



OLMatters



“To educate the Whole Person for global Understanding”



BROTHERHOOD DAY – SÍTIO SANTO AGOSTINHO

The task of keeping OLM a school that is more like a family requires the caring intervention of the members of OLM’s Department of Religion and Community Service! Once a year, this includes crafting a Brotherhood Day during the annual In Service Program for all teachers of every sector. On July 27, teachers were transported out to the *Sítio Santo Agostinho, in Recreio dos Bandeirantes* where we had the unique opportunity to relax together, reflect together, enjoy a marvelous homemade lunch, and to have a special moment to ourselves to enjoy the great outdoors in our private moment of meditation and prayer. We had Mass with Padre André, song with Mr. Rundle and Mr. Camera, teacher gifts from Ms. Prado, and we shared stories about one another that were not only interesting but that also brought us closer to one another.



Brotherhood Day unites OLM teachers who share the same mind and heart. The opportunity to come together as the pedagogical staff, bearers of Our Lady of Mercy School’s mission, makes it the highlight of In Service week! *Claire Collins*

O GOSTO DA SOLIDARIEDADE

Fernanda da Silva (11)



Recentemente, completei um ano aqui na OLM. Muitos não acreditam que só estou aqui há 15 meses, inclusive eu, pois a OLM já é uma segunda casa para mim. Passei o ano todo participando de tantas atividades, desde a festa de Halloween até a festa de Natal e o *International Food Festival* e acho que nada pode ser comparado com a Festa Junina da escola.

Quando cheguei, estava animada e vestida de caipira, mas não tinha certeza se mais alguém viria de caipira. Logo dei de cara com muitos professores e seus filhos, assim como vários colegas, vestidos a caráter. Foi bem legal poder dançar quadrilha com os meus amigos, todos fantasiados e rindo bastante. Antes da nossa dança, o 'Padre' Rafael casou a 'noiva' Francine com o 'noivo' Dan, e depois a maioria do 10th grade, com quatro alunas do 11th grade, incluindo-me, começamos a nossa divertida dança. Para mim, foi um momento muito especial, porque não danço quadrilha desde os 6 anos, já que morava fora do Brasil nesse tempo. Houve também a capoeira das crianças e a dança dos alunos do 9th grade.



É claro que depois de tanto trabalho, fui correndo comprar algo para beber, e acabei vendo toda a comida gostosa, então parei para fazer um lanchinho também. Tinha uma barraca com tudo: cachorro-quente, salsichão, pipoca, churrasco, bolo de aipim, etc. Todas essas delícias foram servidas por pessoas da equipe da OLM, como Mr. Ramos, Mr. Lorangeira, Jorge e Eunápio. Já com a barriga cheia, fui ver as barracas com brincadeiras e, depois de brincar um pouco, ajudei na barraca da pescaria. A criançada se divertiu com os outros jogos também, e adoraram ganhar os brindes, que eram em grande parte com tema da copa. Foi muito bom poder estar em um ambiente tão alegre, entre meus



amigos e professores e o *staff*. Todos os que organizaram a festa merecem parabéns pelo seu trabalho, porque às vezes nós alunos nem percebemos quem e o quanto cada um dá para um evento na escola. E, é claro, foi ótimo estar em um lugar onde comida boa não faltava. Mas, não podemos esquecer que a festa junina deste ano foi montada com um objetivo a mais e muito especial: **a festa foi um pequeno gesto de solidariedade.**

Durante toda a festa, os alunos do 10th grade corriam de um lado para o outro, oferecendo a todos um *ticket* para uma rifa. Esta rifa era uma bicicleta e o dinheiro era para ajudar a **Casa de Apoio à Criança com Câncer (CACC)**. Os alunos não só venderam a rifa, como também ajudaram a preparar a festa para nossos convidados especiais. Com muita alegria, conseguimos convidar um grupo de crianças da CACC para participar da festa, e eles ainda tiveram a oportunidade de ver todas as danças dos alunos bem de pertinho!



Nós, os alunos, usamos a camiseta da instituição e passamos a festa brincando e nos divertindo ao lado das crianças da CACC. No final, o evento foi um sucesso!

Nunca estive presente em outras festas juninas da Escola. Com certeza, posso dizer que essa festa será inesquecível! Não foi só uma celebração tradicional, foi muito mais do que isso. Os sorrisos, este ano, estavam no rosto de todos e, principalmente, nos rostos dos alunos que puderam fazer alguma diferença na vida das crianças da CACC. Incluí-las na festa foi um gesto simples; no entanto, bastante significativo para todas elas naquela tarde de sábado. Espero cada vez mais podermos oferecer solidariedade em todas as atividades da Escola. Solidariedade não tem por onde começar. É simplesmente torná-la presente em algumas atividades de nossa vida. Só assim, ajudando o próximo, seremos a cada dia pessoas melhores.



