

Messenger

Summerfield | WALDORF SCHOOL AND FARM

January 22, 2015

Volume 27, Issue 5

IT'S DELIGHTFUL, IT'S DELICIOUS, IT'S DELOVELY, IT'S ...

Anything Goes by Cole Porter

Cole Porter's famous, farcical, beautiful tunes come aboard with us on the ocean liner S. S. American, en route from New York to England in 1935.

The passenger list features: nightclub singer/evangelist Reno Sweeney (with her Four Angels); Reno's pal Billy Crocker, who has stowed away to be near his love, Hope Harcourt; Hope's fiancé, the wealthy twit Lord Evelyn Oakleigh; and Public Enemy #13, Moonface Martin, and his sidekick-in-crime Bonnie.

With the help of some elaborate disguises, singing-dancing sailors, and good old-fashioned blackmail, Reno and Moonface join forces to help Billy in his quest to win Hope's heart.

The songs "It's DeLovely," "You're the Top," "I Get a Kick Out Of You," "All Through the Night," and "Anything Goes," contribute to an unforgettable score by the immortal Cole Porter.

Anything Goes is fast-paced, funny, occasionally poignant, and kid-friendly.

ONLY FOUR PERFORMANCES THIS YEAR:

Friday, February 6 at 7:30pm

Saturday, February 7 at 7:30pm

Saturday, February 7 at 2pm

Sunday, February 8 at 2pm

Not to be missed! See you there!

~ Kevin Simmons, HS Drama Teacher

SUITABLE FOR AGES 10 AND UP. TICKETS \$10 EACH: AVAILABLE THROUGH BROWN PAPER TICKETS, AT THE LOWER SCHOOL AND HIGH SCHOOL OFFICES, IN FRONT OF THE SCHOOL STARTING TWO WEEKS BEFORE OPENING, AND FROM CAST MEMBERS.



POSTER ILLUSTRATION BY AMY FREEMAN

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Festival of the Arts: Save The Date!

The Festival of the Arts assembly for parents will be held during the school day on **Friday, March 13**. Students in 2nd through 12th grade will perform and art & handwork from all the grades will be on display.

Financial Assistance Deadline: Feb 11, 2015

(Jan 30 for incoming 9th graders)

and... dates to budget towards:

- Placeholder Deposits of \$400 per student **due March 2, 2015**

- Annual Fees \$450 ~ \$1,600 per student (depending on grade) **due June 1, 2015**

Farm to Feast (Fiesta) 2015

By Cyndi Yoxall, Development Director

Get ready for a new twist on our signature event—this year it's *Farm to Fiesta*! With a new theme and menu, our largest fundraiser of the year will take place on Saturday, May 16, at 4pm on Summerfield's biodynamic farm.

For the 4th year in a row, we expect a sold-out event, accommodating 300 guests for pre-dinner wine tasting, silent auction, live music, Latin cuisine dinner, outdoor bonfire and dancing, all with a fiesta flair.

We are excited to feature our outstanding, award-winning Summerfield chefs and vintners. Tickets will go on sale in late February through brownpapertickets.com. Please mark your calendars now and plan to attend. We will need help from the entire community to make it happen—bring new ideas and energy our way!

How can you help? We are in need of a new Silent Auction Lead Coordinator this year. If you are interested in being part of our awesome (and fun) Farm to Feast Team, let us know. We are looking for a positive, energetic person who can help lead the organization, presentation and success of our silent auction.

We are also ready to start our auction item collection for both an online and silent auction. We can use volunteers for procurement help too. And for those of you who are class reps, now is the time to work with your teachers on class projects for the auction. To volunteer or donate auction items, contact farmtofeast@summerfieldwaldorf.org, or call Cyndi Yoxall at 575-7194 ext. 105 or Caryn Shapiro-Stone at ext. 106.



