



# Sant Bani School Notes

Celebrating 36 years

October 2009

www.santbani.org

## Calendar of Events

- 10/2 Chamber Music Series concert -- Cavatina Duo
- 10/3 SBS Board of Trustees meeting
- 10/5 College Fair
- 10/7 School Picture Day for grades K-6
- 10/9 Staff Development Day -- **No school**
- 10/9 Empty Bowls Dinner
- 10/12 Columbus Day -- **No school**
- 10/14 Grades 10 & 11 take PSATs at school
- 10/14 General Parent Meeting 7 p.m.
- 10/19 College trip for Seniors
- 10/21 Parent Committee Mtg.
- 10/30 Halloween celebrated at SBS in afternoon

## Debbie's Cooking: "the Best"

by Emily Maguire, grade 5

At Camp Wilmot, the food was the best. I loved it! There was salad, zucchini patties, pancakes, and a lot of other food. My favorite food was the zucchini patties. Debbie [Asbeck] was the cook. When she announced the menu, everyone started to cheer when she said, "zucchini patties."

I don't really like zucchini, but I loved those zucchini patties. Debbie is the best cook. She makes the best food ever. I don't know what it was about the zucchini patties at Camp Wilmot, but they were mouth-watering. I had two of them. That's all I talked about the whole meal time. Zucchini patties are better than pickles (which were my favorite food until I ate a zucchini patty). I want to learn the recipe for them so I can have them every week. I think my mom would like them too because they taste so good!

## Sant Bani High Schoolers Take the Granite State Challenge

It all started at High School Orientation. Teachers created questions to be asked to each grade in a quiz bowl activity. Top finishers became the team for their grade in a grade-against-grade high school quiz bowl competition complete with hand buzzers.

Students interested in participating in the high school team going to New Hampshire Public Television's Granite State Challenge came from this quiz bowl and from further practices. Team members include seniors Nik Lockwood and Tajian deMello-Folsom, junior Marc Gonzalez and sophomore Andres Orr. Alternates are junior Erik Braconier and sophomore Caleb Jaster.

The team travelled to New Hampshire Public Television in Durham on September 22 to compete against Lin-Wood High School. The taping of this competition will be broadcast Wednesday, October 7 at 6 p.m. on channel 11. Soon after the broadcast, the taping also will be viewable through YouTube and iTunes.

Editor Jyoti Demian

*Sant Bani School Notes* is published monthly during the school year to share news of the school community. We are grateful for contributions from staff, friends and the Parent Committee.

### In this issue:

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## Drink Great Coffee and Support Great Causes

Buy New Hampshire Roasted Peruvian Coffee and \$3.00 from every bag sold goes directly to the Sant Bani Scholarship Fund. This wonderful coffee comes from Cafe Monte Alto in Plymouth. Check out their website [www.montealto.com](http://www.montealto.com) and read about their efforts to support the coffee community in Peru. Choose from:

Regular Roast: \$9.00/16 oz. bag

Dark Roast (REALLY high test!): \$9.00/14 oz. bag

Decaf: \$10.00/16 oz. bag

Orders/payments go to Roxanne in the front office. Specify whole beans or ground. Orders go to Cafe Monte Alto at the beginning of each month and coffee is delivered to the school for pickup soon after. Contact Sherry with questions.

## Work Day Make-Up Opportunities

by Sam Conkling

A lot of work has been done in the few weeks since Parent Work Day in August, but there are still jobs that need to be completed.

If you weren't able to make it to Work Day or are new to Sant Bani School, we can still use your help. This is a great way to be involved with the school family atmosphere and is one of the many ways to keep costs down. Please contact Sam Conkling to set up a time to fulfill this important commitment.

## Hand Sanitizers Installed: Encourage Use!

Sant Bani School has installed many new hand sanitizers on campus in an effort to keep the school community safe and healthy this flu season.

Students have been instructed to wash their hands often and the hand sanitizers have been installed as an additional precautionary measure.

Please let your children know they can find hand sanitizers in the following locations:

Lower Building:  
Kindergarten vestibule  
first and second grade hall

Upper Building:  
fourth grade vestibule  
third and fifth grade vestibule

Middle Building:  
locker exit (to hill above track)  
high school vestibule  
junior high vestibule  
Studio water fountain  
Linda's office (Health Office)

## A New Half-Court and More on the Field

If you look down on Allen Field you will see brand-new rectangles of pure black asphalt.

The long jump runway has been repaired to meet official standards and the shot put circle has been moved to the other end of the field. The biggest change is the enlarged high jump paving which will double as a half-court for students in all grades to play and learn basketball, do drills, shoot, dribble and practice passing. Site work was generously donated by a parent.

