Among Friends

Friends Academy Monthly E-Letter
October 2016 >> www.fa.org

Founded 1876

Stay Connected with FA on Facebook, Instagram and our Web News.

Members of the junior class at their recent retreat and community service activity with Rock Can Roll.

Quick Links >> click on the underlined topic to quickly navigate to that topic

From the Head – How can we strive to connect with that 'still small voice' within every day? PAGE 2 (By Andrea Kelly)

Lower School – Clearing the ‘other’ noise from our mind. PAGE 6 (By Debby McLean)

Middle School – Students to practice civil, civic discourse with a mock election. PAGE 12 (By Deborah Schoman)

Upper School – How and when to hear that ‘still, small voice.’ PAGE 14 (By Mark Schoeffel)

>> Visit each divisional section to preview Most Updated October calendar highlights

New Parents of Color Coffee
Tues. Oct. 4 at 8:15 am (JH)

USPC Parents Meeting
Wed. Oct. 5 at 8:15 am (JH)

All-Parent Quaker Life Committee Mtg.
Wed. Oct. 5 at 1:45 pm (Historic Walking Tour starts at Matinecock Hospitality Room)

LSPC Parents Mtg.
Thurs. Oct. 6 at 8:15 am (JH)

MSPC Parents Mtg.
Thurs. Oct. 13 at 8:15 am (JH)

FA Parent Book Club
Tues. Oct. 18 at 8:15 am (JH)

Health & Wellness Gen. Parent Mtg.
Fri. Oct. 21 at 8:15 am (Dean of Students Conf. Room)

Parents New to Quakerism
Mon. Oct. 24 at 7:30 pm (Dolan Center)

Breakfast with Teacher John
Thurs. Oct. 27 at 8:15 am (FH Conf. Room)

Fall Fair & Family Night – Take a look at the two-day lineup. PAGES 4-5

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Diversity & Multicultural Affairs – A look back at Diversity Night. PAGE 8

Think.Laugh.Learn. – Talking with your children to promote respect, honesty and civility. PAGE 10 (By John Scardina)

Admissions – Nov. 8 and 10th Open Houses: Bring a friend to Friends! PAGE 13

Sustainability at FA – The Outdoor Ed connection to outdoors and each other. PAGE 16

Development – Welcome back FA Alumni! PAGE 16

The Arts – Slowing down to look in Visual Arts; the cast of “The Invisible Invalid.” PAGE 17
Among Friends

An informational e-newsletter published monthly for Friends Academy parents, grandparents, faculty/staff, trustees, former trustees, and the Alumni Board.

NEXT MONTH’S DEADLINE
To include information in the November 2016 electronic issue of Among Friends please submit information to the Communications Office by Monday, October 24, 2016.

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FA AT YOUR FINGERS

Download the FA App
(App Store/FriendsAcademy)
Log in and stay logged in.

From the Head of School

Friends, The Query for this month was born out of a discussion in the 7th grade Quakerism class. “How can we strive to connect with that ‘still small voice’ within every day?” As is often the case, our students disarm us with seemingly simple questions that provoke a deep, inward look. A still, small voice doesn’t stand a chance in our hectic lives, and if we’re being honest, some of us like it that way. A few years back Tim Kreider wrote an opinion piece that left a lasting impression on me. It’s title is The ‘Busy’ Trap, and in it he calls us out, “It’s almost always a game, a play date, a sport, an activity. I worried almost all the time – a project, a puzzle, a game, a play date, a sport, an activity. If my children weren’t involved in something they actually felt bored or lonely or just wanted to lay on the couch and kick their feet in the air. Instead of allowing for solitude and alone time when they could just be with their own thoughts or tap into their creative juices, I trotted out “stuff” to do. If their still, small voices were calling, I doubt they had enough time or space to hear them. We laugh about this now. They don’t remember feeling overburdened by activity, there was no lasting damage, and I’ve let go of the guilt. In fact, compared to most, they fell into the under scheduled category. What was I so worried about? I was afraid of the absence of “productive” activity going on at all times.
At Friends Academy, we look that absence square in the eye. We stare it down, unafraid. That absence lives in a place that is quiet, simple, and plain. It is the kind of place, perhaps the only place where our children take time to listen and find that still, small voice. It’s created every week in the Meeting House.
When our students listen, they connect to the voice, and by extension to themselves. It’s how they get to know what they think, how they actually feel about things, the wonderings they have. I am privileged and profoundly grateful to be in the presence of the adults and children here who have had the opportunity and, quite frankly, the practice of being in their own thoughts, of being alone with the silence, of being still and turning inward, of knowing themselves. I am confident in its benefits to their emotional well-being. More importantly, I’m equally confident in the benefit to their cognitive development. Pablo Picasso said, “Without great solitude, no serious work is possible.” We require our students to engage in serious thought and serious work. To do well we must ask that they bring their experience of reflective thought to bear on their studies and their learning. This practice is not just about feeling good. If all we ask them to do is engage in activity and doing, doing, doing, we lose the opportunity to transfer all that experience into learning.
At Convocation this year, I made reference to the first line of David Copperfield, “Whether I shall turn out to be the hero of my own life, or whether that station will be held by anybody else, these pages must show.” I challenged all students, “If you want to be the hero of your own life, save your true self from the influences of others.” I have come to believe that to find and know one’s true self, to become that hero, to do that serious work, our students will need to find that small, still voice that lives within. For our part, we will continue to give them the opportunity to practice each week. As our partners, parents can create the space, the silence, the solitude so that when their small, still voice speaks, they’ll be sure to be listening.

