

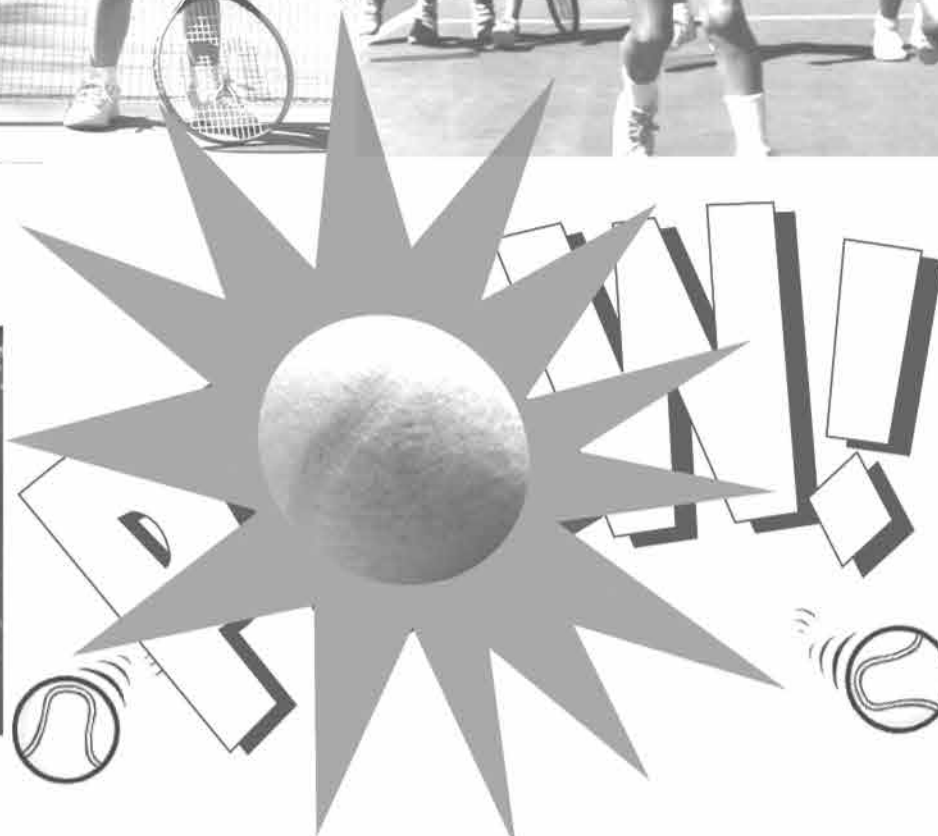
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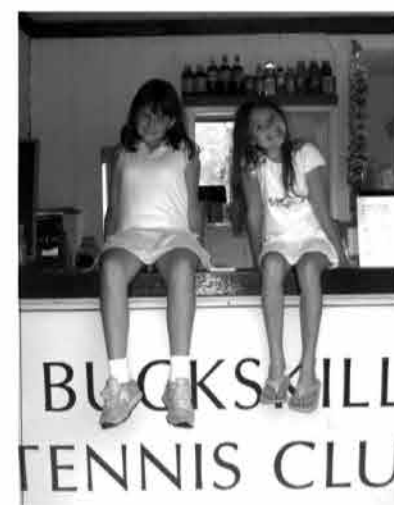
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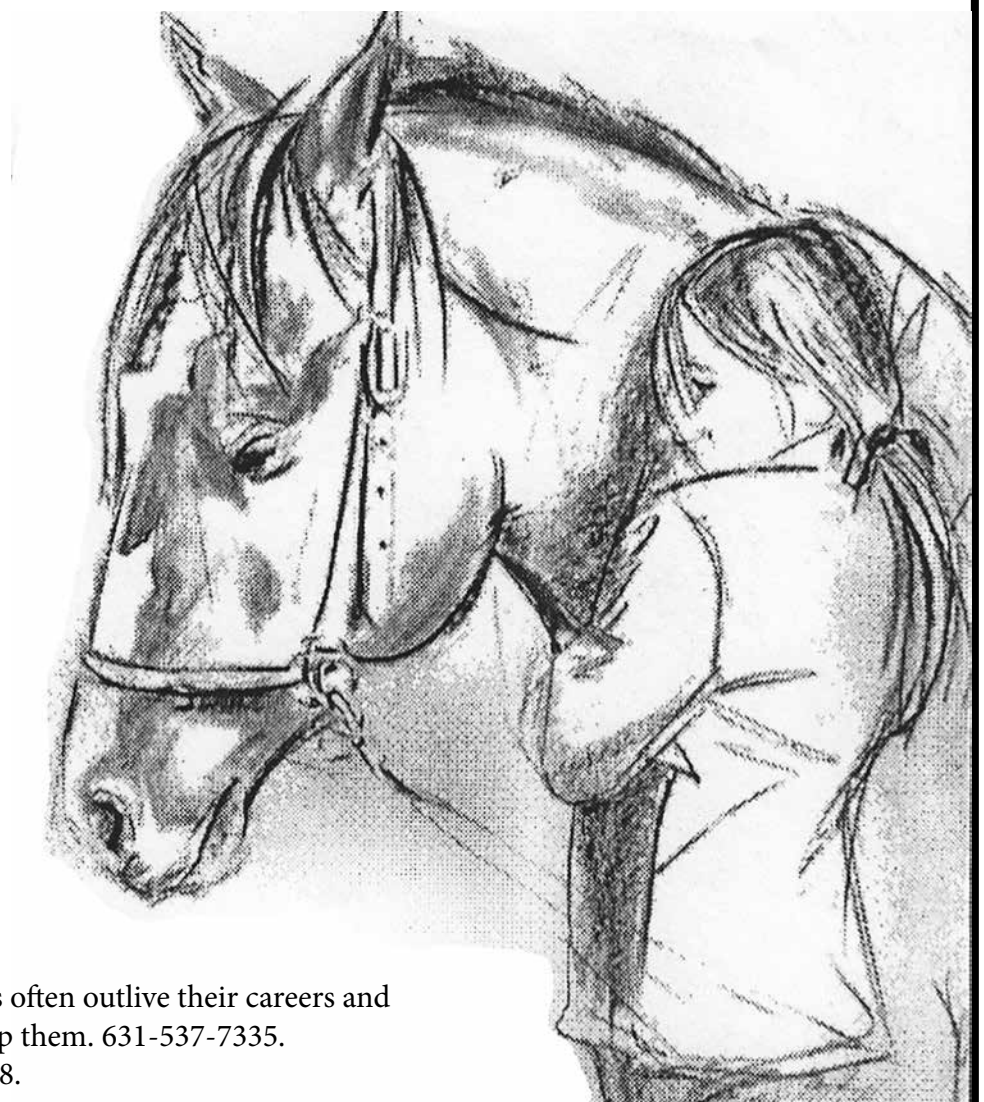
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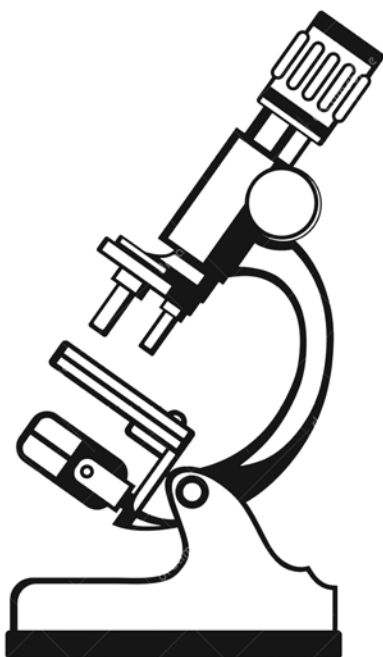