## Legos Needed for Elementary Students

Do you have a bin of old Lego building blocks that sits unused in your home? Have your Lego engineers moved on to designing skyscrapers or green buildings? If so, students in the lower and middle grades at Sant Bani would appreciate your donation of Legos.

These interlocking bricks and other Lego shapes are used at various times in the school day, including worktime and art blocks. Teachers and students would be thrilled to have more Legos to add to their school collection. If you would like to donate your Legos, contact Hillary Pincoske.

# Upcoming Events

## Empty Bowls Dinner Set for October 9

On October 9 Sant Bani School will host an Empty Bowls Dinner, "a grassroots movement to prevent hunger." Guests at the simple soup and bread meal will donate \$10 for dinner and get to keep their handmade ceramic bowl after the dinner. They will be reminded of how full their belly is and of how empty their bowl is. Funds raised by Empty Bowls events are kept in the community and given to a local organization working to prevent hunger.

The Empty Bowls project at Sant Bani started last year in the

Art and Service Departments with help from Teresa Taylor of Salty Dog Pottery and New Beginnings in Laconia, an organization that provides shelter, food, education and support to women and families in the Belknap County area. The \$10 contribution will go to New Beginnings.

Students in Kindergarten through twelfth grade, teachers and alumni made bowls from clay and decorated them with glazes, colored strips, textures and designs scratched into leather-hard clay. Teresa assisted with materials, templates for bowls, demonstrations and provided hands-on help.

There will be two seatings for

dinner, one at 5 p.m. and one at 7:30. At 6:15, Barry and Gretchen Draper will present a fabulous slideshow, "Nourishment around the World."

**Prepaid reservations are required for the dinner** since space is limited to 75 people per seating. To reserve seats send an email to [maya@santbani.org](mailto:maya@santbani.org) or call 934-4240. Please specify if you will be eating before or after the slide presentation.

## Cavatina Duo Performs First SBS Chamber Concert October 2

*The New Yorker* explains that the Cavatina Duo "is generally considered to be the best of them [flute and guitar duos]." *Soundboard Magazine* describes the husband and wife team of Eugenia Moliner (flute) and Denis Azabagic (guitar) as "a duo that represents the ideal pairing of state-of-the-art practitioners of their respective instruments."

Once again, Sant Bani School will host world-renowned musicians at the first concert in its Chamber Music Series. The evening begins at 6 p.m. with a

reception by the Hanrahan family. The concert begins at 7 p.m. on October 2 and is free for students and \$15 for others. Tickets can be purchased through Sant Bani School at 934-4240.

## Scholastic Book Fair Returns to Sant Bani November 20th

Scholastic Book Fairs have been held the last few years at Sant Bani and we are excited that once again there will be a book fair in the Sant Bani Library from Wednesday, November 18th, until Friday, November 20th.

The Book Fair is an excellent opportunity for families to purchase quality literature for children from preschool through high school. If you are interested in helping at the fair please contact Hillary Pincoske.

## Pizza Lunches Starting

by Deb Stanton

Over ten years ago now, the sixth grade class asked to have a special end-of-the-year trip to celebrate their moving on from elementary grades to Junior High. Although teachers thought it was a wonderful idea, we felt the cost for a non-educational adventure would be hard on parents, especially since spring is a time of year when many educational field trips take place. The sixth grade students at the time decided they were willing to earn the money for the trip and thus monthly pizza lunches began. Every year since then, the incoming sixth graders have chosen to take on this project as a way to earn enough money to pay for class and teacher admission tickets to Canobie Lake Park during the last week of school.

This year pizza lunches will take place on Thursdays. We will try hard to have orders sent home on Mondays. Pizza orders must be collated and called in the evening before the pizza lunch day and delivery lists must be finalized and

printed out early on Thursday mornings (which is why we will no longer be able to accept Thursday morning orders).

On pizza lunch day, the sixth graders give up most of their own lunch and recess period to deliver pizzas all around the school. They make a very modest profit each month, but over the course of the year it all adds up. Along with deliveries, there are a variety of other tasks the students take on, such as making sure the 30-40 pizza boxes are recycled correctly.

When ordering pizza, both cash and checks are fine. Since the orders are turned in to the front desk and collated all at once, we are not able to track down individual students to make change. If your child ordered pizza but was absent on pizza day, you can contact us and we will try to get a refund or credit to you. We hope everyone enjoys the pizza this year and thanks for supporting the sixth grade class!

