Omega-3 Eggs for the Health-Conscious

The Farm School's poultry department and the Veterinary School of the Aristotelian University of Thessaloniki announced results this summer of their experimental production of "Omega-3 eggs" which contain low levels of cholesterol and high levels of the Omega-3 unsaturated fatty acids demonstrated to promote cardio-vascular health. Poultry department head Stathis Yiannakakis and Aristotelian University of Thessaloniki researchers Dr. A. Yiannakopoulos and Dr. K. Tserveni-Gousi conducted the six-month experiment in the Farm School's poultry unit, where several control groups of the same hens which produce standard eggs were given experimental diets, resulting in the low cholesterol composition of the new eggs. The test hens were not genetically engineered nor were they treated with hormones or other chemicals.

The Omega-3 eggs taste and smell the same as standard eggs, but contain two to five times the normal Omega-3 fatty acids level. Feed costs are greater than for regular eggs, meaning retail prices for the new eggs would be 25-30% higher.

Low-cholesterol eggs are marketed in Holland, Spain, Israel, Canada and the U.S. Farm School production of Omega-3 eggs is the first in Greece, and for the time being at least, will represent only a small percentage of the School's total egg production.

The main purpose of the joint undertaking with the Aristotelian University is to demonstrate the Farm School's strong interest in carrying out important applied research projects, while adding a significant new element to the animal science teaching programs in both the secondary school and the College.



*Christos Papaconstandinou at the "F-One" Pig Breeding Stock Company near Thessaloniki*



## AFS Hosts UNESCO Summer School

The Farm School was proud to host the first Summer School session of UNESCO's Southeastern Mediterranean Sea Project, known by its acronym, "SEMEP." More than 150 teenagers and 50 teachers from 14 Mediterranean countries gathered August 1-10 at the Farm School in a program of scientific experiments; photography, poster-making and communications workshops; and discussions of Mediterranean environmental issues via the Internet. Staff of the Farm School's European Union Affairs department organized and carried out all the logistics of the event.

The UNESCO mandate for SEMEP is to establish working relationships among the youth of the Southeastern Mediterranean region, focused on common environmental issues but leading to a solid base for friendship and peace in the region. Through SEMEP's interdisciplinary and holistic approach, students and teachers learn not only about science, but also about the social and cultural dimensions of participating countries.

English was the common language of the girls and boys between the ages of 12 and 18 who came from Albania, Bulgaria, Croatia, Cyprus, Greece, Israel, Italy, Jordan, Lebanon, Malta, Palestine, Romania, Slovenia and Turkey. The long range goal of SEMEP is to include students from primary school as well, but that must wait until younger girls and boys in the SEMEP countries have begun to learn English.

Every student was given a one-use 35mm camera, for a photo contest with



The "class picture" for UNESCO's first SEMEP Summer School, on the steps of Princeton Hall

headings "Environmental Awareness," "Peace and Friendship," "Art," and "Unusual Scenes of SEMEP." The student team from Croatia won the contest for best poster presentation of an individual country's efforts at environmental education. Musical performances from every country, and traditional Farm School hospitality of delicious Greek food and spirited Greek dancing rounded out the week.

The Farm School was represented by two second-year lyceum students, Vicki Souldouri and Elizabeth Michaelidou. For Vicki, the chemical tests she performed to measure the sea water pollution at beaches near Thessaloniki made for an exciting lesson she shared with new friends from Cyprus, Italy and Jordan. It turns out, like more than 95% of Greek beaches designated for swimming, those close to the Farm School are extremely clean!

For Elizabeth Michaelidou, the organization of the Summer School into small work groups made for strong cooperation and lasting friendships. She learned from a Turkish girl and a boy from Palestine in her group that each of their countries has the same environmental problems, and the same difficulties in finding solutions. Not only that, "We discovered so many cultural things in common - songs, dances, costumes, the food we eat. We truly respect each other's civilizations."

UNESCO's Coordinator for SEMEP, Mrs. Maria Malevri, seeks through the Summer

School to promote understanding and harmony among Mediterranean peoples. She emphasizes that UNESCO itself is "committed to the dialogue between cultures in order to develop a culture of peace."

For Elizabeth, Vicki, and the others, what is the most important outcome of the first SEMEP Summer School? The scheduling of the second SEMEP Summer School for July 1998, once again on campus and once again with the dynamic support and cooperation of American Farm School students and staff.



Members of the Israeli and Palestinian teams display a photo contest award for "Peace and Friendship."



Entertainment Program at SEMEP Summer School



# GREEK SUMMER 1997: A Mountain of New Experiences



Anne Harvey of Darien, CT with the future of Greece

**G**reek Summer offers diverse challenges and opportunities for personal growth. This year participants lived in the beautiful and remote village of Theodoraki, located two hours northwest of Thessaloniki in the prefecture of Pella, facing the rugged mountain range separating Greece from former Yugoslavia. Each individual lived and worked with a family whose members spoke little, if any, English, climbed Mt. Olympus under harrowing conditions, explored the Farm School and

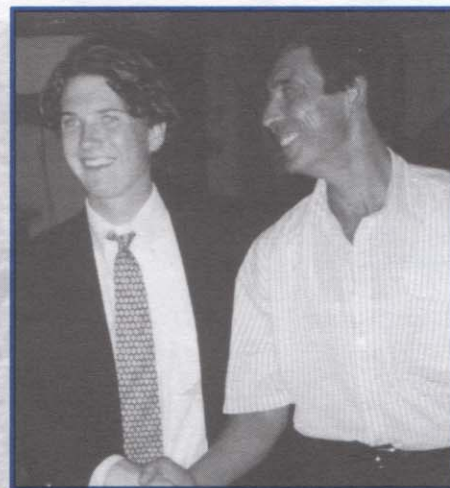
the city of Thessaloniki, and traveled to ancient sites throughout Greece.