EDITOR:
Andrea Kelly
Head of School

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Friends Academy admits students of any race, color, national and ethnic origin to all rights, privileges, programs and activities available to students at the school. Friends does not discriminate on the basis of race, color, religion, gender, sexual orientation, national or ethnic origin in the administration of its educational policies, admissions policies, financial assistance program, athletic and other school-administered programs.

Among Friends ~ October 2016 [ 2 ]
The new school year is off to an awe-some start. It is wonderful to see the campus abuzz with so much activity. September was a busy month filled with Parent Council Meetings, the New Parent Reception, Back-to-School nights and the Fall Fair Kick-off Breakfast. All managed by our amazing parent volunteers and the FA Administration.

October promises to be another busy month with the highlight being our annual Fall Fair, Homecoming and Family Fun Night.

It all begins with Spirit week, starting Oct 11th. Show your spirit with some FA Wear. FA Wear, chaired by Lisa Sutherland, will be available for sale Thursday, October 13th in the Atrium, at Friday night's BBQ and at the Fair.

Friday’s Family Fun Night on Oct. 14th starts at 5:30 p.m. with unlimited rides for one hour followed by a Bonfire and BBQ chaired by Allison Heaney.

Fall Fair and Homecoming is Saturday October 15th from 10 a.m. – 4 p.m. This year's chair, Michelle Statfeld along with her co-chair Nicky Pratt have been working hard to make it another fun-filled action-packed community event. Please come and enjoy the games, rides, crafts, food and so much more. In addition to the Fair we have several athletic teams playing throughout the day. There is something for everyone.

Please note that Gideon’s Attic, chaired by Lisa Crowley, will take place on April 22, 2017. Make sure to mark your calendars and volunteer for this extraordinary community event. There will be a POD on campus to collect donations starting Monday, October 17th.

There are many other events happening in October. Parent Council monthly meetings, (check your calendars for dates and times), Family community Service Sandwich Making on October 22 and the All School Coat Drive chaired by Amy Morgan beginning in mid-October.

We are looking forward to a great Fall season. See everyone at the Fair!

Rita Afzelius, President
Amy Schamroth, Executive Vice President
FRIDAY

**Fall Fair & Homecoming**

**FRIDAY, OCT. 14TH & SATURDAY, OCT. 15TH**

You should have received your parking passes for Family Night on Friday, Oct. 14th. Please remember your passes.

**FA Family Night**

To kick off the weekend’s events, all FA families, faculty and staff are invited to enjoy the Fall Fair rides from 5:30 to 6:30 p.m. followed by the annual BBQ and Bonfire. Please display your parking pass on your dashboard for entry.

**10th Annual Benefit Fun Run – 3:45 pm**

Please join the FA Middle School and Varsity Cross-Country team for a 3-mile run on the cross-country trails. All are welcome. Event sign-up begins at 3:30 p.m. on the track. Requested donation $10.00 toward:

**LIGHT ONE LITTLE CANDLE FOUNDATION**

Founded by the late Joelle Pauporte ’87, a former track runner, Light One Little Candle is designed to encourage cancer patients who are also caregivers to continue to bond with their children throughout their illness by reading books together that have nothing to do with cancer.

**THURSDAY & FRIDAY**

**Parent Council FA Spirit Wear Sale**

**THURSDAY, OCT. 13 - 10 AM TO 3 PM**

**FRIDAY, OCT. 14 - 3 PM TO 7 PM**

**SATURDAY, OCT. 15 - 10 AM TO 4 PM**

(DOLAN CENTER ATRIUM)

Great new styles! Stock up on FA short and long sleeved T-shirts, sweatpants, hats, swell water bottles and more… All clothes are also PE Wear approved.

**Still Needed**

We are still in need of baskets and baked goods for the day of the Fair.

**DONATE BAKED GOODS FOR THE QUAKER BAKER.** Home-made or store bought, individually wrapped and nut free. Items can be dropped off at the Quaker Baker Booth Fall Fair morning.