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Letter from the Editor

Dear Readers,

The word compassion is the stongest word in the dictionary. If there were more compassion, there would be no more wars, no more killing, no more hatred. People would love each other, and kindness and goodness would be everywhere. Think of all the goodness that it would bring. This issue is all about compassion. Teach it to your friends, your family, and your neighbors, in everything you do, and in kind words. Make it part of your life. Compassion is pure goodness.

Sincerely,
Eric Wald

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Compassion in My Work

written by George Holzman III

photo courtesy of Associated Press (Due to Health Insurance Portability and Accountability Act rules, we cannot print a photo of any George's actual clients.)

I've been working as a support staff member for individuals with both physical and developmental disabilities for the past five years. Prior to that, I worked in the seafood industry and produce departments at various grocery stores here on Long Island.

There are several qualities a person must possess in this field to do this type of work: empathy, patience and most importantly, compassion. I get my work ethic from my father and my compassion from my mother; she works as a home health aide for senior citizens.

I was born with spina bifida and had to overcome some obstacles in life due to this. Having known what it's like to feel left out and discriminated against is how I learned to have empathy for others. I can relate to the individuals I work with, because at the end of the day, we both have our own struggles we deal with on a daily basis. Sometimes, my clients become upset or have bad days because of their disabilities. It is important to have compassion for someone who has different abilities from you and to remember that it is not their fault. Think about how you would want to be treated, and make sure to treat others with the care and kindness you would want to be treated with.

