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Volume 31, Issue 5 November/December 2019 Absolutely **FREE**

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# THE KINDNESS ISSUE



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## Letter from the Editor

Dear Readers,

There is a Hebrew word, *mitzvah*, which means doing good deeds. When one goes to Heaven, God, or whatever you consider a higher power, looks at your mitzvahs. If one does many beautiful mitzvahs, the gates of Heaven open up in the afterlife, and one can enter. One must do as many mitzvahs as one possibly can in one's lifetime.

By giving money to the poor, which is *tzedaka* in Hebrew, helping out with a neighborhood clean-up, writing a get-well note to someone who's sick, going above and beyond what is expected, one can practice being kind as a way of life. This is The Kindness Issue, and doing mitzvahs means being kind as a way of life and goodness.

Sincerely,  
Eric and Susan Wald

**Correction:** An article in the previous issue of *The Waldo Tribune* misidentified April Jakubauskas as the daughter of the late Charlie Germano. She is, in fact, his granddaughter, and her husband, Joe, is his grandson-in-law. *The Waldo Tribune* apologizes for the error.

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*The Waldo Tribune* welcomes stories and illustrations. If you have any stories or pictures you would like to share, please send them to: *The Waldo Tribune*, Box 2587, Sag Harbor, N.Y. 11963. Please include a self-addressed stamped envelope!

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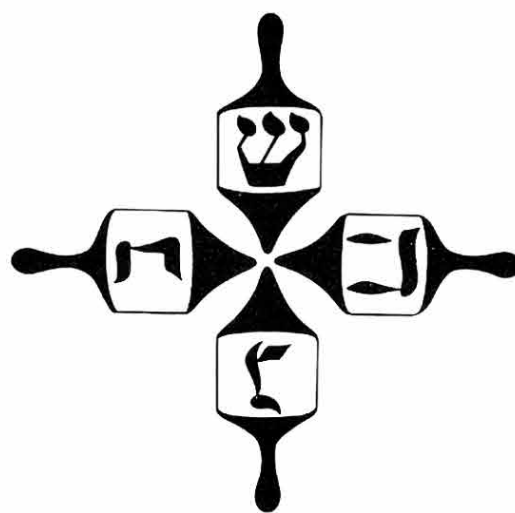
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***HAPPY HOLIDAYS!***



Pictured is Caszandra Castillo, then aged five, tearfully speaking to her mother through the U.S. - Mexico border fence at Border Field State Park in San Diego 10 years ago. The little girl was passed through the fence to visit her father, who lives in Mexico. Families have often communicated through this fence.

# Kids at the Border

written by Eric Wald  
photo credit: Associated Press

**L**ee Gelernt works for the American Civil Liberties Union, which was started in 1919 and protects the rights of all people regardless of such things as their political party, race, religion, sexual orientation, or ethnicity. He works from their New York office, and is trying to protect the rights of children and their families coming from the Mexican border.

Mr. Gelernt is a litigator and works on issues affecting immigrants, many of whom come via the Mexican border and are seeing asylum to live, work and pursue the American dream. Many are running from danger and persecution in their home countries. Many of them are coming with children, who are then torn apart from their families by immigration officials.

This is where the ACLU comes in and tries to reunite kids with their families and get a fair asylum hearing for them in front of a judge. If their request for asylum is granted, they will be allowed to stay here, like the many people in the past who came to our country to seek refuge.

Many people forget that their grandparents and their great-grandparents, or those that came before them, were able to

come to America and given a fair chance to pursue the American dream.

Even today, children are being torn apart from their families. The courts have told the government to make sure these poor children are not separated from their families for months and even years. They are sometimes denied basic human needs, such as blankets and pillows, and kept in horrible conditions.

Mr. Gelernt says we should never punish kids for what their parents have done, and that coming to our country for political asylum is a legal right under United States Law. Asylum is for people in immediate danger and should never be used to separate children from their families. Mr. Gelernt says there have been around 6,000 children taken from their families, many of whom were just babies under two years old.

This is our Kindness Issue. Separating little kids from their parents without really good reason is a form of kidnapping. America should be kind to all people of all colors, races, religions and backgrounds. What Mr. Gelernt is doing is changing the face of America; it is beyond kindness, and he deserves national attention.