**Contact:** Sharon Essner-Podbela at thesmilestation@aol.com

**DONATE A BASKET**

**Contact:** Margaret Hutzel at mhutzel@optonline.net

**ATTEND THE FESTIVITIES AND INVITE YOUR FRIENDS!**

Michelle Statfeld, Fall Fair Chair
Statfeld@aol.com

Nicky Pratt, Fall Fair co-Chair
nspratt61@gmail.com

FA Theater costumes & Halloween costumes on sale at Fall Fair from 10 a.m. to 4 p.m. [Details, page 18].

**New Date! Gideon’s Attic is Saturday, April 22, 2017**

We are excited to announce that the annual Gideon’s Attic Tag Sale has officially moved to Saturday, April 22nd.

Gideon’s Attic is a longstanding FA tradition that brings our parents, faculty, Upper School students and local community together for a fun-filled day. As a stand-alone event, Gideon’s Attic promises to be better than ever!

Thank you to those who have been gathering donations. We hope you will save them for the drop off dates in April.

There will be a storage POD available on campus for a limited time period starting on Monday, October 17th. Donations will be accepted on a first-come, first served basis, until the POD is full.

The Gideon’s Attic team will continue to collect gently used items including:

- Gently used clothing
- Kitchen items
- Large and small appliances
- Sports equipment
- Bedding, linens
- Electronics
- Toys and baby furniture

**Donate Gently Used Items (for a Limited Time at FA), Starting Monday, Oct. 17**

For more information or to join our committee, please contact,

Lisa Crowley, Gideon’s Attic Chair lac4@optonline.net

Save the Date!
Fall Fair & Homecoming
SATURDAY, OCT. 15TH | 10 AM TO 4 PM

SATURDAY
Enjoy the rides!
Rides for all ages including the Starship, Hurricane, Tornado Supersled and more.

Test your skills...
On The Wild One obstacle course, Dunk tank, Cliff Hanger, PopAShot and at all of our carnival games.

Call all foodies:
Schultzys Seafood (best lobster rolls!), Wings and Things, Masala Stop, Italian Food, Greek Salad, Caribbean delicacies, French Fries and more! Sample our specialties from around the world. Leave room for dessert because Quaker Baker, Smores, Ice Cream and more are back too!
We promise you won’t go home hungry!

SATURDAY
Fall Fair Athletic Schedule
(All games are home games.)

<table>
<thead>
<tr>
<th>EVENT</th>
<th>WHERE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOYS JV SOCCER</td>
<td>vs. Wheatley Jr/Sr HS</td>
<td>10 a.m.</td>
</tr>
<tr>
<td>GIRLS VARSITY FIELD HOCKEY</td>
<td>vs. North Shore HS</td>
<td>10 a.m.</td>
</tr>
<tr>
<td>GIRLS VARSITY SOCCER</td>
<td>vs. Hewlett HS</td>
<td>12:30 p.m.</td>
</tr>
<tr>
<td>BOYS VARSITY FOOTBALL</td>
<td>vs. Oyster Bay Jr/Sr HS</td>
<td>2 p.m.</td>
</tr>
<tr>
<td>BOYS VARSITY SOCCER</td>
<td>vs. Wheatley Jr/Sr HS</td>
<td>2:30 p.m.</td>
</tr>
</tbody>
</table>

SATURDAY
Fall Fair Parking
General on-campus parking available on a first-come, first-serve basis on Saturday. Additional parking available at St. Patrick’s in Glen Cove from 10 a.m. to 4 p.m.

NO PARKING ALLOWED: Please do not park on Duck Pond Road, Piping Rock Road or in the Meeting House parking lot on Friday or Saturday.

PARKING FOR SATURDAY ATHLETIC GAMES: If you are dropping a student to attend the Fair or to participate in one of the games scheduled for Saturday, please do so in front of Frost Hall and then proceed to park your car if you plan on staying for the day. Stay tuned for weather related parking updates!

SATURDAY SHUTTLE BUSES: Shuttle buses will run between Frost Hall and St. Patrick’s Church from 10 a.m. to 4:00 p.m.

Police will assist with parking during the Fair. For the safety of our families and visitors, please follow directions when you arrive on campus.

Directions to St. Patrick’s Church (from FA)
■ Travel west on Duck Pond Road for 1 mile (away from Piping Rock, toward Glen Cove)
■ Cross the railroad tracks and make a left at the first light.
■ Go 1/10 of a mile and make a right into the St. Patrick’s parking lot
■ Follow the Fall Fair Parking signs to the parking area.
Clearing the ‘other noise’ from our minds

How can we strive to connect to that still small voice inside of you? I have been struggling with the Query all week and trying to connect it to life in our Lower School. I have come to realize that I do believe it is at the heart of our Quaker education.