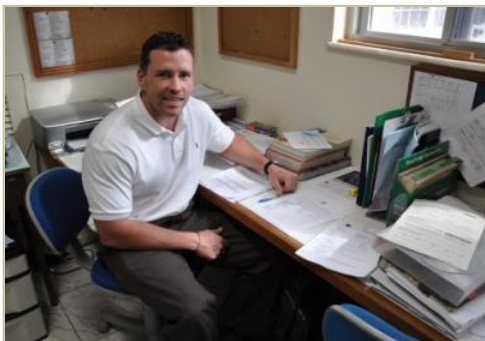
OLMATTERS WELCOMES NEW STAFF MEMBERS

Ivan Varella & Roberta Helcias ('11)



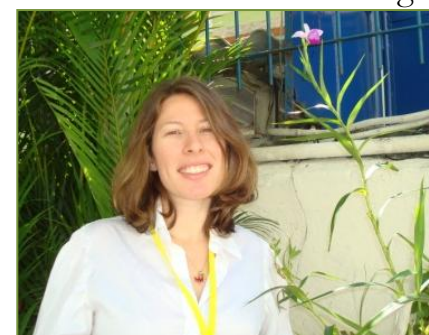
Hi, folks! I'm **Ms. Sandra Andrade**. I've been teaching English for a long time and now, at OLM, I'll be working with the 5th grade. I

have two children: my daughter is a dentist and my son is a journalist. I love reading and traveling. On my free time, I usually go to the beach or to the movies. I'm sure we'll share great experiences and we'll spend nice moments together as the ones we did at the Brotherhood Day. At Sítio Santo Agostinho, all the teachers were very happy to be there for praying, thinking about our daily lives, knowing each other much better through different dynamics and having a good time. For me, it was a really important opportunity to be prepared for this new school year. Thanks to all of you that make me very pleased to be a member of the OLM community.



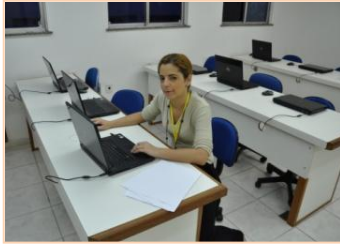
Mr. Christopher Scott Cole is OLM's newest math teacher. He was born in New Jersey, U.S.A. and came to Brazil with his Brazilian wife, Adriana, an OLM alumna. She introduced him to the school. Last term Mr. Cole took a student teacher job through which he formed a close bond with his students and met many of his fellow teachers. This experience has allowed him to feel more at ease and he has not needed to make the typical first-year-teacher adaptations to the school this time around. On a final note Mr. Cole notes that so far he has had great experiences in OLM and finds his job to be both exciting and fulfilling.

My name is **Renata Vellozo Gomes**. I am very glad to be the Art Teacher in OLM School and for me it is a privilege to work with Monica Merchack and all the other teachers from the OLM. I believe the students and their families are very interested in Art, and, like me, they also enjoy getting to know other cultures. I went to College at UFRJ, for the Fine Arts Course in Painting. I have a Master's degree in Visual Arts from the Programa de Pós Graduação em Artes Visuais - PPGAV - at UFRJ. I am also part of the team of Professor Dra. Tamara Egler in *Instituto de Pesquisa e Planejamento Urbano e Regional IPPUR/UFRJ*, where we research subjects related to Space, Nets, Arts and Relations. I love watercolor Painting and Botanical drawing, which I learned from Maria Teresa



Reif in Rio. In my free time I love to go to the movies with my husband and meet family and friends for fun times together.

I'm **Bianca Silva**, the new computer teacher of Elementary and Middle School. I'm happy to be at OLM, because



I've met many special educators and all the Administration has received me so well. I have already worked with children from Kindergarten through High School and expect to contribute with my experience as well as learn from fellow teachers. I feel part of a team that has been doing a great job and achieving its goals for years now.



The new helper in pre-nursery **Laura Conte** is glad to be back in OLM having studied here

years back. So far she is comfortable and well accustomed to her new job and finds the school to be very clean and organized, truly a wonderful place to work in. She has great respect for the school's cooking staff and enjoys every lunch made; she has enthusiastic about working with children and is quite happy to be working at OLM upon the recommendation of a close friend of hers.

