

To Make Gentle  
the Life of the  
World.

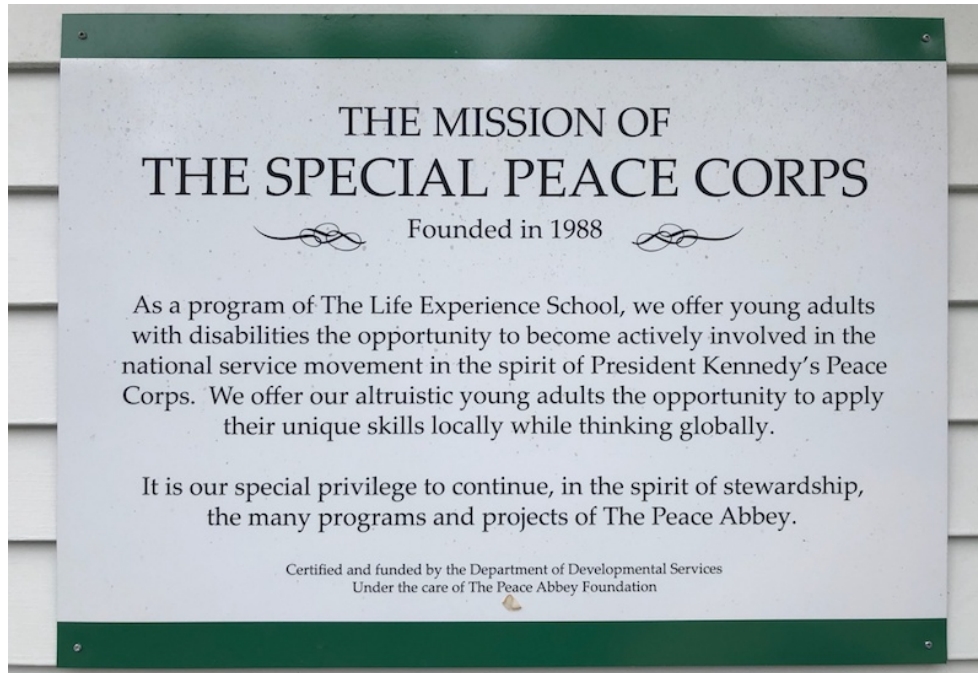


# The Life Experience School Newsletter

*All individuals pictured have given their consent for use of their images.*

**April/May 2020**

**THEME: Hope & Perserverance**



*Signage about The Special Peace Corps displayed on The Life Experience School main building*

This special creed is often recited around the Peacemaker's Table during The Blessing Bowl Ceremony held weekly at The Life Experience School. During tough times these words ring clearer than ever.

## **SPECIAL PEACE CORPS CREED:**

“When I am hungry, send me someone to feed;  
When I am thirsty, send me someone who needs a drink;  
When I am cold, send me someone to warm;  
When I am sad, send me someone to cheer;  
When I need understanding, send me someone who needs mine;  
When I need to be looked after, send me someone to care for;  
When I think only of myself, draw my thoughts to another.”

### Cooking Corner with Phyllis, Kirstin, and Betty

Kirsti is an excellent cook and cooks a meal for herself and her father every day. She also likes to bake often. Her dad told me that their favorite recipe is Date Nut Bread. Kirsti makes it often and it is yummy! Please find the recipe below for you to try at home. Enjoy!

#### Date Nut Bread

1 8 oz Package of Chopped Dates	1 1/2	Cups of Sugar
1 1/2 Cups of Boiling Water	1	Egg
2 tsp of Baking Soda	2 3/4 Cups	of Sifted White Flour
1 TBS Butter	1/2 Cup	of Chopped Walnuts
	1 tsp	of Vanilla

Mix all of the ingredients together in an electric mixing bowl. When it is well mixed put it in a greased loaf pan.

Bake at 350 degrees for 65 minutes.