Starting with the Quaker understanding that everyone is good, that small voice inside directs us to make kind and loving choices. Our young students grow into goodness and make mistakes along the way. Those learning opportunities allow them to build the connections to their inner voice.

I would like to share an apropos poem written by Shel Silverstein.

The Voice

There is a voice inside of you
That whispers all day long,
“I feel this is right for me,
I know that this is wrong.”
No teacher, preacher, parent, friend
Or wise man can decide
What’s right for you – just listen to
The voice that speaks inside.

Sometimes, in order to truly hear our inner voice, we need to clear the “other noise” in our heads, the doubt and the fear. Children learn to supersede the doubt and the fear from us as role models. They also learn to supersede it by taking risks, and sometimes faltering.

The book we have selected for our book club, Simplicity Parenting, by Kim Payne, speaks to clearing the clutter both literally and figuratively.

“By simplifying, we protect the environment for childhood’s slow, essential unfolding of self.” This allows for the connection to, and the development of, inner voice. I hope you can join us on October 20 at the Jackson House at 8:15am to kick off our book club.
What is **Canstruction**? The CANstruction Club, advisor Mary Ann Vascotto, and other FA community members will again be involved in the CANstruction community service event to fight hunger. **To date, FA has donated 20,000 cans to LI Cares.**

**Lower School**

Bumble Bee Tuna (solid white albacore in water or oil - 5 oz.) **10 cans per student**

**Middle School**

14.5, 15 or 15.5 oz. Hunt’s Tomato Sauce (any variety) **10 cans per student**

**Upper School**

15 or 15.5 oz. Goya Beans (any variety) (any variety) **10 cans per student**

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### Thai Curried Butternut Squash Soup

(To be featured October 19th)

Makes about 10 servings. (Courtesy of Cookie + Kate)

**Ingredients:**

- 2 tablespoons coconut oil or olive oil
- 2 pound butternut squash, peeled, seeded, and cut into small ½-inch pieces (about 3 cups)
- 1 medium yellow onion, chopped
- 4 garlic cloves, pressed or chopped
- 2 to 3 tablespoons Thai red curry paste§
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- ¼ teaspoon sea salt
- ¼ teaspoon red pepper flakes (up to ¼ teaspoon for spicier soup)
- 1 tablespoon fresh lime juice
- 4 cups (32 ounces) vegetable broth
- ½ cup full fat coconut milk for drizzling on top
- ½ cup large, unsweetened coconut flakes**
- Handful fresh cilantro leaves, chopped

**Instructions:**

1. Heat oil heavy-bottomed pot over medium heat. Once the oil is shimmering, add squash, onion, garlic, curry paste, coriander, cumin, salt and red pepper flakes to skillet. Stir to combine.

2. Cook, stirring occasionally, until onion is translucent, about 8 to 10 minutes. Add broth. Bring the mixture to a boil, then reduce heat and simmer until squash is soft, about 15 to 20 minutes.

3. While the soup is cooking, toast the coconut flakes in a medium skillet over medium-low heat, stirring frequently, until fragrant and golden on the edges. Keep an eye on them so they don't burn. Transfer coconut flakes to a bowl to cool.

4. Once the squash mixture is done cooking, taste and add a little more Thai red curry paste if it's not quite flavorful enough for you. Remove the soup from heat and let it cool slightly. Working in batches, transfer the contents pan to a blender (do not fill your blender past the maximum fill line!). Securely fasten the lid and use a kitchen towel to protect your hand from steam escaping from the top of the blender as you purée the mixture until smooth. Transfer puréed soup to a serving bowl and repeat with remaining batches.

5. Stir the lime juice into the blended soup. Taste and season with additional salt if necessary. Ladle soup into individual bowls. Use a spoon to drizzle coconut milk over each bowl, then lightly swirl the spoon through the topmost layer for a pretty design. Top the soup with toasted coconut flakes and a sprinkle of chopped fresh cilantro.

_Eat. Learn. Live._
A mantra for a better life!
September 15th marked the beginning of Hispanic Heritage Month. Hispanic Heritage Month, whose roots go back to 1968, celebrates the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. While most heritage themed months typically begin on the first day of the month, Hispanic Heritage Month commences on September 15th in recognition of the anniversary of independence for five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. Additionally, Mexico achieved independence on September 16th, and Chile gained independence on September 18th. The Hispanic Heritage Month celebration extends to October 15th to mark “El Dia de la Raza,” or “The Day of the Race” on October 12th. “El Dia de la Raza” is observed throughout most of Mexico and Latin America. The day celebrates the many nationalities—a people having a common beginning, tradition, or language—that are present in the history of Mexico, Central America, and South America. These nationalities include Native Americans (such as the Mayas, Aztecs and Incas), and European nationalities (such as Spanish, Portuguese, and French).