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## The Kindness of Nurses

written by Paula Timpson

Nurses need to be kind. Many people want to be nurses because they have good hearts and they truly want to help people. Nurses take a pledge at graduation from nursing school. It is called The Nightingale Pledge, named in honor of Florence Nightingale, the founder of modern nursing. It is a code of ethics, based on the Hippocratic Oath: "I solemnly pledge myself before God and in the presence of this assembly to pass my life in purity and to practice my profession faithfully. I will abstain from whatever is mischievous and will not take or administer any harmful drug."

My Mom, Betty Puchala, is a retired Registered Nurse. She knew right away she wanted to be a nurse after volunteering at a hospital when she was a young girl. She held the hands of two little girls who just had their tonsils taken out, and she sat right in the middle of them.

Mom was happy, giving them love and since then, she knew she was going to be a nurse. Mom had the patience and goodness of heart to be a wonderful nurse for many years, until she had got married and had children.



Much healing comes from kind nurses. They give love, showing patients they are respected and valued. Patients feel this and feel better about being in the hospital, or cared for by nurses who show them kindness. There is calm and peace. There is less fear of the unknown in the company of a nurse who holds one's hand, listens, smiles, meets patients' needs and calls them by name. Essential oils are used much these days for health.

Jean Watson, Ph.D., founder of Watson Caring Science Institute, with ideas to help the field of nursing be better, shares Caring Science, with the Theory of Human Caring. It is simply practicing loving kindness to self and others. Love is healing.

Dean Ornish, M.D., is the first doctor who reversed heart disease. One must be kind, as kindness helps people be the best they can be. Holding another's hand, making them feel like family, are all very good ways to help one heal and feel better.

There are 3.8 million nurses in the United States. There are 29 million nurses and midwives in the world. A little kindness goes a long way, especially in nursing. People need help, and when they receive it in a loving way, they feel better about life. There are many kind nurses.

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**Pictured above is United States' Mikaela Shiffrin as she sped downhill in the women's super G race at the alpine ski World Cup finals, in Sölden, Andorra, this past March.**

## WINTER SPORTS

written by Chris Clark, age 14  
Official Waldo Tribune Junior Sports Columnist  
photo credit: Associated Press

**E**very winter millions upon millions of travelers find themselves in destinations atop snowy hills in the northernmost or southernmost parts of the world where the elevation is high, and the temperature is low. But there is so much more to winter sports than just skiing; some sports, such as curling, most people have never heard of.

Skiing is by far the most common winter sport as it is easier to learn and become good at. Skiing dates back to the region of Norway and Sweden from primitive carvings dating back to 5000 B.C.E. Up until the 18th century, skiing was only used to travel in places where nothing else would do. Now, it is one of the most expensive, fun recreational activities to do.

Hockey is probably the second most well-known winter sport. While the sport was created in England in 1363 as field hockey, it was actually banned by royal law on grounds that it was an "idle game". Later, ice hockey became a common pastime on cold days in countries all over the world, and in today's age, hockey is played on just about every surface imaginable. There is not only ice and field hockey anymore, now there is roller hockey and street hockey as well.

Bobsledding is one of the world's most underrated yet loved sports. Bobsledding or bobsleighbing started in the 1880's as a recreational activity in upstate New York. In 1898 the sport held its first competition, which took place in the Swiss Alps. In 1923, the sport was nationally recognized and started being held at the Olympics in 1924 in France.

Winter sports seem to only be watched by the public once every four years, when they become very into it, and then not interested at all come spring. But the sports held are so interesting and take so much hard work to get to the professional level. It may be well worth taking note!

## Some Kind Deeds You Can Do

written by Eric and Susan Wald  
illustration by Connie McGuinness

- Taking part in a neighborhood cleanup
- Walking a dog at a local animal shelter
- Baking cookies for someone who is not well (Make sure a grown-up is watching you!)
- Gathering up your old toys and clothes that you don't use

more. (Make sure they are clean and in decent shape.)

- Giving some of your spare change to a charity jar or can at your local store.
- Inviting someone sitting alone at lunch to sit next to you
- Sending a get-well or thinking of you card to a friend who needs cheering up
- Shoveling a neighbors driveway or steps on a cold day for free
- Welcoming a new student into your school
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- Helping out at a food pantry
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**THE WALDO TRIBUNE**

**will be taking an annual seasonal hiatus until Spring of 2020.**

Our thanks to our many readers, including the children, their parents, grandparents, caregivers, teachers, plus our advertisers for your generous support. We also want to express our appreciation for the many talented writers, artists and photographers for their fine works we have had the pleasure and privilege of including in our paper.