### Bobby's New Goats

By Bobby Niro

We have two new Nigerian Dwarf baby goats. Their names are Lenny and Squiggy. They like to play outside, run, and eat. They love to eat hay, grain, and bottles of milk the most. I get to help feed them. Lenny and Squiggy will jump on top of you when you sit down.

*Pictured to the Right: Bobby's baby goats Lenny (left) and Squiggy (right)*



### Working at the Library

By Matthew Guertler



*The Medway Library*

My name is Matthew Guertler. I work at the Medway Public Library. I started the job a year or two ago and love my job very much. I work on Mondays and Thursdays, which are now my favorite days of the week. I am so sorry that the library is now closed due to COVID19, but I look forward to when I can work there again.

Why do I like my job? I like it because I do all sorts of interesting things each day. My favorite job is to put the DVDs back on the shelves neatly and in alphabetical order. I also like taking apart the Legos to get them ready for the Monday Lego club meeting. When the

library needs extra help I put the returned books back on the shelves where they belong. Medway Library uses the Dewey Decimal System, which I now know well. It is a confusing system and difficult to learn. And lastly, it is also nice to work at the library because the



## LES Celebrates Earth Day's 50th!

*By Cindy Stewart*

April 22, 2020 marked the 50th Anniversary of Earth Day! At the Life Experience School, we try very hard to take positive steps towards a better world. When we are in session, everyone recycles whatever they can. In fact, we have quite a large recycle bin that is filled up with glass, cans, plastic, etc. All of it helps our planet by heading towards being recycled and not into a landfill. We also compost all possible things from our cooking projects and lunches. We have an amazing garden and grow food that we eat throughout the summer. So far this year we have planted potatoes, peas, kale, several kinds of peppers, tomatoes, parsley, cucumbers, and zucchini! Our garden crew has included Eric, Jane, Mary, Paula, Lau, Phyllis, Lauren, and Cindy. Anyone who wants to join us, just reach out! Another way we celebrated Earth Day was to each learn an American Sign Language sign relating to the Earth and then shared the signs we learned with each other. We have a Tree Hugging Registry to promote our love of the special trees in our lives, including the one right on LES' property. All are welcome to submit their personal hugging trees to the registry too. We are grateful to do our part to work towards a healthier planet. Happy 50th Earth Day from all of us at the Life Experience School!



*Allison demonstrating how she cares for our Earth by watering her garden*

## Brief Book Review on "Miss Spitfire"

*By Kirstin Palson*



*Kirstin Palson, Author*

In 1887, Annie Sullivan arrived in Tuscumbia, Alabama by train leaving from Massachusetts. There she met Helen Keller who was going to be her pupil. It was a challenge to teach Helen Keller who was deaf, blind, and dumb. It was very frustrating for Annie Sullivan trying to teach Helen Keller some table manners such as how not to throw her napkin on the floor or not to snatch food from other people's plates. She had to be disciplined. It made Annie Sullivan very angry. You can see why she had a bad temper. That is the only way Annie Sullivan had to deal with Helen Keller's outbursts. In April 1887, Helen learned the hand sign for the word "water." She was beginning to show progress using sign language spelling and beginning to talk again.

Helen attended Radcliffe College in 1900 and graduated in 1904. Helen and Anne attended North American lecture circuits. See what Helen has accomplished? Publishing her memories written in 1903, she has written other books also. I recommend this book, Miss

Spitfire by Sarah Miller, to students of the Life Experience School who would like to read it. -  
March 23, 2020

## Interviews with Elisabeth

By Elisabeth Holz

Elisabeth asked a few members of The Life Experience school the question, "How have you persevered during this quarantine?" Here are their responses.

**Elisabeth:** How have you persevered during the quarantine?

**Lewis:** I have enjoyed reading material that I could rarely get to because I have been so busy. I love watching certain programs with Meg on Netflix. I have also worked on a special project through the Peace Abbey related to peace. The particular project has to do with the Native Peoples on Cape Cod. The name of the tribe is Mashpee Wampanoag. They have lost their designation as a native tribe at this time in addition to the current difficulties due to the Coronavirus, so we are working on a petition to be signed to let the tribe be in control of their own land.