Ms. Viviane Burton is OLM's new Pre-Nursery teacher. She is fitting in and starting to truly enjoy the school and her new job. She has known about OLM since her time as a student in EARJ (the American School in Gavea) and was told of the staff opening by Elementary Supervisor, Ms. Barrie Pinto. She has been warmly accepted by her new co-workers. She truly loves children and is passionate about teaching them, helping them grow and mature. She has a child herself still in its infant years. In her free time she likes doing things out in the fresh air and spending time with her family.



Selma Rodrigues did a course in Nasajon (Human Resources) and left her curriculum there; they forwarded her name when they heard OLM needed more staff in their human resources department. She did not come alone--she made sure to bring a friend who OLM also hired. She has worked in this profession for over 26 years and is proud of her expertise while having many memories in this line of work. She has little free time since she teaches at Senac, but has no regrets since she loves teaching as well. She enjoys traveling and a good box of chocolates every now and then.

Elizangela Abrantes works in the Human Resources department in OLM. She came to OLM through Selma, who was her teacher in Senac. Since then she has been working tirelessly and has built a lot of experience in her work area and is proud of her expertise. She enjoys in her free time reading and watching movies and going out with friends.



Selma, Elizangela and Mamudo

INSOMNIA

Dulce Silveira and Alice Ammirabile - Family Education and Wellness Dept.

WHAT TO DO ABOUT INSOMNIA

At some stage in our lives, we will all experience a sleep problem. It is estimated that up to one third of the population currently suffers from insomnia. It is a cycle: whatever happens during the day can influence the way we spend our nights and the way we spend our nights can certainly influence the way we spend our days!

Some of the contributing factors to a sleepless night are:

stress

anxiety

depression

caffeine

alcohol

chronic pain

shift work

restless legs

environmental change

What can you do in order to better sleep at night? Here is some dietary advice:

- 1) Avoid caffeine; switch to caffeine-free alternatives, such as herbal teas or hot milk with cinnamon just before bed.
- 2) Avoid alcohol, as it may help you get to sleep initially but stimulates the body to wake up after a few hours.
- 3) Chocolate consumption should be kept to an ideal of once a week and energy drinks should be avoided completely.
- 4) Keep blood sugar levels balanced by eating a healthy diet.
- 5) Include foods high in tryptophan, such as turkey, bananas, figs, dates, yoghurt, tuna and wholegrain crackers. Tryptophan is broken down into 5HTP, which raises serotonin.
- 6) Do not overeat, especially at night; aim to have your evening meal no later than 7:30pm

We hope that this health tip will improve your life style!

Mary W. Dault was born in the Panama Canal Zone. She lived in Rio between April 1964 and December 1991. She was an active member of both Our Lady of Mercy Church, and the Ladies' Guild throughout her time in Rio. Prior to living in Rio, Mary and her husband, Paul had lived in Buenos Aires, Argentina and in São Paulo, SP, too! In São Paulo, she was an active member of Our Lady Help of Christians Chapel, and their Ladies' Guild, also. Mrs. Dault lived in Dothan, AL between 1991 and 2001; where she had the pleasure of being with her sisters, Catherine and Margaret, and their families. While in Dothan, she was a member of St. Columba Catholic Church. Mrs. Dault spent the last 12 years of her life living with her daughter, Marisa. The last 1 1/2 years of her life were spent in a skilled-nursing facility in Augusta, GA; where her daughter was with her, daily. In April of this year, her health deteriorated, and on May 3, 2010, Mrs. Dault passed away.

CONFIRMATION PREPARATION

Starts: August 20th

Place: OLM Chapel

Time: from 3:45p.m. – 5:15p.m.

Celebration Ceremony – May 2011

FIRST COMMUNION CLASSES

Starts: August 31st

Place: room 402B

When: Tuesdays and Wednesdays from 3:30 – 4:30p.m.

**MIDDLE SCHOOL
STUCO**
Executive Committee

President: Juan Itzaina
Vice: Rafaela Garritano
Treasurer: Camila Roca
Secretary: Mariana Silva

Class Representatives

6th: Luisa Benilha
Alexandre Magalhães
Francisco Navarro
Giulia Aguiar
Giovanna Franco
7th: Adele Nader
Pedro Bethencourt
Olga Rodrigues
Rafael Raposo
8th: Mariana Silva
Rafaela Garritano
Juan Itzaine
Camila Roca



*Hello, **OLM Family!** Do you remember my son Julio Cesar when he was born in January? Well, he is already six months old! Isn't he the cutest thing? Love, Simone Fernandes*



For the first time, students are acting out the mission to be educated towards global understanding. An academic diploma doesn't guarantee it--we need to participate in the global solution: fighting environmental destruction by preparing to face a world that is more than ever prone to natural disasters and the extinction of biodiversity, to say the least. In order to fulfill this goal, we have founded an ecological club (ECOLM) with plans to revolutionize our school's green initiatives and reach out toward making our city more aware of its responsibilities in this area. It doesn't matter how small we start as long as we do.