## Early Focus on Winter Clubs Opportunity

by Ann Littlefield

One of our school's Friday Winter Clubs choices is participation in the Ski/Snowboard Club held at Gunstock Ski Area. This club is open to all K-12 students and their parents. Participants sign up well in advance of the club's January start. Students in Grades K and 1 who register must also have a parent register who will transport their child to Gunstock and remain with them through the afternoon. Parents of students in Grades 2-12 are also able to enjoy the afternoon at the same cost as students. Students in Grades 2-12 are provided school bus transportation to Gunstock and back to school at the end of the afternoon. Club participants leave school at noon and the program ends at 4:30.

The program provides a reduced lift ticket/lesson cost to participants and includes a mandatory one-hour lesson for Grades K-11 and one hour of free ski time. Younger students are partnered with classmates and a staff member for the free ski time. Families should be looking for an information packet sent home with their child later in the fall which will include all program details and necessary forms. The information will also be accessible on the school's website.

We welcome Anne Danciewicz-Helmert as Sant Bani's new coordinator for the Winter Clubs Gunstock Ski/Snowboard Program. Anne is the parent of Obie (9th), Teresa (7th), Gretchen (5th), and Quentin (4th).

Don't get left out of the loop--  
sign up for Sant Bani listserv!

To receive informative emails with late-breaking Sant Bani news, sign up for the Sant Bani listserv. You will be added to an email address list of members of the Sant Bani School community. To be added to this list, send an email to

**[SantBaniSchool-subscribe@yahoogroups.com](mailto:SantBaniSchool-subscribe@yahoogroups.com)**

# A Warm and Cozy "Green" Blanket over Sant Bani School

by Sam Conkling

Imagine a blanket twelve inches thick, designed to keep you warm when it's cold and cool when it's hot. Now imagine that blanket weighing twelve tons! This summer that blanket became a reality as we completed a three-year attic insulation plan at the Middle Building.

It started when we rebuilt the sixth grade classroom a few years ago and noticed that the blown-in fiberglass insulation over the Studio had settled a lot. It didn't take much to realize the heat loss potential in such a big area, so we decided to add more insulation to take care of the problem. We also needed to insulate the walls and ceiling of the sixth grade classroom (and the addition at the Old Lab at the same time), so we called in Mor-Tite Insulation to blow cellulose insulation into all of the areas mentioned. Cellulose is one of the most "green" forms of building insulation, and has an R-value of 3.8 per inch. It can easily be blown into wall cavities in new construction, but the easiest application is into open attic spaces, like above the Studio, the library, and just this summer, above the Art Room/high school wing. Those spaces cover the entire attic space of the Middle Building.

But we didn't stop there. The addition at the Old Lab was built to be as green as we could make it, complete with cellulose insulation and in-floor heating. We also filled the attic space at the Lower Building with cellulose,

above the kindergarten and first grade rooms. I am sure that we will be losing much less heat and using much less fuel to keep our buildings warm this winter.

And speaking of "green," we are just completing the installation of two new Energy Star boilers in the Middle Building, along with new controls and wireless thermostats. We replaced three very tired boilers and all of the "near-boiler" plumbing and added a tankless propane hot water heater too. The wiring and testing of the new system will be completed in the coming days, and at completion time I will be sending the completion forms to the NH

Electric Coop for a \$5000 rebate. It is indeed great to be warm and cozy.

If you would like more information on energy-related issues, contact or become a member of the Plymouth Area Renewable Energy Initiative (PAREI) at [www.plymouthenergy.org](http://www.plymouthenergy.org). This organization has a full schedule of energy-related events and tons of information.

## Shaw's gift cards work like cash and benefit SBS!

Next time you buy groceries at Shaw's supermarket, consider paying with a Shaw's Gift Card. **Shaw's gives 5% of your total purchase to Sant Bani School**, which can add up to a lot over time. Gift cards are sold in \$50 increments. For more information or to make special arrangements for purchasing or picking up your Shaw's Gift Cards, contact

Roxanne at the front desk or

[Roxanne@santbani.org](mailto:Roxanne@santbani.org).

# A Teacher Learning

Sant Bani faculty continue to develop as teachers by learning in and out of the classroom. They take classes toward advanced degrees, attend workshops, travel to faraway schools and more. All these experiences impact their teaching and the learning children do at Sant Bani School.

## A Dream Come True

by Hillary Martin

Canoeing, hiking, biking, kayaking and camping up and down the east coast were family pastimes when I was growing up. From these adventures I gained a sense of awe and respect for nature, which has become a lifetime passion.