The national observation of Hispanic Heritage Month actually started in 1968 as Hispanic Heritage Week under President Lyndon Johnson. Twenty years later, it was expanded by President Ronald Reagan to cover the 30-day period between September 15 and October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402.

In honor and recognition of Hispanic Heritage Month, our 6th annual Diversity Night event, MOSAIC of Our Community, was held in collaboration with Centro Cultural Hispano of Oyster Bay. Organized in 1997 as a result of a grassroots movement by the Hispanic residents of Oyster Bay and East Norwich, the mission of the organization is the educational, social and economic advancement of the Hispanic community. Centro Cultural Hispano (CCH) aims to transform the lives of children, families, and individuals through educational enrichment, social and civic programs.

Since 2003, Centro Cultural Hispano (CCH) has been located in donated office space at Christ Church’s Parish Hall in Oyster Bay where our diversity night event was held on Monday, September 26th. CCH staff members Luz Torres and Daniela Venegas helped organize the event and shared information with those in attendance about the organization’s many programs: a K-8th grade Afterschool Enrichment Program; a 7-12th grade Youth Program; English classes for adults; and various educational workshops, advocacy and outreach programs. Highlights of the evening included a cultural dance performance by members of the organization, a brief history of El Salvador presented by one of CCH’s youngest members, and a traditional Latin American pig roast and meal catered by Havana Central, the largest Cuban caterer in the Tri-State Area.

Centro Cultural Hispano relies on volunteers to help sustain its programs. A number of Friends Academy students and families have helped support the organization throughout the years. There are also opportunities for FA students to get involved as their senior Independent Study Project (ISP). Hispanic Heritage Month is a reminder of the many ways that Hispanic Americans help shape the United States.

Sonia Sotomayor, Associate Justice of the Supreme Court of the United States, stated, “It is important for all of us to appreciate where we come from and how that history has really shaped us in ways that we might not understand.”

Hispanic Heritage Month is a reminder of the many ways that Hispanic Americans help shape the United States.
Enroll in FA Summer Camps!!

"We have something for EVERYONE"

Friends Academy Summer Camps offers over 30 programs (ages 3-15 yrs) in sports, the arts, science, academis, computers and travel. But probably one of the most important skills we teach each summer is kindness and care for others. Each summer we have our annual “Swim-a-thon” which not only emphasizes the importance of learning how to swim but how each individual and group effort can help support the battle against cancer. During the summer months we assess every camper’s ability level and give daily swim lessons to help each child strengthen and build their confidence in the water. We give individual attention to every level swimmer. Join us this summer and we will help your child become a GREAT SWIMMER!!

Call our office (516) 393-4207 or visit our website at www.fasummercamp.org for more details on over 30 camp programs.

“A Swim-a-thon thank you

On behalf of our staff and all our camper families, we wanted to thank all who participated in our fundraiser. We are extremely proud to continue to support the fight against cancer. We also wanted to thank all our camp families for another fun and safe summer season!!

Camp schedule to be released in November

We are already looking forward to next season and due to the increased interest in many of our programs, we plan to launch our summer camp schedule by November to give families more time to secure a program of choice while taking advantage of early enrollment savings.

Ask about our FA student discount!

Questions?

For more information about any of our clinics or programs, check out our website at www.fasummercamp.org or call our camp office at (516) 393-4207.
We live in a challenging time. Our children may overhear politicians, peers, and even family members speaking to one another in language that is divisive and hurtful. They may hear things that are overstated or simply not true. How, then, do we model the behavior we hope to see in our children – respect, honesty, and civility?

Respect is the right of every individual. We can always find common ground with another, in any dispute, even if that common ground is simply being human. Humility and honor are ways of showing respect – no one of us is better than, we are equals. Everyone is worthy of dignity – there is that of God in each of us. We respect our children when we avoid shame, ridicule, threats, and punishment but instead provide opportunities for restitution, forgiveness, and future growth.

If Johnny drops a glass full of lemonade, instead of saying something like: “You clumsy child! Now I have to clean this up. Grow up!”

We can come up with appropriate consequences in a respectful way by saying something like: “I will deal with the broken glass so you don’t cut yourself, and then you need to get some paper towels and wipe up the lemonade. Everyone makes mistakes; let’s think about how you might do this differently next time, OK?”

In terms of honesty, here are a few tips:

- **Try to tell the truth with your children** – if they cannot handle the information (about a family member’s illness or a difficult situation) tell them that the adults are doing what they can to take care of the situation and you will fill them in later.

- **Avoid words** like “always” and “never” – they are rarely true, and tend to close doors in an argument or conflict.

- **Hold yourself to the highest standard** – our integrity is a valuable part of who we are and can be thrown away with a lie or a cheat or a steal. Let your children know how you work on rigorous honesty and ask them to do the same.