Some of the things I have helped my clients with in the past include money management and how to make change. This would consist of me using fake paper money and coins. We would pretend we were buying something at a store and I would come up with a price. For example, I would say the item costs \$4.35, my client would have a five-dollar bill and would hand that to me. After that, they would find out how much change they would be receiving back. At first, we would start with one dollar, and gradually increase the amount of money until we reach about 20 dollars. We would do this every day for about a half hour to 40 minutes. Within a few weeks, my clients were able to figure out the correct amount of change they would be receiving. This is important, because as a staff member, you want to make sure the individuals are not cheated when going out to a real store and buying something. You also want to encourage them to be as independent as possible; doing exercises like counting change is very important.

Another thing I have done in the past was to help individuals learn to walk more independently with their assisted walking devices, such as walkers. We would go small distances and I would stay right behind them to make sure they did not fall while using their walkers. I did this with both senior citizens as well as with younger individuals who are physically disabled. Practicing to walk is similar to counting change; you have to be positive and encourage them to keep going. You cannot get discouraged or impatient while doing this; you have to be compassionate and understanding. You also have to make sure the individual you are working with does not get discouraged and give up, either. After they were comfortable enough with the walker in their home, we would go into the community with the walker, either to parks, restaurants, and places that had live music.

Over the years, I have volunteered with clients at such places as Old Bethpage Restoration, the USS Intrepid, as well as helped individuals find work in many different stores on Long Island. It is incredibly rewarding to help someone achieve their goals and to be happy. You have to be able to "go with the flow," and I can't stress the compassion aspect enough. With the Bethpage Restoration, we would give tours to visitors while dressed up in clothing similar to that time period. We would volunteer once a week and would even rotate areas so people could learn about different parts of the Restoration. This was the same with the USS *Intrepid*; we would work in different areas, and get to meet some amazing people, including ex-servicemen. It was a lot of fun there.

I have made many friendships and learned many things from the individuals I have worked with in the past. I believe it most definitely helped me grow as a person. Knowing that I helped a lot of people along the way, whether through a paying job or volunteer opportunities, makes me feel very happy. I can honestly say I have a job I really enjoy and look forward going to every day. If you want a job helping others, either find volunteer/work opportunities or work on socialization. I couldn't recommend this line of work enough. If you have patience, understanding, empathy, and most importantly, compassion, maybe this type of work is for you.

Compassion for the Elderly

written and illustrated by Connie McGuinness

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What's it like getting old? For everyone, it is different. When we get old, our hair turns gray, sometimes white. We can't see and hear as well. Some people have trouble walking. They need a cane, a walker, or can't walk at all, and use a wheelchair. Some elderly people live alone. They can't drive anymore, so it's hard for them to get out to visit people or go to stores. Others live in nursing homes where they are cared for, but still miss their family.



All these things that can happen to you when you get old can make you sad and lonely.

We need to have compassion for the elderly. They need love, kindness, a hug, family, and friends to help them. Maybe you know someone who is very old. He or she could be your great-grandmother, grandfather, friend or a neighbor. When we show compassion for people, we want to take away their sadness, make them feel happy, and help them forget about their troubles just for a little while. Perhaps we could draw them a picture or write them a

poem, bake them a cake, or stop by for a visit.

Bringing someone a smile and making their day brighter brings joy to someone in need. Many times, elderly people are forgotten about. People get busy with their own lives. We need to stop for a moment and think not of ourselves, but of others that may need a friend. When you help and show compassion for someone, it brings you joy as well. It can be a rewarding experience knowing you made someone happy, and made a difference in that person's life.

A Suit for Gregory

A Make-Believe Story by Waldo the Clown

illustration by Rosemary Sczcygiel

Well, it was summertime, and it was time for all the bears to come out of hibernation and buy new clothing for the new season. The whole bear family were invited to the yearly Bear Ball that all sophisticated bears go to. Gregory's mom, Belinda, bought a new dress with polka-dots. His brother, Henry, bought a new seersucker suit and bow tie. His father, Martin, bought a tuxedo with a cane and top hat. But what happened to poor Gregory? He was totally forgotten, and his feelings were so hurt. He didn't know what to do.

Now Gregory had no money to buy expensive clothing, but he had an idea! He said, "I know what I'll do! I'll make a suit out of leaves, bark and twigs, and I'll be the most beautiful, handsome bear in the world."

So Gregory went to work. He spent hours on his new suit, and when he was done, he was the most attractive bear ever. And that was the day little Gregory showed up at the ball. His mother, father and brother were so glad to see him, and promised to buy him a new suit as soon as they could. They were so sorry they had forgotten about Gregory, and took him out for ice cream, so that he could find a way in his heart to forgive them.