In addition, since all the land used to belong to native peoples, Meg and I have decided to make a pledge that when we sell our home one percent of the sale price of our home will be donated to the Wampanoag tribe who once lived on our land.

Of course, walking Kaia to get outdoors for exercise and fresh air is always welcome.

I also appreciate the Zoom sessions at our school and seeing all your familiar faces.

I persevere out of the deep belief that despite the hardships some good for the world will emerge from this world-wide pandemic. I hope we will come out of this stronger.

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**Elisabeth:** What have you learned during the quarantine?

**Phyllis:** I have learned that family and friends are the most important things in life, and keeping in touch with them on a regular basis has helped me to persevere.

**E:** How did you persevere?

**P:** By keeping active. Getting outside to enjoy the sunshine and fresh air also helps me persevere and so does focusing on things that bring me joy and make me happy. Also, it is important for me to help others as much as possible in this difficult time. It makes them feel better and therefore makes me feel better. And that's what I have to say.

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**Elisabeth:** Hi Jimmy, what have you learned from the Coronavirus quarantine?

**Jimmy:** It gives me time to take care of stuff at home.

**E:** Have you done something new?

**J:** No.

**E:** Do you miss going to work?

**J:** Yes, I will be glad when I can go back to Roche Brothers.

**E:** Are you staying with your parents?

**J:** Yes—any other questions, Elisabeth?

**E:** No that's about it, thank you.

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### Good Ideas to Pass the Time

By Maureen Meninno, Betty Lecke, and Richie Balanca

Let's face it, we have a lot of extra time on our hands these days. Thankfully for us, Maureen, Betty, and Richie have thought up some different ways to help us make use of the downtime in our daily lives.

**MAUREEN:**  
Call your friends  
Watch DVDs  
Take a walk around

Sit outside and just enjoy the sun  
Learn a new skill or craft  
Make jewelry

### RICHIE:

Take rides in the car (Like to Cape Cod Canal)  
Help out around the house (Wash the car, do yard work, move furniture, etc.)  
Visit friends and family (Safely!)

**BETTY:**  
Cook  
Take walks  
Arts and Crafts  
Baking



## Grab Your Coffee and Turn Up the Heat!

By Ian Murawski and Lauren Rafal

Good morning, folks! There's a new podcast in town. Every Saturday afternoon Ian and Lauren team up to record their Ian and Lauren News Hour (With Coffee). The idea was thought up by Ian as an activity to do with Lauren on their weekend Zoom get-togethers while self quarantining. So far the response has been phenomenal, and the show is skyrocketing! We do brain-busters, themed episodes, review news and current events, and more. Future plans involve special guests and interviews and possible additional podcast shows. Episodes are uploaded every Saturday afternoon on YouTube but can be watched anytime you like. So stay tuned!



**Search YouTube for: "Ian and Lauren"! (we're the ones with the blue mug!)**

## The Patriots vs The Falcons: Super Bowl LI

By Phil Lussier and Eric Folan

At the end of the 1st quarter the score was 0-0. During the 2nd quarter the Falcons lead 21-0 until the Patriots made a field goal and cut the lead to 18 at halftime. At 3rd quarter the Falcons scored making it 28-3. All the New England Patriots fans thought that the game was over until the Patriots cut into the lead with 28-12 on a field goal.

Matt Ryan of the Falcons got hit and fumbled the football, but the Patriots recovered it. The score was 28-20, and no team had ever come back from 25 points down in the Super Bowl before. The Falcons were up to punt, and the Patriot's Julian Edelman made an unbelievable catch to keep the drive alive enabling them to score. With 57 seconds left in the 4th quarter they went for 2 points and managed to tie the game at 28-28. This is the only Super Bowl to ever go into overtime.