When I was in high school I went out to Colorado to visit my brother who was living in Boulder and I fell hopelessly in love with the rugged mountains of the Rockies. I felt that same awe and wonder about the midwest and I knew I wanted to come back someday.

Later, in college I was fortunate to be able to live in Spain and travel through Europe. I was not only captivated by the culture, traditions and lifestyle, I also experienced diverse habitats and environments.

But until this summer I had to be content to read articles and books, watch films and listen to broadcasts about Yellowstone National Park's history, its biodiversity, its volcanic activity and most recently, its fire damage. I really wanted to see it firsthand.

Then in June, my husband, Jon, a local forester, and I drove to Wyoming. Beginning on New England's tight, winding roads, then travelling through New York's never-ending highways, we trekked through Illinois and points

west, an adventure punctuated by windmills and cornfields.

We spent several days exploring the Badlands and Black Hills of South Dakota. It was remarkable countryside and I was truly amazed to see time measured through geological formations. The lack of human presence and yet human disturbance was shocking. After a few days of hiking through the Black Hills we headed on to Wyoming.

Our home base was a friend's cabin just north of Lander in the North Fork region. With the luxury of no electricity, t.v., radio, cell phones or other technology, we were able to read, take walks through the canyons and explore the natural world. From the back door of the cabin we frequently saw antelope, mule, deer, elk, lizards, moose, goats, fish, coyotes, rabbits, and countless birds and insects. We were aware of the presence of rattlesnakes, wolves, mountain lions and bears, although we were quite happy not to see them in person.

It seemed we had discovered a new ecosystem created especially for us. Our daily excursions to the surrounding area gave us a sense of calm reflection and peacefulness as well as a sense of how small and seemingly insignificant we are.

On one of our adventures we found petroglyphs, most likely left from Native Americans who used the canyons for shelter and

hunting. Next to the drawings were horseshoes possibly left by ranchers.

From visiting museums and reading about the area's history we learned that this area was used by many explorers, including Lewis and Clark, religious groups seeking freedom from oppression, gold rushers, Oregon Trail travelers, stagecoaches and later the railroads, all seeking passage to the great West.

It delighted our imagination to picture how these passages may have been used and what life may have been like for these brave travelers. It put our lives in perspective. Why do we as humans need the latest gadget of technology? Why do we always need a better car, a better house or a better job? It really makes you think!

After a few days we headed up to Yellowstone by way of the Grand Tetons. The Tetons are magnificent. They are immense and unbelievably beautiful. It was a breathtaking experience to see buffalo grazing in the field just below mountains that hold snow twelve months a year. Mount Washington and the Presidential Range seemed like little hills in comparison.

No article, photograph or film can do justice to Yellowstone. It just defies description and must be seen to truly appreciate its majesty. The varieties of animals and the volcanic and landscape diversity are almost immeasurable.

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The waterfalls, geysers and regular volcanic eruptions are awe-inspiring.

Although certainly interesting, the plant and tree species were limited and monocultured compared to New England forests. There was evidence of new growth after a bad fire in 1988. This was very exciting and demonstrated the health of the forest. I was thrilled to see that the park was in support of natural fire damage. I wish that more controlled fire burns were allowed in some areas. This would help increase diversity, new growth and health of the forest ecosystem.

We climbed up Mount Washburn on the northern end of the Caldera and were able to see the volcanic activity in every direction. We were excited to be there and witness it because who knows how much longer visitors will be permitted in the area? Water levels have changed, geysers have become less predictable and ground and water temperatures have changed. Many of the studies are very discouraging and the future of the park is quite uncertain. I intend to watch this developing situation with great interest and certainly some sadness.

I am forever changed by this summer "adventure." We humans may be small, but the role we play during the brief time we have on this fragile earth is not insignificant. While we are capable of destroying our environment, we are also capable of protecting and preserving it. As an educator I know I have a precious role to play to instill in my students a respect and responsibility for this earth.

## Flo McGarrell Visits

by Ann Saunderson

On September 17th the High School Art Department hosted the artist Flo McGarrell, a self-described "agri-sculptor." During a yearlong residency in Roswell, New Mexico, Flo began to work on creating a garden in the desert using supplies found in dumpsters and behind local businesses. With the things he found he developed seedling shields, irrigation systems, double-walled greenhouses, worm bin composters and oh so much more. During August his agri-sculpture was on display at the AVA Gallery in Lebanon, N.H. This weekend he returns to Haiti where he runs an art center in Jacmel, a coastal town about two hours from the capital, Port-au-Prince. Flo bemoaned the fact that his role as the head of the art center meant he spent most of his time trying to raise money to keep his program going.