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Ros Letcher and Her Family

written by her good friend, Eric Wald

Rosalind Marie Letcher, a contributing artist for *The Waldo Tribune*, loves to talk about her family. Her father was a lieutenant colonel in the Air Force during World War II, and earned a purple heart. He was the commanding officer of Joe Lewis, the world-famous boxer that went to the Olympics in Germany and won a gold medal. After the war he came home and opened up his own art teaching studio, The Letcher Art Center in Washington, D.C., which now is a natural landmark. Her mother became an educator and worked in the public school system. Her sister, Maxine, became an anthropologist with a degree from the University of Indiana, traveling extensively around the world. Her brother is a musician.

Ros is proud of her relatives. Her father was Duke Ellington's first cousin. Duke Ellington's mother and Ros' grandmother were sisters. Their names were Daisy and Marie, respectively.

Now Ros is a talented artist. Her work has been shown at Guild Hall, the Parrish Art Museum, and the now-closed Elaine Benson Gallery, and a few galleries in the city. She has a Master's of Fine Arts Degree from New York University, and a Master's from the City College.

I have known Ros for decades. She is kind, sweet, and beautiful beyond words. I love her as if she were family. She is compassionate, and everyone who knows her loves her for who she is; a fantastic human being.

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Our Football Team

by Christopher Clark, age 12

The Waldo Tribune Junior Sport Columnist

This year, I played my 11th season of football, a sport that I've been playing since the age of five. Since then, I've been a part of some great moments, with great friends, all making great times. This sport will always be a part of my life, and these times of childhood football, with my best friends on the team and my dad as my coach will be the base of a lifelong connection to a single sport.

Prior to this 11th season, we've been to the championship twice but never won; we even lost one of those in overtime. We have had some rivals, but one in particular has made an impact. A powerful opposing team beat us in both championships that we appeared in, in all those seasons. We beat them a total of two times; once in overtime, but both in the regular season. Over these 11 seasons, we went by multiple names.

My friends were a gigantic part of playing football for me. When I was in preschool, I had a friend named Blake. He ended up joining my kindergarten football team. We have played 11 seasons together, and we are now best friends. In second grade, a kid moved in from Abilene named Tyler. He joined the team and ended up playing on our basketball team as well. Since then, he has played eight seasons with us, and Tyler, Blake and I are best friends known as "the triplets". Over the years, I have made bonds with so many teammates, and have made many friends, but none as great as the triplets.

Yet the biggest part of my entire football career was my coach, my father. Since the beginning, my dad has been my coach, and in eight of the 11 seasons that I've played, as the head coach of my team. He has coached with the fathers of Blake and Tyler by leading the defense. My father has taught the fundamentals to so many kids that will potentially have a career in football. It has been truly amazing having my dad as my coach, and I am blessed.

This season, we did not have a glamorous finish with just one win, but we played our best. In the end, it's been a great career, but it is actually just the beginning of a hopefully long successful career to come. Thanks to my best friends and the best coach ever!

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A Ross School Student Making a Difference

by Debbie Tuma

Ted Morency, an 18-year-old graduate of the Ross School in East Hampton, was born in Haiti. Located in the Caribbean, Haiti is one of the poorest countries on earth. He lived there until he was five years old, and then he moved with his mother, twin sisters and older brother to New Jersey, for better opportunities.

Little Ted was the only Haitian in his class, and he did not even know English. His family speaks a language called Haitian Creole. But he soon learned English, and studied hard, and then he applied to the Ross School in East Hampton, which he started in eighth grade. He has enjoyed his last five years at The Ross School, with interesting teachers and students from all over the world. Now, as a high school graduate, Ted Morency feels lucky to have had this great education, and he has decided to give back to his native Haitian people, who also suffered a terrible earthquake in 2010, and recent hurricanes.

In February, 2018, Ted made a trip to Haiti with his friend Jonathan Glynn, a Sag Harbor artist and pilot, who is the founder of Wings Over Haiti, a non-profit organization that is building much-needed schools in Haiti. Also on the trip was Arthur Bijur of East Hampton, and Magalie Theodore, a native of Haiti who is helping with this effort.

The school would be for 400 students in a rural area of the country called Ranquitte. Their old school ran out of money and is falling apart, so there is nothing for the children to do in this small farm village. They live in shacks, they have no toys, and there is not a lot of food.

"It was very hard to see these people living in shacks, and there was trash all around," said Morency. "I felt lucky that I was able to escape, but now I wanted to help my people."