Manuela Almeida ('11)

A new baby is coming.... Her name is Alice. OLMatters wishes Ms. Ferreira the best!

HIGH SCHOOL STUCO
Executive Committee

President: Giovanna de Miranda
Vice: Giorgio Rajão
Treasurer: João Victor Galhego
Secretary: Luigi Vicenzo

Class Representatives

12th: Patricia Costa
Giovanna Franco
11th: Sophia Heringer
Jonas Castro
10th: Orlando Pinna
Bernardo Britto
9th: Priscila Ribeiro
Natalia Levy



Students develop researching abilities used in competitions such as the OLM Quiz Bowl and the *Desafio Nacional* (DNA), which is held annually. This includes sharpening skills in accuracy, analyzing by trial and error, developing computer research skills, as well as developing logical thinking skills. Students discuss interesting current events, solve puzzles, and develop specific competition skills. One round of Quiz Bowl will be scheduled in English, per month while preparation for DNA will be held in Portuguese.

Elizabeth Freire

Summer school in a foreign country is a wonderful opportunity for high school students to broaden their horizons, make new friends and experience the reality of living away from the family for some time, fostering a spirit of independence and autonomy. There are many reliable American schools and colleges that offer teen agers a variety of courses combined with fun activities in safe and intellectually challenging environments. We asked four of our high schoolers, who took advantage of this possibility, to share their experiences in the hope that many of their peers would follow their steps.

Ms. Cristina Machado - High School Counselor

Literally, I really enjoyed my vacation. I applied to ELC, the English Language Center program at Wheelock College in Boston. Since ELC is international, students from many countries applied for this program: Spaniards, French, Germans, Mexicans, Japanese etc. They were so much fun to be with. Near the college, are many famous sites to visit, like the home stadium of the Red Sox and Harvard University, which we visited. It was great! We had an activity group in the afternoons that took us to some museums, sightseeing, and visiting the beach. We could also go out by subway to the Mall whenever we were free! On my facebook page there are pictures of the fun we had, besides the language work we did.

Shunsuke Ishii ('13)

Earlier this year, I enrolled in a High School Program (HSP) at an Ivy League University. I started the process several months ago by applying to Columbia University. I was accepted into Columbia upon meeting the program's requirements. It was the result of my efforts combined with OLM's guidance and the support of my family and teachers. During the recent intersession at OLM, I successfully completed The Stock Market course at Columbia University's New York City campus. Columbia University is an outstanding school and ideal for intensive study. The education and cultural experiences are awesome; it is an incredible opportunity. I recommend HSPs for any high school student interested in experiencing college life. There are HSPs at different levels in a variety of courses at universities throughout the United States and abroad. In some cases, you can even get college credit. Most important, high school students have a chance to make the most of their



spare time preparing for the future.

Peter Fauci ('13)

Brazilian student Fábio Fábri, a 10th grader at OLM, recently returned from Harvard, where he attended a People to People Leadership Summit. Fábri, along with fellow delegates from around the world, participated in the June to July Leadership summit at Harvard University in Boston. There he did several activities and went to lots of interesting places, such as the Hale Reservation and a tour around Boston. During the week-long program in Harvard, Fábri learned about effective leadership and how to develop his own leadership abilities to make a difference at home. Hands-on activities such as journal writing and making a Project for his community to get better, Professional speakers, workshops, and visits to significant local venues gave Fábri a new perspective on what it takes to lead.

“The program was great; we visited lots of interesting places and had the chance to talk to 211 people from 26 different countries. I was submitted to so many different cultures and I guess that gave me a chance to see how life at other places in the world is,” says Fábri.

People to people leadership summits are designed to allow students a chance to explore the various aspects of leadership in specific contexts, and they are held in prestigious venues around the country. Programs focused on the role of Young Women as leaders, politics, or community service help Young people discover their own potential. The programs offer students a unique blend of specialized educational, leadership, and cultural exposure as well as an itinerary filled with the highlights of the hosting community. Participants in these programs often experience life-changing attitudes toward individual and shared responsibilities, global leadership, appreciation of cultural diversity, and enhanced personal growth and self confidence. *Ivan Varela ('11)*



NOSSA QUERIDA CLEIDE !