*Falcons facing off against The Patriots in Super Bowl LI*

New England won the coin toss meaning their next touchdown could win them the game. The Patriots kicked a field goal to the Falcons, and they got the ball. The Patriots marched downfield to the 2 yard line. The Falcons got a penalty for pass interference. Next Tom Brady handed off to James White who scored a touchdown and won the Super Bowl 34-28. The Patriots pulled off the greatest comeback ever.

## Namaste Nancy Galiardi: LES' Super Yoga Instructor

*Interview Curated by Cal Hottel*

### **Cal: When did you decide to become a Yoga teacher?**

Nancy: In 1976, I took my first Yoga class in Cambridge, MA. I was so touched by the way that I felt (physically, mentally, and emotionally) that I knew at that moment that I wanted to share Yoga with anyone who was interested.

C: WOW! I wasn't even born in 1976 (hahaha).

### **C: How many years have you been teaching? And teaching at LES?**

N: I have been practicing Yoga for 44 years. I have been teaching for 28 years. I have been teaching at LES for 21 years!

### **C: What's the most gratifying thing about teaching Yoga?**

N: Seeing all the smiles and contentment on everyone's face at the end of class. Yoga gives us a place and a practice that is filled with peace and kindness.

### **C: What is your proudest moment about being a Yoga teacher?**

N: Mmmmmm... could I change the word "proudest" to "happiest" or "satisfying?"

C: YES!!! I like that better.

N: Gathering ALL of my classes (LES, my studio, Dell/EMC) together for one BIG class truly makes me happy! I see many different faces, many different cultures, many different beliefs all coming together for a FUN Yoga practice... and, of course, lunch after.

C: I REALLY, REALLY like that class too... and the food is delicious! You are a good cook.



*Matty and Nancy at the annual group yoga party class*

### **C: How did you find out about LES?**

N: Living in Holliston, I drove by the Peace Abbey in Sherborn many times. I was always curious about what it was all about. One day, I stopped in and found many new friends!!!

Marty Schneier (who came to my studio classes) was working at LES at the time, and after a few visits she asked me to come and share Yoga at LES. The rest is history! We had a few classes in the coffeehouse basement and then moved to Millis.

### **C: What is your favorite past time?**

N: I love being in nature, so you can always find me outside. I enjoy hiking and have hiked the northern section of the Appalachian Trail many times. And anyone who has been to my house knows that I love plants and gardening... both inside and out!

C: I like the high ceilings in your house for all your plants.

### **C: Thank you!**

N: You're welcome! This was lots of FUN!

### What Have You Learned From This Self Quarantine Period?

**Mary** - I have learned how important my family is to me. I have also learned to be more kind to people.

**Allison** - I have been going to bed at 9 pm regularly, learned to mop the floor, and help with the dishes.

**Maureen** - I have learned how much I like going to The Life Experience School and how much I miss the staff and my friends. I also learned how much I miss my job of making Buddy's Best Biscuits. I never realized how much LES meant to me until I had to stay home and quarantine.

**Elisabeth** - I have learned that it is okay to be by yourself for a while and to think positive.

**Kirstin** - I have learned that it is important to keep busy and learn new things. I have learned how to protect myself by wearing a mask and gloves and wiping down groceries. I have also learned to keep in touch with friends and staff and how to do yoga on the phone. I am also learning how to plan menus and prepare meals to keep my dad and I healthy.

**Betty** - I have learned that getting together for meals with my friends who live with me is a way to connect with people. I have learned that it helps to keep in touch with family and friends who are close to me. I have also learned that renewing my faith by reading the Bible has been helpful. It also helps to get outside and get exercise.

**Jimmy** - I learned that when I've had enough of listening to the news I can just turn off the TV.

**Phil** - I learned to just enjoy life and your family.

**Eric** - I have learned to stay positive and focus on who I really am. I have learned that it is important to learn new things and take more time to read books. My joke answer is: Don't eat too much and don't gain weight!