Ted Morency, who lives in Sag Harbor, decided he would help Jonathan and his friends raise money to build a new school, which would also provide lunches and books for the kids. He went online to Go Fund Me, where you put up a page for your favorite charity.

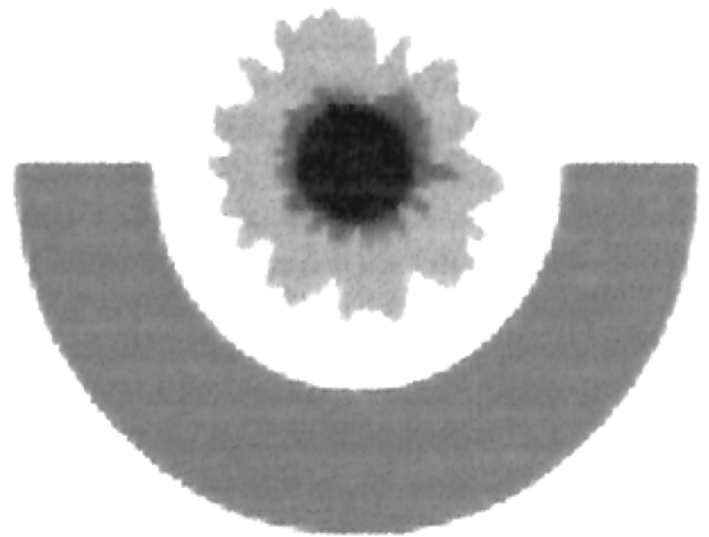
In the past year, Ted Morency has raised over \$15,000 toward building the new school in Ranquitte. He also helped organize a benefit at the Ross School, and he approached businesses to ask for donations. Last summer, Ted Morency was honored for all his good work, at a benefit and art auction for Wings Over Haiti at the Watermill Center in Southampton.

This year, this same benefit is being held on June 30 at the Watermill Center, and all proceeds go toward the new school.

"It's important to have compassion for people who are less fortunate than us," said Ted. "When you try and help people, you get lifted up as well. I think people can have an impact on their communities."

For more information, visit www.wingsoverhaiti.net.

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Dear Ms. Spiral Notebook

Dear Ms. Spiral Notebook,

Lately, education is focused on the whole child. A central theme I hear a lot about is compassion and how to teach our children to be kind and empathetic. I would love know of some ideas and a great book for elementary-aged children.

A great way to educate young children on compassion is by showing them. In 2012, a young girl, named Abbie, showed us what it means to truly be kind. Here is the link to her story and some great discussion prompts to start the conversation.

<https://4goodnews.wordpress.com/2012/09/07/8-year-old-maine-girl-gets-unexpected-reward-for-her-good-deed/>

For literature on compassion, check out *Heart Bubbles: Exploring Compassion With Kids* (paperback – October 25, 2017); by Heather Krantz (Author), Lisa May (Illustrator).

Dear Ms. Spiral Notebook,

My son is starting sixth grade next year, and I am very concerned with the amount of screen time that already takes up his day. I want him to use technology from an educational framework, but I also do not want his days filled with all computer usage and no social skill interaction.

I would start by defining screen time for education, and screen time for pleasure. You may want to have time limits for both. Some have found that allowing ways to "earn" more screen time with household responsibilities and/or other tasks makes the time gained more valuable because the child has to achieve it. A cute idea is colored beads where-as each bead designates time earned. For example, 10 minutes of a chore completed earns a green bead. All the beads are kept in a glass jar that will add visual intrigue. At the close of the week, the child can decide when to use their extra time. Since you are concerned with loss of social time, maybe some beads are earned by going outside, helping a neighbor or sibling or having a friend over for a play date at the park or local sports field.



Dear Ms. Spiral Notebook,

My fifth grader is highly interested in Math and Science, STEM. Over the summer, I would like to take her to some interactive learning experiences that focus on these interests.

STEM is a hot interest category for older children and teens. The combination of math and science with technology sparks their interests. STEM-works is a great starting point. One fascinating feature is extreme weather. Students have the opportunity to explore a 3-D flood simulator. There are videos and article links as well to extend the learning experience.

Two websites are <http://stem-works.com/activities> and <http://www.unitedskates.com/public/seaford/index.cfm>.

For STEM Long Island field trip opportunities, you can visit: Science Museum of Long Island - (516) 627-9400; NYC Center for Aerospace and Applied Mathematics - (212) 608-6164.