Alejandra Loaiza (11)

Cleide trabalha na OLM há exatamente uma década no *Art Department*. Todos os alunos a conhecem; ela está sempre ajudando em cada aula de Artes.

Ela é casada há 29 anos e tem duas filhas. Recentemente procuramos saber um pouquinho mais sobre a nossa Cleide. Descobrimos que ela adora pescar e vem se dedicando a esse hobby há 10 anos. Cleide conta que sempre procura um lugar diferente para pescar – Ibicuí é o favorito. Lá, ela costuma passar, pelo menos, 2 dias junto à natureza.

A entrevistada nos diz que tudo que pesca usa para seu consumo e sua melhor pesca foi um peixe-espada. Cleide nos conta uma curiosidade: a melhor isca é a lula e a vara de pesca que ela usa é maciça, de fibra de vidro. Os preparativos para a pesca é o que ela mais gosta: separar as iscas com detalhe e cautelosamente e só depois embarcar na aventura. Sabem como ela aprendeu a pescar em alto mar? Com os colegas de trabalho... e sua presença – em um ambiente tipicamente masculino - faz com que todos fiquem mais gentis.

Cleide começou a pescar em 2000 e sempre pesca acompanhada de seus sobrinhos: Edvaldo de 29 anos e Eduardo de 28 anos - que a incentivaram e mostraram o maravilhoso *hobby* da pesca. Nossa pescadora já passou por momentos difíceis: um dia, houve um acidente em que seu sobrinho Eduardo foi mordido na perna por uma arraia¹. Cleide, assim mesmo, não desanimou e foi incentivada por ele mesmo a

continuar pescando. Há um detalhe especial neste *hobby*: o marido da Cleide não suporta pescar; porém, como bom marido, a ajuda e a deixa curtir livremente seu momento de lazer!

Cleide desfruta da arte da pesca - que envolve mistérios, paciência, lindas paisagens e tranquilidade - para renovar suas energias e esquecer as preocupações da vida.

¹ Arraia: As arraias são consideradas criaturas dóceis pela maioria dos especialistas e normalmente atacam em autodefesa. A maioria dos ferimentos causados por arraias são nos tornozelos ou nas panturrilhas. Quando alguém acidentalmente pisa em uma arraia enterrada na areia, o peixe se assusta e levanta sua perigosa cauda.

STUDYING ABROAD

Luciana Fortes('08)

Last year, in August 2009, I left my cozy home and the city where I grew



up to study at Bryn Mawr College, Bryn Mawr, Pennsylvania, USA. Although uneasy and unsure at the beginning, I dove into this unknown only to find out later that it was one of the smartest things I could do. Studying in the United States has been an unforgettable experience so far. I have learned so much that I feel like 5 years of knowledge have been compressed into one year, my freshmen year.

Among the most wonderful aspects of going to university in the states is not having to choose your major until the end of sophomore

year and living at the university. These two facts are basically what differentiate undergraduate study in the US from undergraduate study in Brazil. With these particular characteristics, the universities not only form academics, but citizens of the world and people who are capable of thinking critically and analytically. The life lessons I have learned there this past year were only possible because of my living situation. In universities in the states, the majority of the students live on campus with one or more roommates, having responsibilities like washing their own clothes, cleaning their room and paying the bills, among other things. In addition, the majority also works part time.

Since we are away from our parents and a huge amount of responsibility is put on us, we learn, with some difficulty at the beginning, to be able to fully take care of ourselves. The universities provide resources, however, to aid in this difficult transition. Just like many other Brazilians, I left the comfort of staying at home with my parents to this new living situation, but I was soon able to appreciate all the growth it was providing me.

In addition, I met people from all across the world. There is no comparison between learning about a country through a textbook and actually talking to somebody from there – the latter is so much more gratifying and more useful for learning. It becomes something you are part of, something you live, your daily routine. I also had the opportunity to be part of a new environment where I was motivated from every corner that I looked to find out who I really am. That is the most amazing aspect of studying abroad. As we all know, however, that is a never ending process! But it is crucial not only to find our career, but also what we want to be in life.



Luciana Fortes, Yulia Behyakova (in red), from Moscow, and Muna Agbaalnemer (in blue) from Nablus (West Bank), Palestine

Bryn Mawr is an all-women's college, one of the seven "sister" colleges to the Ivy League universities. It is a liberal arts college that focuses on an interdisciplinary and broad education, with the objective of giving the students more knowledge than their area of study, so that they can become complete professionals. I absolutely love this intellectually and personally challenging environment. There is so much diversity, but every difference is respected. I must admit I was a bit unsure of how I would react to an all women's college, having spent all my life in co-ed schools. I am absolutely loving it. In classes, this factor does not stand out or interfere in any way. On the contrary, it adds a particular edge to the college, as it prides itself in its feminist personality, a trait not looked down upon but worn proudly by every student.