**Matty** - I have learned that I am really blessed to be in a place that I love and to have what I want or need because I know there are many people who don't have that privilege.

**Ian** - I have learned to take caution in life everywhere you go and keep your friends close, but not too close!

**Cal** - I have learned how to get onto Zoom and e-mail.

**Richie** - I have learned to make white bread, paint bird houses, and plant in the garden.

**Bobby** - I have learned how important the Life Experience School is to me. I have also learned that it is important to get outside and get exercise by walking the dogs.

**Courty** - I have learned that I have some wonderful people in my life.

## Poetry Corner

### **LES Acrostic Poem**

*A poem by Mary O'Connor and Cindy Stewart*

Thankful  
Helpers  
Empathy

Love  
Invigorating  
Friendship  
Entrust

Environment  
XO  
Peaceful  
Enable  
Revolutionary  
Independence  
Enamor  
Namaste  
Compassionate  
Equal

Safe  
Community  
Heartfelt  
Original  
Optimistic  
Leadership

### **Let Us Focus on Hope**

*A poem by Kirstin Palson*

All we need is hope  
Even though we are remote  
During this scary time  
When we are safe, it will be fine  
So let us keep in touch  
Though we miss each other  
much.  
It is difficult, I know  
Trying to focus on hope  
Everyone misses me so  
Especially when I am remote  
That is what social distancing is.  
And shutting down LES  
Hoping we will all be together  
When social distancing ends  
I can see my friends  
Everything will be better  
When the Coronavirus is over  
Let us focus on hope  
As long as we can cope

April 19, 2020  
Kirstin Palson





## Advertisements and Announcements

*\* Please Note: Many of our businesses and services have been temporarily put on hold.*

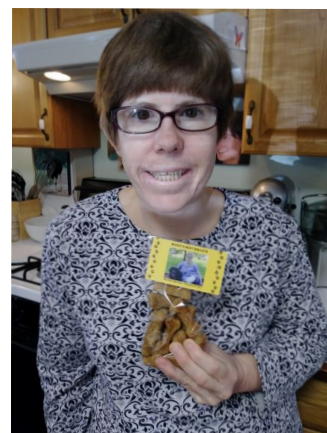


### Mary's Loving Scents

Mary has started a new sewing project called Mary's Loving Scents. She has created lavender sachets with a heart-shaped doily to donate to folks in area nursing homes. They will be spreading their love and wonderful lavender scent through out the area!

### Maureen's Buddy's Best Biscuits

My name is Maureen Meninno, and I have my own business selling Buddy's Best Biscuits. I named it after my black lab, Buddy. Everything is homemade and all natural with fresh peanut butter. There are 12 biscuits in each bag and cost \$2 per bag. Call LES to place your order.



### Paws For a Cause

Paws For a Cause is cat toys and more with a purpose. Matty hand

crafts each toy from scratch with proceeds from purchases going toward local animal shelters. There are cat dangles for both adults and kittens as well as stuffed sock animals.

### Ian at Jasper Hill

Come to Jasper Hill in Millis to see Ian Murawski rock out at the Hoedown every Thursday at 8 pm! Come check out these funky jams.



### Hidden Brain Club

Join the Hidden Brain Club from near and far! We gather weekly at LES to listen to a different Hidden Brain Podcast. Join

us to listen whenever and where you like. E-mail Lewis if you would like to participate. Listen when you can, no attendance taken.

[lewismranda@gmail.com](mailto:lewismranda@gmail.com)

### Eric and Phil's Sport Talk

Every Friday morning at 11:30 Eric and Phil host their no holds barred sports podcast on Facebook live.

Tune in for biting commentary and hot takes on the latest in the sports world. Debates abound and they even feature special guests. Merchandise available too!

<https://www.facebook.com/EricAndPhilsSportsTalk/>

**E & P**  
Sports Talk