PARENTS AND TEACHERS: Have a question about your child's or student's education or learning? You may contact Ms. Spiral Notebook at waldo-andtulip@optonline.net, with "Ms. Spiral Notebook" in the subject line. You may also fax your question to us at 631-808-3248, or mail it to her c/o *The Waldo Tribune*, P.O. Box 2587, Sag Harbor, NY 11963.

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Emily's Post

by Emily Post, age 17

When Waldo asked me to visit Ronald McDonald House in New York, I did not know how to get the appointment. Upon visiting their website, I found my path through New York Rangers' hockey legend Rod Gilbert, and his wife Judy. I have known them nearly all my life, so I reached out for an introduction. Ronald McDonald House has been a mission for the Gilberts for more than 20 years, and Judy came through for me.

Ronald McDonald House provides housing and services to families who have children with cancer. Unlike hotels, or staying at the bedside of the child or worse, staying in their home town, RMH provides a place near the hospital to rest for parents, and services to help them better cope with the enormous stress associated with a child with cancer. It does this at little or no cost. It allows the parents to focus on getting the best treatment for their children and to be near by, plus getting support from other families where cancer had stricken, and even home-cooked meals.

I heard stories about families where the child actually recovered faster because the family was close by. As I said before, Ronald McDonald has compassion! It has helped millions of families, and yes, it is supported in a large part by McDonald's.

Facts About Compassion

written and illustrated by Greg Bullock


- Compassion has been defined as having sympathy for another person or animal in their suffering.
- Compassion not only means being aware of another's suffering, but wanting to do something about it.
- In the Buddhist tradition, compassion has been called "the heart that trembles in the face of suffering."
- Many religions throughout history have taught compassion, includ-

I am a robot
I come in peace
I care for you



ing Hinduism, Judaism, Buddhism, Christianity and Islam.

- The Dalai Lama said, "If you want others to be happy, practice compassion. If you want to be happy, practice compassion."
- Many people practice compassion for animals that are suffering, such as homeless cats and dogs.
- Using MRI scans, scientist have found increased activity in certain parts of the brains of people that practice compassion.
- Will artificial intelligence (AI) of the future be able to feel compassion? Can a robot be made to feel compassion? (See picture.)



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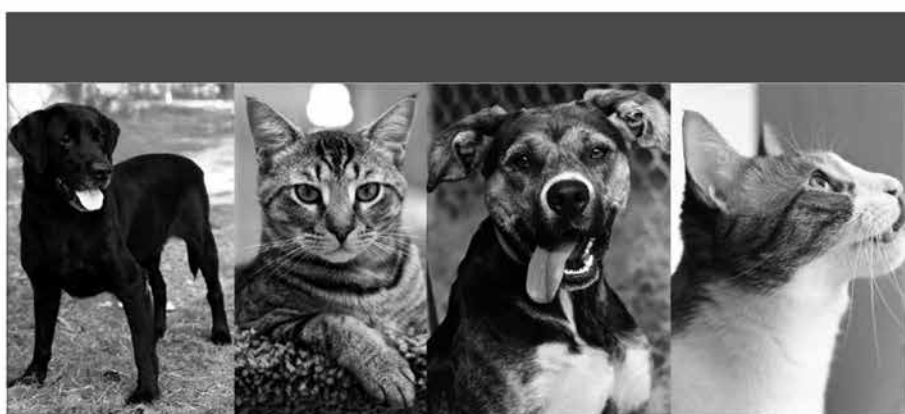
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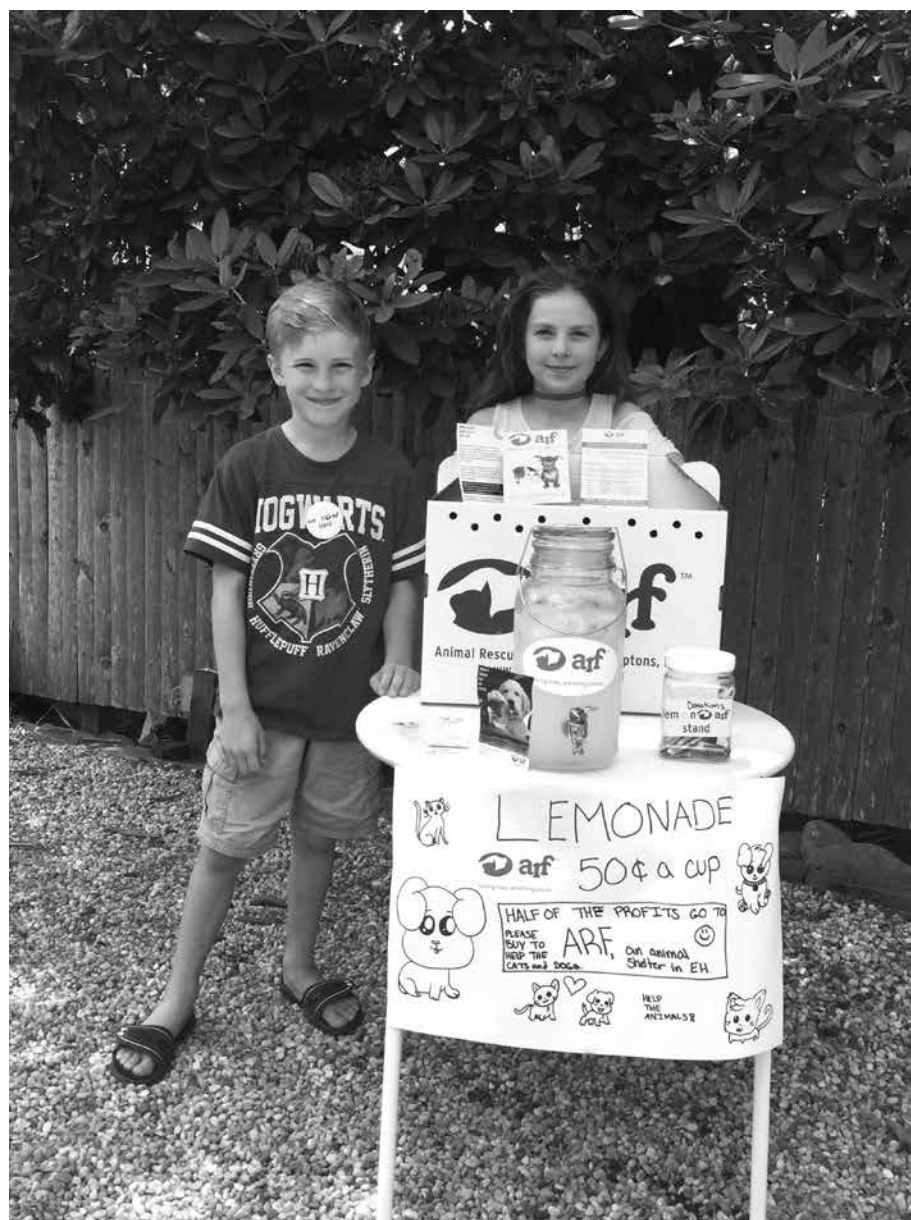
Everything you need to become a member of the official lemonarf club and an important part of the ARF Team is in the free starter kit.