*Mental preparation for climbing Mt. Olympus proves futile. Until you see the impressive cliffs, walk the trail for six or more hours, and feel the cold wind on your face, conveying the experience in words is almost useless. Do I have enough water? Are my shoes too tight? Is my pace the right one? How many times is the weather going to change?*

Equipping someone with the skills to live in a rural village with barely an option of verbal communication is exceedingly difficult. Many questions go unanswered: Will they like me? What if I offend them? Is my Greek good enough? Do I look as strange to them as they do to me? Each participant has a different family and, therefore, a different experience.

*The tallest mountain in the Balkans, Mt. Olympus rises out of the Aegean Sea to a height of over 10,000 feet. The wind picked up and the temperature dropped when the group reached the tree line. The air was frigid, the rain soaking and the sleet painful, like a January day in New York City. Climbing to yet another high point and looking over to see yet more trail, cliff and rocks rather than shelter, was demoralizing.*

For those whose family consisted of only a yia-yia and a papou (grandparents), communication proved tough. One participant was uncomfortable when her Greek parents put food in front of her and watched her eat with-



Nick Rafferty of New York City meets his Greek father

out joining in the feast themselves. It took days for some to feel at ease in their Greek home.

*The sense of accomplishment and joy of completing the climb far outweighed the discomfort felt by those caught in the weather. One participant arriving late in the day, good naturedly asked that more articles of warm clothing be added to the "what to bring" list. Another arrived thrilled at having conquered the mountain that tried to conquer her, writing later: "(The hike) was the most incredible part of the trip and one of the most rewarding experiences in my entire life." The last to make it, her body numb from the cold, she drew applause from the group for her stamina and her smiling face, which quickly found its way to the fireplace. The camaraderie felt among the group as they relaxed in the refuge close to the Mt. Olympus summit with the wind howling outside will not be soon forgotten.*

At the village farewell, participants stood with their families, hugging and crying, sad to be saying good-bye. What began as a fear of feeling alone while being surrounded by strangers culminated in feelings of love for new Greek brothers, sisters, cousins and parents. Everyone left Greece knowing they had completed a difficult task while gaining self confidence, shattering stereotypes, and changing personal ideas about what one needs to survive. It is, for some, a life - altering experience.

All the participants walked up the mountain — and came to know their own village family - at their own pace. And with each event, each bend in the trail, they also shared with one another the unique experience of Greek Summer. They came to understand what it means when someone says "I went on Greek Summer."



Greek Summer 1997 at the Mt. Olympus refuge



## From the Archives

The weaving room on the second floor of Princeton Hall, filled with wood-framed looms and hung with samples of past work, is presided over by the busts of Joice and Sydney Loch. Joice was born in Australia, Sydney in Scotland, but they spent much of their lives here at the Farm School and in Ouranoupolis, a village situated in Halkidiki at the frontier of the Athos peninsula.

The Lochs first came to Greece with the Quaker Relief mission in 1923. The American Farm School provided headquarters for programs to help emigrants from Asia Minor. Some 1,500,000 individuals flooded into Greece from Turkey at the end of the First World War.

Joice's friendship with the House family inspired her to write a biography of Dr. John Henry House, founder of the Farm School. *A Life for the Balkans* (NY: Fleming H. Revell, 1939) was based on the reminiscences of his wife, Susan Adelaide, published after Dr. House's death in 1936.

Later, Sydney became interested in the monastic community of Mt. Athos, and the Lochs moved to the Byzantine tower of Prosforion in Ouranoupolis. Sydney's *Athos: The Holy Mountain* (Thessaloniki: Librarie Molho, 1957; 1971) is a fascinating account of his quarter-century of pilgrimages to the monasteries of Mt. Athos.

In her memoir, *A Fringe of Blue* (NY: Morrow, 1968), Joice recounts how the Lochs adopted, and were adopted by, the villagers of Ouranoupolis. In the difficult years after the First World War, the Lochs provided a vital link between the isolated villagers and the outside world. Joice's account of how they became



At the girls' school a carpet takes shape

the village medics, counselors and information service glow with humor despite the deprivations of the times. She gained insight from her neighbors' wisdom, and strength from their endurance in adversity. Joice encouraged the villagers to use the weaving skills of their native Asia Minor in making carpets. She experimented with natural dyes extracted from local plants. Perhaps more important, she designed patterns for the villagers, incorporating Byzantine motifs Sydney sketched on Mt. Athos, and helped find markets for the carpets.

After the Second World War the Lochs returned to the Farm School in 1945 when Sydney was asked to help Theodore Litsas oversee the withdrawal of German military forces who had occupied the campus during the war; and to direct the work of reorganization until Charlie and Ann House could return from wartime deportation to the U.S. and reopen the School. The Lochs were instrumental in the founding of the nearby girls' school, the School for Agriculture and Home Economics, funded by the Quakers. In the 1960s, when a Craft Center was established at the girls' school by Tad Lansdale and others, Joice made her carpet designs available to the girls, and gave the school a special treasure - one of her own carpets. Carefully washed and wrapped in naphthalene by our teacher Vouli Prousalis, who taught for many years at the girls' school, this legacy of Joice Loch's work awaits a proper case in which to be displayed.

The memory of Joice and Sydney Loch is well-woven into the Farm School history. The American Farm School has always been blessed by its friends.



Joice Loch with one of her carpets

Charlotte Whitney Draper




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### Correction:

The name of Trustee John Cleave's wife was written incorrectly as Anna in **The Sower**, No. 142. Mrs. Cleave's name is Laura. We apologize for the mistake.