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Southampton Chamber of Commerce-76 Main Street

Saturday, December 14<sup>th</sup>

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Southampton Village Hall - 23 Main Street

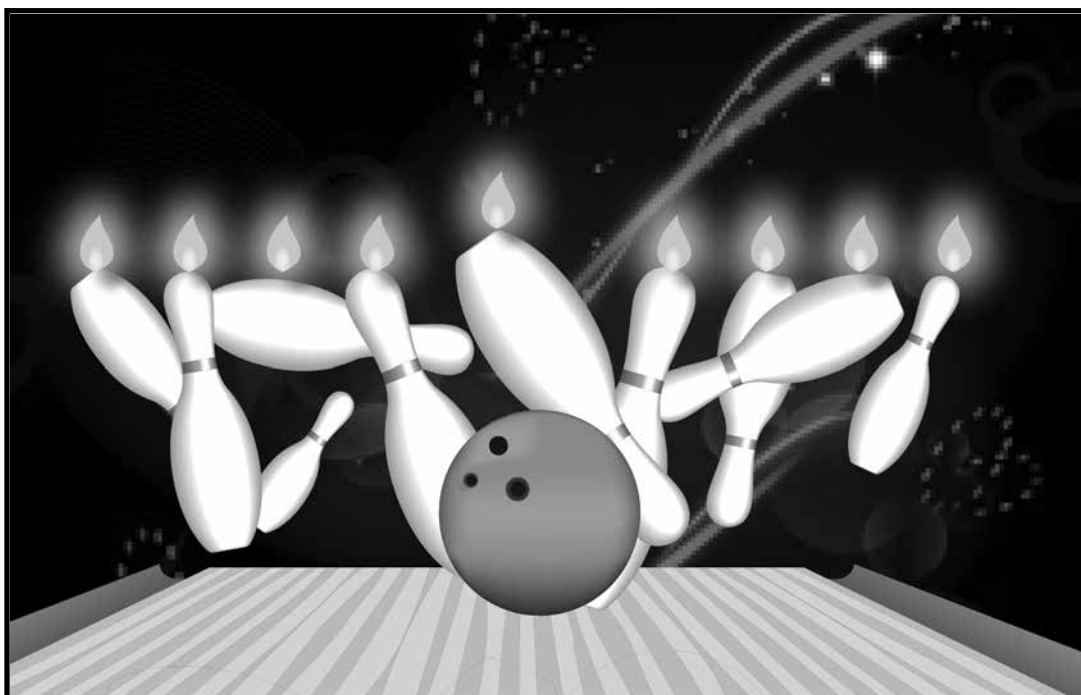
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## Greta Thunberg, The Teenager Who Began a Worldwide Movement

written by Jerry Cimisi

photo credit: Wikipedia

**T**he environmental movement has a new hero: Greta Thunberg. She has become known worldwide, and has been considered for the 2019 Nobel Peace Prize. What is really amazing is that Greta is a 16-year-old high school student from Sweden, who began trying to raise awareness for climate change at 15 by holding sign outside the Swedish parliament. The sign read "School Strike for Climate."

Many scientists today have shown evidence that the climate all over the Earth is changing, from pollution caused by human forces. Every year seems to bring warmer temperatures: this summer, Europe and the Middle East suffered the worst heat waves on record.

Greta Thunberg's lone protest inspired other students to get involved. A school climate strike was organized called Fridays for Future. In 2018, Greta spoke at the United Nations Climate Change Conference; soon there were climate awareness strikes by students somewhere in the world each week.

By now, Greta appeared on the cover of *Time* magazine, which named her a "next generation leader." Greta and the student climate strikes were featured in a documentary, *Make the World Greta Again*.

In March 2019, the Swedish Women's Educational Association named Greta as Swedish Woman of the Year. That same month, Greta received the German Special Climate Protection award. In April, she was awarded France's Prix Liberté, a new award to honor a young person engaged in a fight for peace and freedom. Greta said she would donate the €25,000 prize money to four organizations working for climate justice and helping areas already affected by climate change.

Greta is vegan, which means she does not eat any animal products: no meat, fish or dairy. The animal agriculture industry produces a large part of the pollution that is affecting Earth, such as cutting or burning down the rain forests to provide grazing for cattle.

Greta has also been diagnosed with Asperger's Syndrome, a form of autism in which a person may seem utterly normal but have a hard time with social situations. And yet, Greta has compelled millions to join her cause. Greta also has obsessive compulsion disorder and selective mutism—which she explains, "That basically means I only speak when I think it's necessary. Now is one of those moments."