Start raising money for the ARF Animals today!

ARF Adoption Center
124 Daniels Hole Road, Wainscott
631-537-0400 www.arfhamptons.org



Animal Rescue Fund of the Hamptons, Inc.



Keep cool this summer with the Lemonarf, A Club for Kids!

The Animal Rescue Fund of the Hamptons' official club to involve kids in raising funds for the animals at the ARF Adoption Center is back for another season?! A Lemonarf stand is just like a regular lemonade stand, only better. ARF has created a Lemonarf stand starter kit, designed to help let people know that young participants are an important part of the ARF team, and that all of the money raised will go directly to the care of the animals at ARF. Last year, thanks to kids, Lemonarf stands raised nearly \$5,000 for ARF! Every penny went to help our animals, and boy did they appreciate it!

The kit includes the following items to help make a Lemonarf Stand a big hit in any neighborhood:

- The official Lemonarf homemade lemonade recipe. Kids can use this recipe or create their own refreshing summer drinks.
- The official Lemonarf barking-good cookie recipe. Kids can use this recipe or make their own treats.
- A Lemonarf poster, to let customers know that the stand raises money for ARF. Kids fill in what they are offering for sale and the price. They can decorate the poster as they see fit.
- The official Lemonarf minibank, to collect all of the donations and keep them safe until the money is brought to ARF.
- Official Lemonarf cups.
- Official Lemonarf buttons, to let everyone know you are an official member of the Lemonarf team.

The most important part of any Lemonarf stand is that the children have fun! Kids can feel free to add items for sale such as homemade jewelry or art and set their own prices for the items for sale. Participants can also let ARF know where and when they are having their Lemonarf stand, and ARF will share it on social media. Everyone who runs Lemonarf stand this summer will also have their photo taken when they bring their donation to ARF and will be featured on ARF's Facebook Page.

FREE Lemonarf kits can be picked up at the ARF Adoption Center at 124 Daniels Hole Road in Wainscott. For more information visit www.arfhamptons.org or contact Jamie Berger 631-537-0400 x215.