PHOTO BY MIGUEL SALMERON

Alumni Event

By Cyndi Yoxall,
Development Director



PHOTO BY DON EGGERS

Sophia Hall was full of life the day after Christmas for our 6th Annual Alumni Event. To celebrate 40 years, this year we invited alumni and their parents to join us for an anniversary bash! Over 150 guests gathered to reconnect and revisit the school they love. The room was energized with hugs, laughter, conversation and music. Together the group raised over \$600 for Summerfield—a special thank you to McIlroy Law for offering a matching donation. And *thank you* to the main volunteers who made this event possible: Vanessa Faryan, Kai Lewis, Jefferson Buller, Ann Platz, Jeffrey Westman, Tony Coturri, Dan Westphal, Deborah Pulido, Aura-Lee Salmeron and Craig Silva. And thank you to Redwood Hill Farms, Coturri Winery, Davis Family Vineyards, Martinelli Vineyards, VML Winery, DNA Vineyards, Lagunitas, Revive Drinks, and Beauty Oasis Photography, who generously supplied food, beverages and services.

Summerfield's 2015 Wall Calendar a Huge Success!

Summerfield's first arts wall calendar has now sold over 1,600 copies! The project has raised over \$10k for the school.

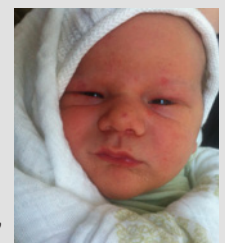
It's not too late to get your copy or gift one to a friend. As the calendar lasts for 15 months, there are still many beautiful images to enjoy.

Purchase calendars (while stocks last) from the school office, or online:
www.summerfieldws.org/2015WallCalendar



Congratulations America!

Baby boy Avram "Avi" Shemper was born January 19 to America Worden, our G6-10 counselor, and her husband Adam. He weighed 8lbs 11.5oz, and has black hair and brown-blue eyes.



Veil Painting

A LOOK AT THE MOST MYSTERIOUS WALDORF ART-FORM

Interview by Adam MacKinnon, Editor

Veil painting is an art form almost unique to Waldorf. It is not taught in other schools. Curious about why it is part of the Waldorf curriculum, I spoke to Isabel Wundsam of the high school Arts Faculty.



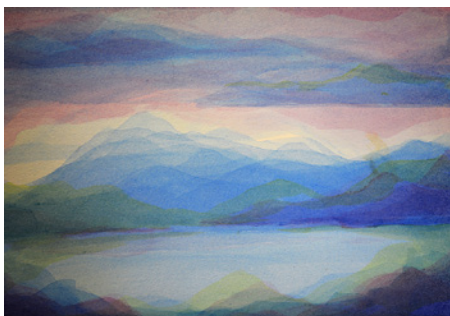
Messenger: Why do we teach veil painting, and where does it fit in?

Isabel: Some teachers introduce veil painting in lower school. For most students though this technique is new. In the ninth grade we have them work only in black-and-white: it meets the theme of polarities. The students work in black-and-white, drawing, block printing, etc.

Only in tenth grade, do we move into color. By this time, the students crave color and one can observe how careful they are in getting a new start to something they are familiar with emotionally. I ask them to remember when they worked with primary colors way back in the first grade. How did they feel about blues and reds then? How do they feel color now?

One way of looking at color is through the word. Students describe a primary color through poetry. It is incredible how much these young people “know” on a deep level about red, blue or yellow. ... It’s humbling, and gives me deep respect for what we do and our artistic approach to teaching and learning in Waldorf Schools ...

The students begin to realize that color has such strong depth, and they have a response to that. Once they reach a breakthrough, they can’t stop. It is fascinating.



Messenger: How is veil painting unique?

Isabel: The student is asked to observe, reflect, plan, with an incredible amount of patience and artistic thinking: it’s an act of sensitivity, sophistication and technique.

It is a big challenge to apply hundreds of layers slowly—a single layer at a time—and having to wait... ever so long... for each to dry. This tests their patience, and it is a crucial exercise to develop their will and imagination. It’s constantly flexible... we are not teaching fixed thinking in Waldorf schools, remember?

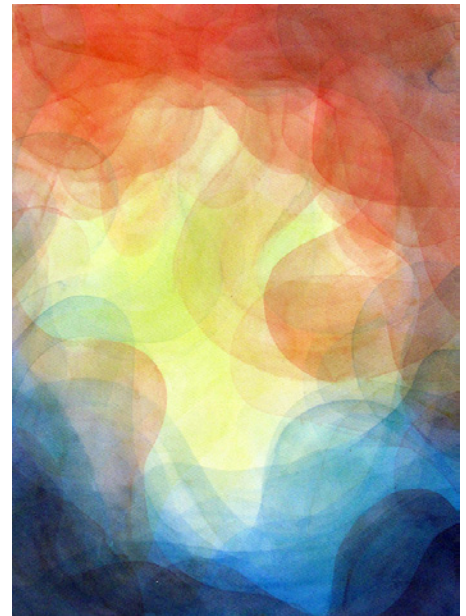
In fact, I have artistically and academically strong students telling me that veil painting was their hardest class in whole high school—that feels very good!