In August 2019, Greta sailed across the Atlantic Ocean, leaving from England and landing in New York Harbor. She did not take a plane because of its fuel emissions. The power of her 60-foot-yacht came from solar panels and underwater turbines.

In New York, Greta spoke at the UN Climate Action Summit. The video of her speech was sent throughout the world.

Here are some portions of her speech: "People are suffering. People are dying. Entire ecosystems are collapsing. We are in the beginning of a mass extinction, and all you can talk about is money and fairy tales of eternal economic growth. How dare you!"

"For more than 30 years, the science has been crystal clear. How dare you continue to look away and come here saying that you're doing enough, when the politics and solutions needed are still nowhere in sight."

"You say you hear us and that you understand the urgency. But no matter how sad and angry I am, I do not want to believe that. Because if you really understood the situation and still kept on failing to act, then you would be evil. And that I refuse to believe."

In December, Greta will attend a climate change conference in Chile. She is an amazing phenomenon, a teenager who has lead the fight against the greatest environmental crisis the human race has ever created and has ever faced.



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## Toys for Tots Helping The Needy During the Holidays

written by Debbie Tuma

Everyone knows that the holiday season is a time for giving and getting toys, but what people may not know is that not all parents can afford to buy toys for their kids. So there are programs around the country that do this, and one of the biggest ones in the United States Marine Corps Reserve, which has been providing toys to needy families since 1947.

They have many drop-off boxes for toys, and in the Hamptons, one of them is located at the Main Street, Bridgehampton office of New York State Assemblyman Fred Thiele. People can drop off new, unwrapped toys for both boys and girls of all ages in his office, usually starting in late November.

In the Hamptons, the East Hampton Kiwanis Club heard about this idea and decided to start their own "Toys For Tots" program in 1985, with its founding members, Rudy DeSanti, Ralph Davis, Dr. John Astor, and Mario Cirisi. The mission of Kiwanis International is to improve the lives of children worldwide. The East Hampton chapter does this by collecting and distributing toys locally to its needy residents at Christmas.

Dr. Lou Profera, an East Hampton dentist and member of the East Hampton Kiwanis Club, is the director of their "Toys For Tots" program, and has been running it for 20 years. He said they have drop-off locations at stores and other businesses around the town, and about a dozen organizations also participate.

"If people don't have time or want to buy gifts, they also give us monetary donations," he said. "We do the shopping, and the week before Christmas, we take all the toys to East Hampton High School, where they are sorted and packaged by members of the Key Club."

The East Hampton Kiwanis Club has a division of high school students who belong to the Key Club and help the Kiwanians do community service in exchange for school credits. Once the toys are all sorted by ages, they are given out to needy families in East Hampton Town. Dr. Profera said his club gets lists of people in need from schools, food pantries, and other organizations.

"About 200-300 kids benefit from these toys each year, in our town," he said. "We try to give each kid about three to five toys."

So when you see the boxes out around the week after Thanksgiving, they are collecting new, unwrapped toys for needy children.

"I feel our East Hampton Kiwanis Club acts as a model for other organizations, and we would be happy to show them how to do this in their towns," said Dr. Profera.



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# Jewel and I

by Alexa Langsdorf

**H**i, my name is Alexa Langsdorf, and here's a story of kindness with me, the staff at Southampton Animal Shelter Foundation and a dog there named Jewel.

Little backstory: when I first started volunteering at SASF, I was very shy and suffered from major anxiety. I started this adventure of kindness a few months ago. I didn't know anyone at the Southampton Animal Shelter besides a girl named Liz, since she helped with my orientation to start volunteering there. I started off working with small pets. I worked with a tough little bunny at first. She wasn't very socialized with humans. With time, patience, and kindness, she eventually warmed up to me and found a forever home. It was very rewarding to see the progress from when I first met her to when she left to go to her new home.

After working with small pets for some time, I started working with the dogs and met a woman who worked on community outreach and with the volunteers. She was very kind and helped me come out of my shyness. Even-

tually, I started going to events with her. At first, I had to take multiple breaks during the events because my anxiety was very high, and didn't want to have a panic attack. She worked with me through each step, and the more time I spent at the shelter, the more I got to know other volunteers and staff mem-



bers. This staff member ended up becoming my best friend. She was so kind and helped me as if I were her little sister.

As I went to more events and got more comfortable at SASF, I started learning the personality of each of the dogs there. The trainers and kennel staff were and still are very kind to me and help me with the dogs there, and this is how I met Jewel.