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Compassion

written by Eric Wald

illustrated by Connie McGuinness

What the world needs now is more compassion. With compassion, there is no more hatred, and no more wars. There is tenderness and goodness that comes from within, and peace in our minds and hearts.

If there were more compassion, people would love each other, and have more love for themselves.

With more compassion, there is forgiveness. There is love where there once was hatred before, and people care for each other.

Deep in my heart, I sincerely believe one day compassion will fill the hearts with goodness and tenderness, and bring people to do all the great things that are in the world. With compassion, there is kindness that wipes out the pain. No one would hurt anyone, and love and goodness would flow like a great river in the minds and bodies of humans all over the planet earth, as one planet in harmony, with each other, forever and ever.



Bob Schepps

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Kind is the New Cool

by Paula Timpson

My son's elementary school in Florida created a new wonderful t-shirt that reads "Kind is the New Cool". Our son Jimmy just graduated from elementary school this past spring. He has gone there since kindergarten for the past six years. He wears this t-shirt, and it makes me smile and motivates others to think how they, too, can be kind and compassionate to others. Jimmy's school has always highlighted character traits such as courage, friendship, respect, courtesy, caring, honesty, and responsibility. Students get chosen based on showing these values in action.

There is also a special kindness bench where kids can sit who are in need of a friend. Being compassionate is special. It is good to teach compassion. Children are born full of compassion. They look to adults to be role models of good respectful behavior. Compassion comes from being compassionate and showing goodness every day of our lives.

An example of being kind without expecting anything in return was when our son Jimmy, who is going on 11, told me he wanted to get a nice friend at school a green parakeet for her 11th birthday, because that's what she wanted. So we did. And Jimmy simply gave it to her at her girls' sleepover party, then went home feeling good. I did too. Our son led the way of kindness, and I was fulfilled and proud.

Editor's note: We do not recommend giving live animals as presents, as living creatures are a big responsibility. Always consult with the child's parents first before gifting a live pet to someone! A better gift idea is a plush toy animal or a book about a favorite animal.

Compassion can come in many ways and forms but it all adds up to real joy. It can be simply smiling at a stranger or being someone's friend. Stand up for what is right and simply be yourself. Be compassionate. Kind is the new cool.

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Compassion Toward Animals

written by Jerry Cimisi

photo credit: Jo-Ann Tiranno

We should always show compassion not just to people but to animals, too. For thousands of years, human beings have lived closely with animals such as dogs, cats, horses, cows, pigs and goats. All of these animals—except maybe cats—were made use of by people: dogs pulled sleds, herded sheep, became watch dogs; horses carried riders—and soldiers; and people used other animals for food and made their skins into clothing.

It was only recently in human history that enough people felt that animals were being mistreated that something should be done about it. The American Humane Society was founded in 1877 to relieve the harsh treatment suffered by farm animals. The organization expanded its concerns to cases of child abuse, campaigning for child labor laws. It initiated Be Kind to Animals Week, and tended horses the military used in World War I, as well advocating for standards for animals used in motion pictures. Eventually, the organization shortened its name to American Humane.

Members of American Humane founded The Humane Society of the United States in 1954. They are separate organizations and re-

main so to this day. Among the many activities of Humane Society are: undercover investigations of how animals are treated for food and scientific research, promoting campaigns against dog fighting, sports hunting, pet care and adoption, and the protection of wild animals.

In the last decades of the 20th century, there were movements that went beyond treating animals well before they were killed for food. Greenpeace was founded in 1971 and made one of its first missions to stop whale hunting throughout the world. They have been successful enough to have caused many countries, including America, to have banned whale hunting.

Such groups marked a great change in the movement to lessen cruelty to animals. Some have advocated not eating animals at all, or using them for clothing and other common uses, as with fur coats and leather shoes. A vegan is someone who not only does not eat any animal products, such as meat, fish, dairy, or even honey, but will not use leather or fur. Veganism has been around a long time. Over 2,500 years ago the famous Greek mathematician Pythagoras did not eat animals. He said, "As long as man continues to be the ruthless destroyer of lower living beings, he will never know health or peace. For as long as men massacre animals, they will kill each other."

The Vegan Society of the United States was founded in 1960. In the last 20 years there has been a great increase in the number of people who are vegans. There are more than seven billion people on earth, and there are 70 billion farm animals who are raised for food. Humans eat 21 billion pounds of food a day. Animals raised for food eat 135 billion pounds of food a day—mostly grains that could be going to people. And animals raised for food create billions of pounds of waste that eventually produce a great deal of unmanageable pollution.

So be kind to your pets—a dog, cat, a bird, whatever; but also think about all the other animals that share this planet with you.

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