A Bryn Mawr woman, according to the college, has these three characteristics: an intense intellectual commitment, a purposeful vision of her life, and a desire to make a meaningful contribution to the world. I found my place at Bryn Mawr, and I am so glad that OLM gave me all the support it did and motivated me to pursue this path for my life. I encourage you all to find your place – wherever that may be.

SCHOOL SPIRIT IN PRACTICE

John Majka

Spirit Week is a human invention and is thus susceptible to all the inconsistencies and vagaries and ambiguity of human experience. So, what is it after all? How can we plant, stimulate, show spirit? This reflection comes as the result of a student telling me to show my school spirit by giving up one of my classes for dance practice. Although I gave in to the request the answer I gave started me thinking about what school spirit meant. My answer to "Have some spirit, John!" was an almost sarcastic: "Well, I'm here, ain't I?"

School spirit is showing up everyday, joyfully, hopefully, willing to do whatever it takes to get the assignments done to the best of one's ability and within the framework of whatever is possible given the circumstances, going beyond the resources at hand, and stretching the limits of one's creativity.

Changing roles.



Fashionable knowledge!

School spirit is doing what you're supposed to do and being where you're supposed to be with the disposition to be tolerant and helpful, proactive and generous, good-humored and persuasive, consistent, and persistent, long suffering and enduring, while knowing all along that strength lies in a unity forged by self-sacrifice and nourished by selfless availability.

Help is never too much.



A helping hand!

In the end it seems that School spirit in practice is simply and justly LOVE in practice.



Fresh team spirit!!

A ARTE QUE ENVOLVE TODOS OS NOSSOS SENTIDOS!

Sandra Xavier



Hum! Como é bom descer para o almoço e sentir um cheirinho gostoso no ar... Bolo? Batatas fritas? Lasanha? Este cheirinho nos traz uma imagem que provoca a vontade de pegar, de saborear e isso tudo mexe com nosso estômago! Mas... não é o cheirinho da comida da mamãe nem da vovó; é um cheirinho diferente: é a comida DELES - homens na cozinha!

Quando chegamos ao refeitório tudo já está pronto: saladas cortadinhas, temperos separados, talheres organizados, bandejas limpas, sucos geladinhos e, do outro lado da bancada dos pratos quentes,



uma comissão de frente pronta para servir a todos com a disposição de quem acaba de chegar! Ledo engano! Esses moços já estão a postos há muitas horas... alguns chegam por volta das 5h30min da manhã para preparar o café que é servido para todos os funcionários da OLM.



E assim começa mais um dia em um reduto antes conhecido como 'feminino', mas que vem sendo dominado pelos homens com maestria. Talvez vocês não saibam do longo caminho entre a chegada dos alimentos e a refeição pronta nas bancadas!

Ao entrar no reduto agora 'masculino', percebo que em frente ao fogão, nossos artesãos estão concentrados na mistura dos ingredientes, descobrindo cores e sabores, mergulhados na sofisticada arte de cozinhar. E faço aqui uma confidência: não os invejo!

Mas quem são os homens-artesãos na cozinha da OLM?



Jorge Luiz recebe e separa os mantimentos no estoque. Diariamente são preparados 10kg de feijão, 20kg de arroz, 4kg de alface, 12kg de polpa concentrada de suco, 120kg de carne preparados por nossos mestre-cucas! Em dias de macarronada são 30kg de massa!

Logo cedo, as verduras já estão separadas em uma enorme bacia de água com um produto próprio para higienização por 15min. Aqui vemos *Ailton* cortando espinafre bem pequenininho para ser preparado com molho branco.





Silvano e William, com enorme disposição (não os invejo mesmo!) lavam as enormes panelas. Depois é a vez das louças e talheres serem colocados na máquina de lavar. Elas saem fumegantes de lá para então, *Carlos Henrique*, passar álcool (70°C) em cada uma das bandejas antes de serem liberadas para uso no refeitório. É ele quem prepara e separa todos os talheres, guardanapos, copos, temperos e bandejas em uma rotatividade enorme, do café da manhã ao lanche da tarde.