A trainer there named Dar asked me to help her with Jewel, a dog with special needs. Jewel was just amazing when I first met her. She was working on not jumping if someone stops petting her. Jewel is a deaf Boxer/Lab mix, and she's almost pure white with a black nose and little black spots on her ears and mouth.

After that first meeting, I wanted to get to know her more, so my family and I took her to the beach after we filled out the foster paperwork. We had so much fun! Since that day, I've been working with her. She loves her tennis balls, and plays a good game of fetch. Once she gets her initial energy spark out, she loves to sit in my lap, get pets and tries to lick my face. She's become one of my best friends and a member of my family. She is amazing; I wouldn't change her

being deaf for anything. I hope one day I can bring her home, but for now, I will continue working with Jewel until I know her completely. So, thank you SASF for helping me get over my anxiety and finding my passion, and my best friend, Jewel. It's because of SASF's kindness that this all was possible.

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**Officer McGruff says:**



**TAKE A BITE OUT OF  
CRIME**

**ALWAYS lock your bike up  
whenever you are not riding  
it - even if you leave it some-  
where for only a short time!**



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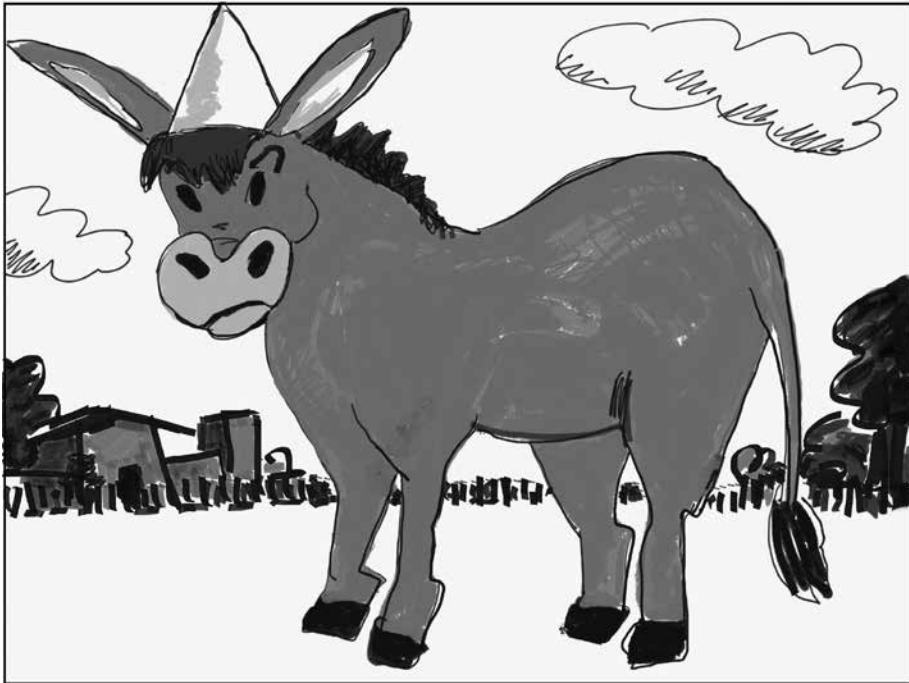
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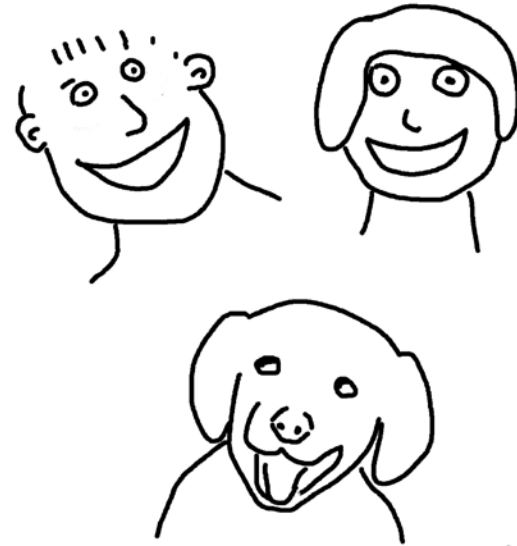


## Tim The Poor Donkey

written by Waldo  
drawing by Rosemary Szczygiel

Once, not so long ago, there lived a donkey named Tim, who was called the not-so-smart donkey. He never did his homework, never studied his math, his English, his history, or any of his subjects. All he liked to do was play video games and eat candy. His mother and father got a very bad report card from him, and they were very disappointed. They didn't know what to do!