Civility – manners, politeness, courtesy – is a basic currency in how we communicate with and treat one another. It is not “political correctness” but common sense. We all know the Golden Rule – “treat others the way you want to be treated” – but let’s also think about what some are calling the Platinum Rule – “treat others the way they want to be treated.”

We can do even better if we follow Immanuel Kant’s advice: “Act in any situation the way you would want every other person to act.” If we spend some time thinking about the implications of this – with our own actions and those of our children – we may see some startling results.

This is all just good human decency, as Dorothy Law Nolte says in her poem, “Children Live What They Learn” above.

John Dewey said that the goal of education is “to build a better world” – shall we?
Quaker Life at Friends Academy

Calendar of Events
Fall 2016

Family Community Service Saturdays
Sandwich Making in the Dolan Center Commons at 10 a.m.
Oct. 22 and Dec. 3
(Bring a loaf of white bread and pound of lunchmeat or cheese.
Donations will be given to Part of the Solution in the Bronx.)

Take a Walking History Tour of FA at the First Parent
Quaker Life Committee Meeting
Hear our Quaker history firsthand from several honored guest speakers
(many of whom have lived the history they’ll recount).
Wednesday, October 5 at 1:45 p.m.
Tour begins at the Matinecock Hospitality Room
(located next to the Meeting House)
For more information, contact co-clerk Suzanne McCooey at sgmccooey@gmail.com
or Irem Konur at iremkonur@gmail.com.

Parents New to Quakerism
Monday, Oct. 24, 7:30 p.m. – (Dolan Center)
Learn about the Quaker foundations of Friends with other new parents.

Breakfast with Teacher John
"Why talking about race with your children matters."
Bring your coffee or tea cup and spend an hour
sharing thoughts on Quakerism.
Thursday, Oct. 27 at 8:15 a.m. – Frost Hall Conference Room

Thanksgiving “Breaking Bread” Parent Meeting for Worship
Monday, Nov. 21, 2:00 p.m.
(Meeting House, followed by a short reception
& gathering for all parents)

Welcome New Faculty & Staff

Lower School
We are happy to welcome
Becca Kave
as a full-time
Early Childhood Teaching Assistant in the Early Childhood Center.
Becca recently graduated from SUNY Oswego
with a major in Childhood Education and a concentration in English. She will
primarily be teaching students in the Pre-Kindergarten program.

The Arts
The Music Department welcomes
Pasquale Iannelli. Pasquale is teaching part-time in Lower School music classes as well as an Upper School music recording technology class.
The Music Department would also like to welcome Nicholas Mondello.
Nick is teaching Upper School wind ensemble and the after school Middle School Jazz Band.

Faculty/Staff Directory

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Strong Minds.
Kind Hearts.
Middle School is gearing up for the 2016 Presidential Election! The History teachers – Phil Cicciari, Dave Frazer and Danny Seymour – are setting the stage for Middle School students to learn about the election process, civil discourse, and civic duty.

In a cleverly developed series of scenarios acted out by these teachers in a school meeting, the students were introduced to issues that might come up in the class and personal discussions over the course of the next month. After each scenario, the teachers asked students to consider these important questions: How do you communicate with someone when you are not in agreement? Why is mutual respect for differing ideas important when engaging in political discussions? How do you find common ground to enable a constructive conversation? Given there will be a series of discussions in class related to the elections, students need to be prepared to conduct themselves in a manner that allows for civility and mutual respect.

Each student received a "Civics Discourse Contract" to review and sign. The main points of the contract align beautifully with many of our Quaker values and Middle School community norms:

- In every discussion, we begin with a starting point of mutual respect and equality.
- Listening to each other’s views does not simply mean hearing their words.
- Understand that a person whose opinion is different from your own does not mean they are ignorant, unintelligent, or irrational.

- There are no winners or losers in a political discussion.
- Be aware where you are getting your information from and what has shaped your opinion.
- Remember your manners.
- Don’t dominate an entire discussion.
- Back up your opinions with facts and support.

Students will experience a mock election on Election Day, go through the process of registering to vote, vote in a voting booth, and monitor a live feed of election results throughout the school on the flat-screen televisions located in the grade level collaborative spaces.

The polling location will be the main level collaborative space outside my office. The English department is working collaboratively with the History department in helping to support the discourse contract. Today we receive information from a myriad of outlets: digital, print, and video sources. As the election draws near, the topic of media literacy and understanding news media will be explored with the students in the English classes.

Differentiating between “hard” and “soft” news, determining author’s purpose, and recognizing bias will be topics that English teachers may be bringing to class...
Top, a student from each division, Middle School principal Deb Schoman and Head of School Andrea Kelly ceremoniously cut the ribbon in front of the new entrance. Students, faculty & staff, parents and friends celebrated the grand opening of the new Middle School on Tuesday, Sept. 13. Following the ceremony, parents toured the new building led by student guides.

discussions over this next month.