**“Capitão que moda é essa, deixe a tripa e a cuié
Home não vai na cozinha, que é lugá só de mulhé
Vô juntá feijão de corda, numa panela de arroz
Capitão vai já pra sala, que hoje têm baião de dois”**

Baião de Dois, Luiz Gonzaga



Daniel Costa limpa e corta em pedacinhos a carne que será preparada por *Eunápio* e, logo depois, servida aos alunos da Pré-Escola. Mais tarde, trabalhando em outro enorme pedaço de carne, *Daniel* repete a tarefa só que agora, ele já pode cortá-la em pedaços maiores.





Daniel Melo separa o pimentão, os tomates, e as cebolas (que também já estiveram mergulhados na água de higienização) e corta tudo em pedacinhos minúsculos para preparar o delicioso molho à campanha. Não sem antes chorar um pouquinho - pois a cebola maltrata seus olhos. E eu, para incentivá-lo (ou para perturbá-lo) digo para que não chore... o amor pela profissão é lindo! Não se preocupem, não são lágrimas de emoção, não caem nos alimentos e, como nos versos do poeta chileno Neruda, *nos faz chorar sem nos afligir*. Depois é a vez do pepino e todo o processo recomeça!



“Todo dia ela
(ele) faz tudo
sempre igual...”

Chico Buarque de Holanda



Em um vai-e-vem constante, *Rita* se encarrega de levar e organizar as refeições para a bancada na área dos professores. Ela mantém tudo muito limpo e sempre reabastecido.



Quando me viro do outro lado, lá está *Jorge* preparando as frutas da sobremesa. E lava, e corta, e coloca na travessa.... e lava, e corta e....

Não posso esquecer-me de fazer referência à dieta! São cuidados e temperos diferentes que são preparados, diariamente, para um grupo muito especial de pessoas.



E no meio deste corre-corre, *Amari* descasca bananas, separa gemas, calcula a farinha e começa a fazer o bolo! Ah... o bolo que ele tão carinhosamente prepara e que todos adoramos!



**”Da manga rosa
Quero gosto e o sumo
Melão maduro, sapoti juá
Jaboticaba teu olhar noturno
Beijo travoso de umbu cajá...”**

Tropicana, Alceu Valença

E quem gerencia tudo isso? Uma linda nutricionista: ***Giovanna Andrade*** é o nome dela. É... no fundo eles são coordenados por uma mulher que comete só um pecado: com suas deliciosas receitas gera uns quilinhos a mais em todo *staff* da OLM!!

Alguns de nossos heróis da cozinha são casados e têm filhos. E, muitas vezes, cansados do dia de trabalho, quando chegam em casa, sabem o que os filhos falam? ‘Papai, o que teremos para o jantar???’ Sim, é isso mesmo, são eles que também preparam o jantar!



Passsei algumas horas - de touca na cabeça - com estes moços e pude perceber a integração entre eles, o bom humor contagiante e a enorme disposição para um trabalho que muitas vezes não prestamos atenção, nem damos o devido valor, e que se repete diariamente. São 700 refeições preparadas por dia, sem falar nos jantares e coquetéis que acontecem nos diversos eventos da Escola, muitas vezes em feriados e finais de semana.



Parabenizo e agradeço cada um de vocês por todas as refeições e lanches que nos preparam. Sei que na manhã que estive observando os trabalhos na cozinha devo ter – em um ou outro momento – importunado vocês com as tantas perguntas (já me disseram que pergunto demais!!); no entanto, quero dizer que aprendi muito com

vocês. Concordo com Rubens Alves quando ele diz que “Comer é uma felicidade, se se tem fome. Todo mundo sabe disto. Mas poucos são os que se dão conta de que felicidade maior que comer é cozinhar.” E como no filme “A Festa de Babete” cada vez que colocar o molho à campanha (ou outro alimento) em minha bandeja, vou lembrar a magia desta arte e ficarei contagiada pelo carinho e alegria com que vocês preparam nossas refeições.

Rubens Alves é mineiro, Mestre em Teologia, escritor, educador, professor-emérito da UNICAMP - <http://www.rubemalves.com.br/>

SPECIAL WELCOME TO THE STUDENT TEACHERS

Hello everyone! My name is **Kyle Rosenberger** and I will be student teaching 9th grade history class with Ms. Paes as well as Ms. Melo's 7th grade class. I would first like to say that I am very excited and honored to be teaching at Our Lady of Mercy. I have only been at the school for a couple of days but I can already tell that the students, faculty, and staff are going to make this an unforgettable experience. Our Lady of Mercy is a great school and I am excited to see what happens within the upcoming months.

Being a student teacher is just one of the many experiences that have impacted my life. I was born and raised in Toledo, Ohio and come from a great family. I have an older brother and two younger sisters that were adopted by my family from South Korea. I attended Woodmore High School where I was an honor roll student, captain of the football team, on student council, and voted as "most school spirit" of my senior class. My high school experience was amazing and I hope to bring the same enjoyment to the students of Our Lady of Mercy.