Luckily, Tim met a nice jenny, a female donkey, named Sara, who took him under her wing. Together, they hit the books. They studied all day, for many days. Soon, Tim the donkey who once wore a dunce hat, became the smartest donkey on Long Island, thanks to the kindness and goodness of a friend named Sara, who never gave up on her good friend.



GB

## Dog Kindness Jokes

written and illustrated by Greg Bullock

How did the puppies show they liked the dog show?  
With their a-paws!

What did the puppy say when he saw his new forever home?  
"Bow-Wow!"

What kind of phone do doggies use?  
"A Bone Phone!"

Why did the young dogs give each other valentines?  
They had puppy love.

There once was a puppy named Jerome  
That wanted his forever home.  
When the children came around  
They made a great sound:  
"We want to give Jerome  
a wonderful forever home!"  
(See cartoon.)

Why did the canines turn on the air conditioner?  
They were hot dogs!

What dog has wheels?  
A Greyhound (bus)!

## A Wonderful Animal Party

written by Waldo  
drawing by Rosemary Szczygiel

Well, it was another holiday party at the local animal center. Peter the lion was there with his cubs. His mane was absolutely beautiful. He had been combing it and styling it for days, to look his very best.

Well, Harry the polar bear looked his best, too. He wore a beautiful holiday wreath around his neck. He looked very festive! His wife, Betty, looked glamorous in her red velvet dress and necklace made of seashells. And of course, Perry the Penguin showed up with his tuxedo. He looked very distinguished as well!

In walked Max the zebra. He looked as sharp as a tack. He looked beautiful beyond words. He looked magnificent with his beautiful striped outfit. After the judges were finished counting down, Max the zebra won first place at the 2019 Animal Zoo Contest, right here in the heart of the Hamptons.



# A Short History of American Humane

written by Jerry Cimisi

In 1914, American Humane, founded in the 1870s, sought to increase kindness to animals throughout the world. World War I had just begun, and before the war ended in 1918, 10 million horses would die on the battlefields, making the society's aim all the more important.

The first "Humane Sunday" and "Be Kind to Animals Week" were observed by humane groups across America from May 16-22, 1915.

In 1916, the American Humane Association sent a medical team to care for horses injured in battle, eventually caring for 68,000 horses every week. The Red Star Rescue team continues to care for animals caught in both manmade and natural disasters.

In 1922, President Warren G. Harding proclaimed "Be Kind to Animals Week," which coincided with the 100th year of England's "Martin's Bill," the first national protection act.

In 1927, poet Edgar Guest wrote a poem "On Kindness to Animals," which contains the verse:

"They cannot ask for kindness  
Nor for our mercy plead,  
Yet cruel is our blindness  
Which does not see their need."

In 1931, American Humane commissioned posters for its "Be Kind to Animals Week," a practice that continues to this day. Each poster usually depicts a child showing kindness toward an animal in need. The next year, the biggest child star of the time, Shirley Temple, was junior chair for "Be Kind to Animals Week."

In 1943, in the midst of World War II, First Lady Eleanor Roosevelt writes about "Be Kind to Animals Week" in the April 13th edition of her syndicated newspaper column, "My Day."

She wrote: "Though it may seem to a good many people that a time when the world is hardly a kind world is not a time to emphasize kindness to animals, and that we should think primarily of our attitude toward human beings, I believe there is great value in continuing to train children in the proper attitude toward their pets." Every year, Mrs. Roosevelt would continue to cite the importance of "Be Kind to Animals Week" in her column.

By 1949, "Be Kind to Animals Week" also made it into comic books and cartoons, featured on the cover of *Caspar the Friendly Ghost* comic and in a *Tom and Jerry* cartoon, in which Tom the mouse promises to not play tricks on Jerry the cat. And in 1950, Porky Pig, in a cartoon titled "Dog Collared," adopts a dog that follows him everywhere. In 1959 the "Dennis the Menace" comic strip features the "Be Kind to Animals Week" theme.

In 1960, Jay North, who played Dennis the Menace on TV, and Jerry Mathers, who played Beaver on *Leave it to Beaver*, were chosen as spokespersons for the yearly campaign. In 1966 Lorne Greene, star of *Bonanza*, lent his voice to the cause.

In 1969, in celebration of the 50th anniversary of "Be Kind to Animals Week," Jon Provost, who played Timmy on the hit series *Lassie*, is named chairman, and is joined by honorary chairpersons from other TV shows, including actress Patty Duke.