After the first historic debate between Trump and Clinton on September 26th, the 8th grade students completed a poll.

Here are the questions and the results:
Who do you think won the debate? 23 students identified Trump as the winner while 42 students selected Clinton. If you could vote, who would you vote for right now? 29 students said they would vote for Trump while 34 students said Clinton. We'll see if the 8th grade predictions play out on November 8th!

Feel free to drop by the Middle School election headquarters!

Tuesday, November 8th
Middle/Upper School
Grades 6-12
Begins Promptly at 8:30 am
Kumar Wang Library

Thursday, November 10th
Lower School
Early Childhood - Grade 5
Begins Promptly at 8:30 am
Lower School Library

Kindly RSVP at 516-393-4244
How and when to hear that ‘still small voice’

“How can we strive to connect with that ‘still small voice’ within every day?”

In his live recorded reading of *A Child’s Christmas in Wales*, Dylan Thomas, in his incredibly sonorous and captivating voice, recounts a moment when he was a child in the winter and with other children he went singing carols. I suggest you listen to the recording (his voice is amazing, but here is the text, with its beautiful language):

‘And I remember that we went singing carols once, when there wasn’t the shining of a moon to light the flying streets. At the end of a long road was a drive that led to a large house, and we stumbled up the darkness of the drive that night, each one of us afraid, each one holding a stone in his hand in case, and all of us too brave to say a word. The wind through the trees made noises as of old and unpleasant and maybe web-footed men wheezing in caves. We reached the black bulk of the house.

“What shall we give them? Hark the Herald?”

“No,” Jack said, “Good King Wenceslas. I’ll count three.”

One, two, three, and we began to sing, our voices high and seemingly distant in the snow-felted darkness round the house that was occupied by nobody we knew. We stood close together, near the dark door.

“Good King Wenceslas first looked out, on the feast of Stephen.”

And then a small, dry voice, like the voice of someone who has not spoken for a long time, joined our singing: a small, dry, eggshell voice from the other side of the door: a small, dry voice through the keyhole. And when we stopped running we were outside our house; the front room was lovely; balloons floated under the hot-water-bottle-gulping gas; everything was good again and shone over the town.

“Perhaps it was a ghost,” Jim said.

“Perhaps it was trolls,” Dan said, who was always reading.

“Let’s go in and see if there’s any jelly left,” Jack said. And we did that.’

I share this long passage in part to answer the Query for this week, “How can we
strive to connect with that ‘still small voice within’ each day?” In some ways, Thomas’ meditation on the little children armed with stones hearing the voice and then running as fast as possible away is incredibly charming – a classic haunted house tale, told with magical language and a sense of the mystery and fun inside children’s imaginations.

Indeed, the voices of the children are conjured and we “see” from their eyes and hearts as they recount the experience live: how they giggle and flee but are forever fascinated by the “voice of someone who has not spoken for a long time” that “joined the singing.”

We almost forget to consider that they run away and do not open the door. The voice was reaching out to them, perhaps overjoyed to hear the voices of children singing, and the children, while they approach the house as perhaps no adult has in some time (think Scout’s fascination with Boo Radley in To Kill a Mockingbird, perhaps), also never open the door. They don’t seek to see the face behind the voice. Or the person. They run from the voice, only remain fascinated with it.

Lately, I have been thinking a lot about the “small voice” which can be both our own and perhaps also someone else’s that we do not seek to hear. He calls this condition out “Here”:

The weariness, the fever, and the fret
Here, where men sit and hear each other groan;
Where palsy shakes a few, sad, last gray hairs,
Where youth grows pale, and spectre-thin, and dies;
Where but to think is to be full of sorrow
And leaden-eyed despairs,
Where Beauty cannot keep her lustrous eyes,
Or new Love pine at them beyond tomorrow.
Far away from this, the nightingale’s voice, a “plaintive anthem,” calls him with “full throated ease” to listen and partake in its happiness and “sunburnt mirth.” Yet Keats suggests that he will always be unable to hear the voice that frees him, except in spurts; he can only find it on the “viewless wings of Poesy” (poetry) even though his “dull brain perplexes and retards” his flight to join the voice of the bird. Unlike the children from Thomas who run from the voice, Keats yearns and longs to hear and be one with that voice, but he cannot break free from his clouded brain and “the fever and the fret” that stop his ears.

What connects me with the still small voice within? Honestly, I don’t always hear it, even if I want to listen. If I am lucky most days, the sound of wind in the trees, the voices of children and the faces that come with those voices, and indeed, the voices and words of Thomas and Keats, loved ones and others, pull me back to listen, if I will. And then I have to hold myself from running away from the black bulk of that house, and as I hear the eggshell voice through the keyhole, I stay, and try to open the door.