Messenger: Can you say more about the particulars of the technique?

Isabel: First off, I teach the student to stretch their own paper as the future canvas. This is not easy. They have to truly focus. Then when they learn the technique of how to apply a veil they realize many, many details, for example how strong and how loose one holds a brush. They have to constantly test the evenly thin, light watercolor paints. Time and speed become important. How fast one decides to move the brush over the other layers, even the temperature of the paper and the room in which they are working... all this matters.

The veil painter creates depth not with “deep” colors but with lots of layers of light on top of each other. They work with yellows, blues and reds, developing different shades, experiencing the archetypes of color, and exploring their qualities/personalities.

Once they have a feel for the technique, I ask them in one exercise to create a free abstract composition in layers. But the question they must consider is: What does



VEIL PAINTING BY ISAAC WALKER

the composition want, and not what do I want? They have to sense the moment when the composition asks for a theme, and be ready to develop it, and know how much of their own will and ego to put in (a wonderful training for developing that same sense in life as a whole).

I start to talk about technique, then about beauty and composition in an abstract manner. I want them to “play”, experiment, discover... for as long as possible. Their emotional relationship to color and its abstract quality is so important for them to retain. But sometimes it’s unbearable for the eye and the will to hold on to uncertainty.

A theme or an image or an idea develops out of a color mood and no “outline” takes over! It’s about giving uncertainty to so much space and possibility till something *new* and potentially incredibly rich develops in front of you as a theme or an idea. It is done through discipline, technique and much artistic work... and, yes... that is hard ... it’s incredibly hard and it’s incredibly beautiful to look at while you are working.

And then there is the moment of making the decision that the work wants to be stopped... while knowing that one never is reaching the clear point of completion... a constant matter of process... “a work in progress” (I appreciate when our colleague Ignacio Garat points that out so wisely out of his work...)

I want to let them experience working towards a yet unknown image or a still unknown idea or theme while it is

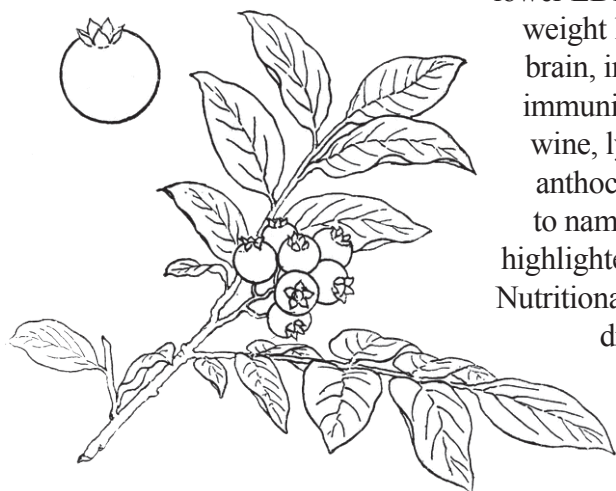
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About Fruits and Vegetables From Our Local Gardens

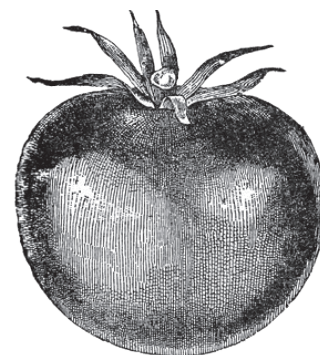
By Farmer Dan

Until the invention of farming, all people on the planet lived on wild plants and animals and moved in small clans from camp to camp in search of food. They timed their journeys to coincide with the annual migration of game and the ripening of wild nuts, seeds, fruits, and vegetables. By necessity, all their food was local, organic, and seasonal as our distant relatives dined at nature's cafe until roughly five to twelve thousand years ago when people broke ties with the past and began to raise their own food. In addition to hunting for wild game, they began to tame wild goats, pigs, and sheep for a ready supply of meat, they milked the goats and sheep and turned their milk into cheese and fermented drinks, and also they began to create the very first gardens. The epic transition from hunting and gathering to herding and gardening gave birth to the great-grandmother of all food revolutions, the Agricultural Revolution.