The following years saw many show business people involved. In 1971, Betty White, a lifelong animal welfare advocate, was named "National Kindness" Chairman. In 1972, Carol Burnett took on the title. Through the decade, John Wayne and the TV show *Romper Room* spread the message. The 1975 chairperson was Doris Day, who more and more through her life devoted herself to helping animals.

In 1977, American Humane celebrated its 100th anniversary

with country and western singers Tom T. Hall and Minnie Pearl. In 1982, actor/director Clint Eastwood was National Kindness Chair. Mr. Eastwood said, "I won't allow a scene where animals are mistreated. I won't tolerate it and never have." American Humane monitors movie productions for how animals are treated in the making of a film.

In 1990, on the 75th anniversary of "Be Kind to Animals Week," Congress passed a resolution that recognizes the first week in May as an official observance. Introduced by Senator Pete Wilson of California, the bill states that "The people of the United States are indebted to animal protection organizations, state humane organizations, and local animal care and control agencies for promoting respect for animals and pets, educating children about humane attitudes, and caring for lost, unwanted, abused, and abandoned animals."

## Dear Ms. Spiral Notebook

Dear Ms. Spiral Notebook,

**My son is in sixth grade, and is struggling with Math. He appears to need more practice and review on his foundational skills. I am thinking of hiring a tutor, but thought that there may some steps or approaches to try first.**

Math is a building block course and how solid your foundation is will determine your growth and/or progress. You should contact the school to ask for his current assessment scores and/or any diagnostic tests that have been conducted. You can ask the school psychologist to sit down with you to discuss the areas of strengths and weakness to try to ascertain if they are gaps or discrepancies with achievement and ability. For example, whether concepts are grasped, but computation is a concern. This will provide a starting point. If computation is the concern, practice will improve this. This can be done through online games and/or worksheets. There are many websites for this. If these steps do not result in progress, then you should consider meeting with the teacher to determine the next move.

Dear Ms. Spiral Notebook,

**As we approach the holiday break, are there ideas for structuring a group playdate for my third grader? I would welcome an idea about how to encourage kindness and paying it forward.**

What about starting an RAK - Random Acts of Kindness calendar for 2019? You can print out a month-by-month calendar, or go to an office supply store and buy a large one. Have the group generate ideas for ways that they can spread kindness for each week. For example, "this week I will hold the door for the person behind me at least twice a day." Here is a link for some other creative ideas: <https://primarilypeace.tumblr.com/image/103424353093> You may even want to contact your child's teacher. This may be a great way for you to be a guest in the classroom. You can share the calendar and maybe develop one for the classroom. Have the students be creative and design the calendar to be visually appealing with quotes about kindness. Two kindness books for primary school students are: "Scribble Stones" (hardcover), by Diane Alber (author); "How Full Is Your Bucket? For Kids" (hardcover) by Tom Rath (Author), Mary Reckmeyer (Author) and Maurie J. Manning (Illustrator).



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Some ways others have shown kindness to me is by playing fair and including me in school games. At my barn, some trainers allow me to



From,  
Aliah Donohoe

I like when others are kind to me. When we are playing a game, I like when everybody plays fair. When others share school supplies with me, it makes me feels good. Also, their listening to me feels nice.