Lately, I have been thinking a lot about the “small voice” which can be both our own and perhaps also someone else’s that we do not seek to hear.
Outdoor Ed: A double connection

One of the most important aspects of making Friends Academy a more environmentally sustainable school is education. Without understanding and caring about the environment, children and adults cannot make wise decisions regarding how we live on the planet.

From grades 4-9, Friends Academy students go on overnight outdoor education trips. These experiences build on each other to give the students a better understanding of their connections to the outdoors and each other.

By learning about the environment in a hands-on, direct manner, the students develop a stronger and more committed environmental ethic. In addition, these outdoor experiences help create a community of students and teachers that has a long-lasting positive impact.

Research has shown that when children are disconnected from phones and other personal technology even for short outdoor education trips, they learn to better read facial expressions and become more empathic to their classmates. Studies of the brain using functional MRIs have shown that simply being in the woods reduces stress and improves creativity. You can reinforce and continue the positive aspects of the outdoor education experiences by taking spending time in nature with your family. There are many beautiful places on Long Island to do just that.

Development

Welcome back, FA Alumni!

As you walk around the upcoming Fall Fair, you may see some faces you may not recognize. Chances are they are FA alumni back on campus to reconnect with old friends for Homecoming.

We have been celebrating this important Friends Academy tradition for over 50 years.

You’ll know the alums by their name tags identifying their class year. Be sure to stop them and welcome them back to campus.

There are many events planned to celebrate the return of our old friends. There is the Gideon’s Guard Luncheon for all alumni who have celebrated their 50th Reunion, a Homecoming Reception for all alumni and special reunions for classes ending in “1” and “6.” This year, the class of 1966 will gather to celebrate their 50th Reunion.

It’s always fun to hear our alumni reminisce about their days at FA. Be sure to stop and say hello when you see them on campus on October 14 and 15th!

Class of 1966 50th Reunion

Members of the Class of 1966 will be on campus Oct. 14-16 to celebrate their 50th anniversary. Please wish them well if you see them!

7th graders spend time on the water and with each other last year in Greenkill.

Sustainability at FA

Dan Kriesberg, MS Science teacher
**Visual Arts: The Importance of Observation**

Our studios have been abuzz with activity for the last few weeks. We've been wrestling with the idea of how to help our students to be more observant and reflective of the world around them and of themselves. How can developing an artistic eye help you become more observant?

In answer to this question, we’ve engaged in some multisensory activities in the art studio to help students “see” in new ways. One fun exercise involved students pairing up for a drawing challenge. One partner would use their hands to feel an object inside of a dark bag. Without looking, they would describe the various contours and textures of their mystery object to their partner who was tasked to draw it based on the partner’s description. This exercise forced both partners to be more attentive to details and spatial relationships while working on communication skills. Looking begins by slowing down and sometimes it requires us to “look” via our other senses. When we look with intention and focus, we can work towards overcoming our assumptions about what we think we know and truly see something, as if for the first time.

**After-school Studio Art hours:**

Tuesday, Wednesday, Thursdays from 3:30 to the late bus. All Middle School and Upper Students are welcomed to use studios to work on independent projects or to finish work from their classes.

**Jazz Band: Sweet Sounds**

The Middle School Jazz Program is off to a great start. Three days a week after school the sweet sounds of jazz are starting to come out of Studio 7.

**Sixth Grade Arts Block: What’s in a Name?**

In the 6th grade integrated arts class students have been working on a project that helps them get to know each other. They started by exposing where their name came from and sharing fun facts about themselves. They then took the information and turned it into a design project that centered around making choices and moving to the design to the next step.
THE THEATER DEPARTMENT PROUDLY PRESENTS:

**The Imaginary Invalid by Molière:**  
**Nov. 3rd-5th at 7:30 PM**

Feeling sick? Thinking of feeling sick? Worried you might be thinking of feeling like you might be getting sick? **Dr. Purgon has the answers.** From Hypothermia to Hypertension to Hypochondria, the good doctor will cure all that ails you. *(Adapted by Oden Gross and Tracy Young)*


**A New Musical by Andrew Geha**  
**Feb. 2nd-4th at 7:30 PM**

On an island on Lake Katoa... Maggie finds her brother. Leo finds himself. Cally finds her voice. Felix finds love. But there is no island on Lake Katoa.  

*(UPPER SCHOOL AUDITIONS – The week of Nov. 14)*

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**FA Theater & Halloween Costumes at Fall Fair!**

Drop-off bins for Halloween costumes are located in the Atrium (outside of the Box Office) and in Lower School.

Visit the FA Theater table outside the Dolan Center at Fall Fair on Saturday, Oct. 15 (10 a.m. to 4 p.m.) to purchase costumes from recent shows and children’s Halloween costumes.