To date, four hundred generations of farmers and tens of thousands of plant



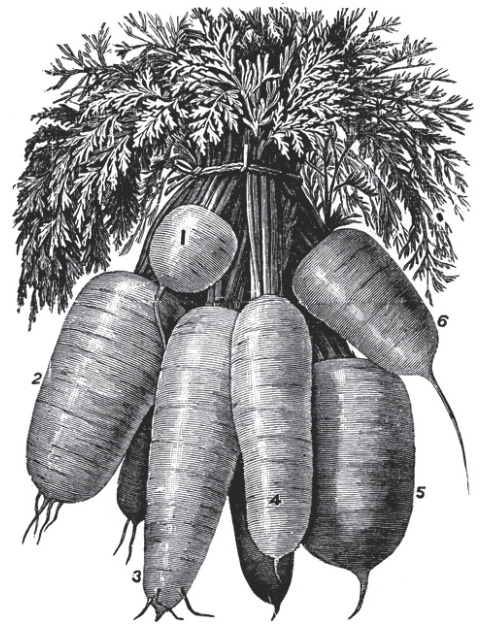
breeders have played a role in redesigning native plants. Plant scientists around the world have discovered a major difference between wild plants and our modern varieties: the plants that nature made are much higher in polyphenols, or phytonutrients. Plants can't fight their enemies or hide from them, so they protect themselves by producing compounds that protect them from insects, disease, damaging ultraviolet light, inclement weather, and browsing animals. Many of the compounds function as potent antioxidants. When we consume plants that contain high amounts of bioavailable antioxidants, we get added protection against noxious particles called free radicals that can inflame our artery linings, turn normal cells cancerous, damage our eyesight, increase our risk of becoming obese and diabetic, and intensify the visible signs of aging. More than thirty thousand scientific papers have been published since the year 2000 about bionutrients in plants that can reduce infection, fight the flu, lower blood pressure, lower LDL cholesterol, speed up weight loss, protect the aging brain, improve mood, and boost immunity. Resveratrol in red wine, lycopene in tomatoes, and anthocyanins in blueberries, to name a few, have all been highlighted in modern food circles. Nutritional pills, energy bars, juice drinks, and powders that contain phytonutrient extracts that are often quite costly have



blossomed as the nutraceutical industry has been quick to capitalize on this recent research.

If we were still eating wild plants, there would be no need for supplements. One species of wild tomato has fifteen times more lycopene than the typical supermarket tomato, without the pesticide residue. One species of wild apple in Nepal has an amazing 100 times more bionutrients than our most popular apples – a few ounces of the fruit provide the same amount of phytonutrients as six large Fujis or Galas. Nutritional content of man-made plant varieties is an afterthought. A plant researcher for the USDA can spend years perfecting a new variety of blackberry or apple without ever measuring its phytonutrient content or its effect on blood sugar. Teosinte, the ancestor of modern corn, has kernels that are 30 percent protein and 2 percent sugar versus newest varieties of supersweet corn that are 40 percent sugar and 2 percent protein. The wild plant purslane has six times more vitamin E than spinach and seven times more beta-carotene than carrots. As for USDA research, if the variety is attractive, pleasing to eat, productive and disease resistant, it is considered a triumph. Meanwhile, our bodies hunger for the nutrients that we have left by the wayside.

In 2008 a panel of professional food tasters sampled carrots from a warehouse and reported the vegetables had “a strong, burning, turpentine-like flavor most clearly perceived at the back of the throat during and after chewing.” Industrial strength varieties of fruits and vegetables are not up to retaining the illusion of freshness after spending weeks or months in warehouses. Fruit picked while still green and then artificially ripened is not as flavorful or juicy as fruit ripened under the sun. Strawberries, peaches, plums and nectarines are all too often mealy and bland. Because so many foods do not lend themselves to centralized production and long-distance shipping (broccoli begins to dramatically lose its cancer-fighting compounds within twenty-four hours of harvest, but potatoes can be stored for weeks or even months without losing nutritional value, and watermelons become more nutritious if you leave them out on the counter for several days before you eat them), now is a great time to browse seed catalogues and join our nation’s thirty-five million households that have a home garden. When we stop eating locally-grown produce and abandon our home gardens, we lose at least half of the protective properties of our fruits and vegetables, as well as much of their flavor and keeping qualities, so in order to get all the vegetable’s much-touted benefits, grow it yourself or purchase it directly from a farmer and then eat it as soon as possible.