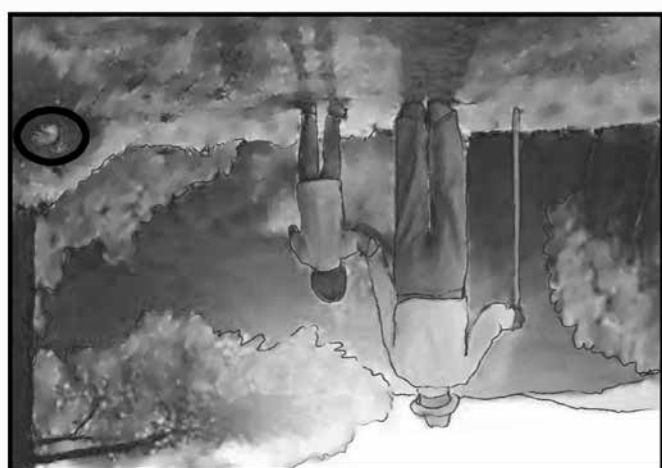


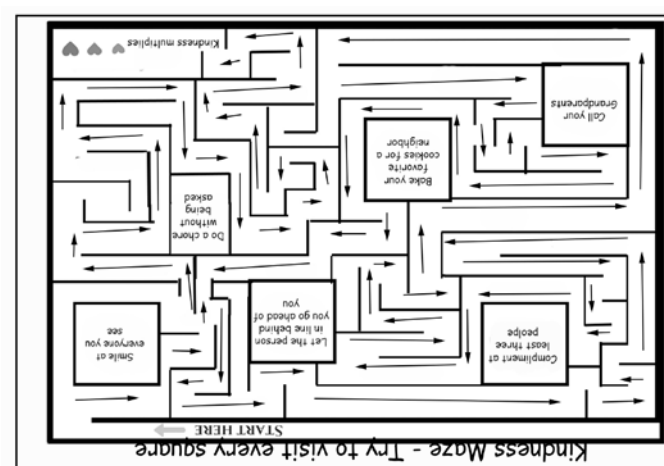
From,  
Christopher Ward

## A black and white illustration of an elderly man and a young child walking away from the viewer on a path. The man is wearing a hat and holding a cane, and the child is holding his hand. They are surrounded by trees and foliage.



### Answers to Kindness Issue Puzzles (Turn upside down to see.)





# More Kindness Puzzles

Kindness

Understanding

Caring

Communication

Supportive


Listen

**EMPATHY**

PATIENCE

**Friendly**

Thoughtful



You can go across, down, or diagonally

Find the Hidden Words

A	F	E	T	H	O	Y	G	H	T	F	U	L	S
I	R	E	L	A	B	O	A	W	Y	P	K	I	E
R	I	F	R	C	O	K	E	X	T	A	N	U	M
C	E	I	M	A	T	O	I	Q	U	T	E	A	P
U	N	D	E	R	S	T	A	N	D	I	N	G	A
O	D	E	R	I	L	C	A	R	D	E	D	E	T
X	L	I	P	N	L	I	S	T	E	N	Y	O	H
R	E	F	I	G	L	U	E	Z	I	C	E	D	Y
A	Y	E	Y	O	U	K	E	N	M	E	I	S	P
Y	E	S	U	P	P	O	R	T	I	V	E	M	S
U	C	O	M	M	U	N	I	C	A	T	I	O	N
V	I	R	T	U	B	E	L	O	R	I	P	S	E

.....

Kindness Maze - Try to visit every square

START HERE →

Compliment at least three people.

Let the person in line behind you go ahead of you.

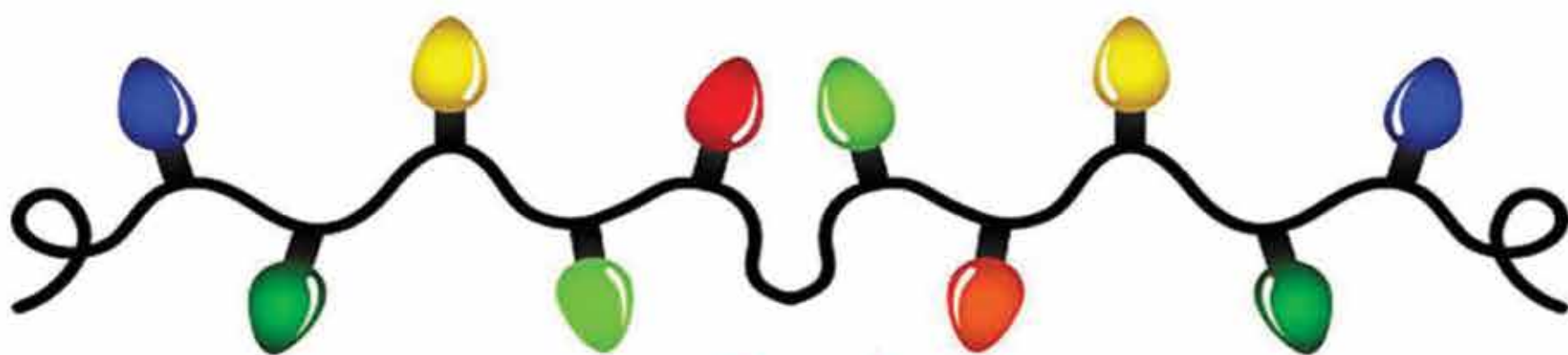
Smile at everyone you see.

Do a chore without being asked.

Bake your favorite cookies for a neighbor.

Call your Grandparents.

Kindness multiplies! ♥♥♥



*Start your holiday season  
off with a clean smile!*



*Wishing you and your family a happy holiday  
season!*

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