After high school, I began attending Bowling Green State University and declared business as my major. After my first year, I was very unsatisfied with business and found my calling as a history teacher. Since then, I have had many accomplishments and achievements. By far the two best are being accepted to student teach Ancient Roman history and Italian Politics in Rome, Italy and being accepted to student teach at Our Lady of Mercy!

Most people would describe me as a very hard working, courageous, and friendly person. It is a goal of mine to know everyone in the school by the time I leave, so feel free to stop by and say hello. Again, I would like to thank everyone for letting me participate in this program and being part of your school!



Kyle Rosenberger, Ashley Kinamore, Rachael Logsdon, and Shawn Bally

Hello Educators! My name is **Shawn Bally**, a student teacher from Bowling Green State University. I will be spending the next few months working at Our Lady of Mercy School in Rio. I was born and raised in a small town in Ohio called Elyria, which is just West of Cleveland. I have two older brothers, a sister-in-law, and two beautiful nieces. I like the outdoors, I love the game of volleyball, and I enjoy being adventurous. While I have seen many places in the U.S., this will be my first time overseas. However, I've been here only a few days and am already simply amazed with what I've seen. In my teaching experience, I hope to learn from my international students and the quality teachers at OLM. I completely lack any Portuguese-speaking abilities, but am fascinated by the language and can't wait to learn more. I'm excited to complete my student teaching in such a culturally-rich environment so that I will be better rounded as both an individual and a future educator. I can't wait to experience Rio!!

Oh! I would like to start off by saying that I love long walks on the beach. I can say that now that I have experienced my first one ever, here at the world famous, beautiful Copacabana! What a way to be introduced to my first beach experience, huh?

I bring you greetings all the way from Cincinnati, Ohio, where I grew up with my mother, father, younger brother, and two younger sisters. Throughout high school I was busy as the Student Director of our school Show Choir, the President of Black Culture Club, and as a member of National Honors Society, Spanish Honor Society, and the Principal's Assistant Committee. Performing as a singer/dancer is my passion next to education. Over the past 3 summers I have worked at an amusement park in Cincinnati where I managed and performed as a singer/dancer. During my stay here at OLM, I hope that I can share my gift of music and dance with your students (by helping out with your school's Show Choir), as well as the skills and techniques that BGSU and students in the States have taught me.

Since I have decided to take the teaching route, I have dedicated most of time to being the best educator possible. I have been a member, the President-Elect, and President of the Collegiate Middle Level Association (CMLA), a professional development, student-led organization for middle childhood majors, for the past 3 and a half years. I am positive that with my past experiences and the ones that I will gain here in Rio de Janeiro, I will be equipped to teach students from all types of backgrounds, as well as appreciate different cultures. I expect that Rio and OLM will be an amazing eye opening experience to what the world has to offer. **Ashley Kinamore**

Hello! My name is **Rachael Logsdon** and I am one of the international student-teachers from Bowling Green State University. I am so excited to be here at Our Lady of Mercy School for the next four months. My concentration area within the Adolescent Young Adult Education Program at BGSU is social studies. I enjoy history and government, but my favorite aspect of this is sociology. I especially love to learn how various cultures interact within themselves, and with each other. This is why being here is such a wonderful opportunity for me.

I come from a family of five children; three boys and two girls. I am the youngest. Both of my parents come from large families as well. It is so much fun to gather much of my family together because there is really never a dull moment. I enjoy playing board games with friends and reading books. I am not interested in many sports; however I did play soccer or football in high school. I still play with friends every now and then.

In the future, I would like to travel to other countries and continue to teach outside of the U.S. I am considering doing this through the Peace Corps after graduation. I really enjoy getting involved with community service and hope to do that while I am in Rio as well. I know that I will learn a lot while at OLM through the staff and students. I look forward to becoming more proficient in the Portuguese language as well. Everyone at the school has been so kind to us, and I am quite grateful. Thank you for showing us around the school and the city. I am so happy to be here and hope to get to know many of you while in Rio.

Political Debate

On September 29th, 2010, the 9th and 12th grade students will make a debate for the Middle and High School students.

Where: Front Court - Time: 1pm to 2:30pm

Do not miss it!!!

Debate Eleitoral

No dia 29 de setembro de 2010, os alunos da 9^a e da 12^a séries farão um debate eleitoral para os alunos do Ensino Fundamental II e do Ensino Médio.

Local: Quadra da OLM - Horário: 13h às 14h30min.

Não percam!!!