Flo is a person with a wonderfully optimistic viewpoint on the world. He is grateful for what he's been given, especially to his family for their support. He's a soft-spoken but very accessible

guy. He talked to students at length about his time in Roswell and Haiti and answered questions about his background and plans for the future. In a class he taught us how to make origami seedling cups, seed bombs and seed planting tapes as just a small part of what he's been involved with himself. When I left school there were balls of clay, strips of toilet paper covered in seeds and a huge stack of beautiful seedling cups that someday will produce *produce!*

The whole event was pretty amazing and covered so many things that we in the Sant Bani community are involved in. I wished there was an opportunity for everyone to get to meet Flo and try their hands at some of these projects, but he's off to Haiti and has packing to do and arrangements to make for getting a large container shipped full of his finds from dumpster diving and gifts from supporters. (I was able to give him some "gleanings" from the art closet, however.) If you're interested in reading about Flo and seeing pictures of some of his pieces, go to <http://homepage.mac.com/gowithflo/igreenheart/iheartroswell.html>.

### Help beautify the Sant Bani School campus by donating flowers and plants

In an effort to update existing gardens at all buildings, we are seeking plants that flower during spring and fall (when school is in session). Do you have non-invasive plants to donate? If you do, please speak with Dave Coulter or Todd Schongalla.

# A Great First Garlic Harvest

by Susan Dymont

Sant Bani School's great garlic garden turned into a harvest to behold—500 beautiful bulbs, ready for sale at local Farmers Markets. Sales tables appeared in late summer on Tuesdays in Franklin at the Unitarian Universalist Meetinghouse and in Tilton at the Tanger Outlet Mall on Wednesdays. The whole crop was sold out in just a few weeks.

Last fall Sant Bani School's environmental science class learned from NPR's Scott Horsley "that since 2001, imports of Chinese garlic have multiplied 15-fold," and now China outstrips California as the number one source of garlic in this country. They wondered, "How about if we make some changes and Sant Bani School becomes a major source of garlic for our local community?" They broke into groups to research all aspects of garlic growing and create an action plan. They received excellent advice and encouragement during a field trip to the Two Sisters' Garlic Farm in Canterbury. Under the guidance of a faculty committee and with assistance from alumni parents Celina Dykstra and Mary Kerwin, the class went to work and planted 500 cloves. The late July harvest was then dried to perfection in an open barn and sold for two dollars a bulb, the upper end of the Market Bulletin scale because of its superior quality.

Our success will foster more success. This year we will plant twice as much garlic. Jen

Schongalla's Spanish classes will take over the planting duties, getting the thousand cloves into the ground in late October. Watch for the scapes to be on sale in mid-June and the bulbs in August. Scapes are the delicious flower stems that garlic plants produce before the bulbs mature. They proved to be a great hit last year and now with a bigger crop we will have enough for sale in 2010.

## Growing in a New Direction

by Susan Dymont

Parents and students who want to grow in a new direction are invited to participate in Sant Bani School's new school garden. The faculty recently approved a plan to allow families to learn and contribute by working alongside experienced gardeners growing food and developing skills at the same time.

The proposal approved this fall describes the overall goals. "A garden on the school grounds will further Sant Bani's mission by helping students and their families to view themselves as unique members of a larger social

unit; to see their food as part of an interconnected network; to learn gardening techniques; and to gain an understanding of the value of physical outdoor work."

How will this work? We are starting simply with open gardening hours every Friday from 3:30-5:30. The site is on the north side of Ashram Road between the road and the Upper Building. Extended or weekend hours can be arranged by contacting Susan Dymont.

Following on the success of the garlic planting by Todd Schongalla's Environmental Studies class (see previous article), a kale planting is developing adjacent to the garlic site. The kale is a pilot for a larger project and fits in well with our Eat Right America talk from last May. Kale ranks at the top of ERA's list of nutrient-dense foods. It is a hardy crop well suited to this area. More garlic—in fact, double last year's crop—will be planted by Jen Schongalla's Spanish classes. Butternut squash growing near the garlic planting will soon find its way to the Lower Building's autumn harvest celebration and some will appear in the soups made for October 9th's Empty Bowls event. Lettuce will be planted in the spring as a service project to enhance the salads served at Sant Bani Ashram's summer meditation retreats.

Parents who met during the May 2008 General Parent Meeting indicated that sustainability and gardening was part of their vision for the future of Sant Bani. There are many possibilities; your energy, interest and input will help direct us as we move toward a more self-sufficient future. The vision is here and all are welcome to be part of it.