High-tech food labs have offered some helpful insights in how best to retain the bionutrients in fresh produce and how to make them the most available for absorption depending on how you store, prepare, and cook them, so you retain or enhance the nutrients. For instance, most berries lose their antioxidant activity when you cook them, but canned blueberries, providing you consume the canning liquid, have more phytonutrients than fresh ones. Simmering a tomato sauce for hours—the traditional Italian method—not only richly blends flavors but it can triple lycopene content. Cooking carrots whole and then slicing or dicing them *after* they’ve been cooked makes them taste sweeter and increases their ability to fight cancer.

Hippocrates famously said, “Let food be thy medicine, and medicine be thy food” which is interesting when recent reports are that this year’s flu vaccine is about 21% effective. Rudolf Steiner wrote in 1924 about nutrition in food: “Nutrition as it is today does not supply the strength necessary for manifesting the spirit in physical life. A bridge can no longer be built from thinking to will to action. Food plants no longer contain the forces people need for this.” He continued by emphasizing that this was a nutritional problem, which, if solved, would enable the spirit to become manifest and realize itself in healthy human beings. In the Biodynamic lectures which followed, Dr. Steiner suggested that “the benefits of the bio-dynamic compost preparations should be made available as quickly as possible to the largest possible areas of the entire earth, for the earth’s healing.”

Teddy Roosevelt wrote that, “It’s not the critic who counts: not the person who points out how the strong person stumbles or where the doer of deeds could have done them better. The credit belongs to the person who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again... who spends her- or himself in a worthy cause; who, at the best, knows, in the end, the triumph of high achievement, and who, at the worst, if she or he fails, at least did so while daring greatly.” Based on the nutritional content, the taste and keeping-quality of biodynamically-grown produce, as well as its healing capacities for our wounded earth, Rudolf Steiner surely deserves the “Teddy Award” for his immeasurable contribution to world agricultural practices, contributions that are actually organically- as well as cosmically-based, not to mention sane and humane.

Warmly, Farmer Dan

P.S. Information included here is summarized from the book Eating on the Wild Side by Jo Robinson, gleaned from information in over a thousand research journals, and suggesting that it is possible to find many highly nutritional, flavorful and healthy varieties of fruits and vegetables in conventional stores, as well as in even more readily available farmers markets, farm stands, natural food stores, and ethnic markets.



(Continued from Page Three)

growing—underneath the process of learning the technique—and underneath and through applying the veils.

And they have to know and experience the risk that they can literally “kill” the life and essence of what is waiting in silence to be carefully discovered.

Messenger: To the uninitiated, veil paintings can seem very strange. Can you say something about the end result?

Isabel: In general veil paintings don’t have the solidity of most paintings... Because of that, in a certain way, it’s easier to comprehend or to “see” the idea, the mood, the theme, the message. Seeing out of color, painting out of color. Look at Turner’s impressionistic art for example.

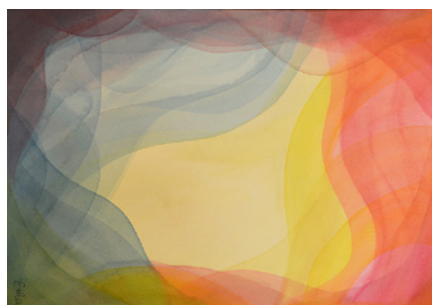
In veil painting you are looking through all the layers... and by doing so, you get the depths. There has to be some effort to go further than what appears immediately. For the viewer, as well as the artist, there has to be a stepping back. And this is a lesson in life too.

It’s really nice when the classroom starts to be quiet and the students start to experience the process. When you ask me about veil painting in

particular: it is something which becomes more and more important in a life which seems to get faster and faster. There is also a strong healing aspect present. Also, in veil painting you meet yourself, pleasantly or not...



JESSIE BRANDT AT WORK ON A VEIL PAINTING



VEIL PAINTING BY ETHAN BANNISTER

Alumna News!

Aerialista extraordinaire of Circus Waldissima while at Summerfield, alumna Dawn Barlow (class of 2012) is making her mark in the air and the water at college.

Dawn recently broke a 15-year-old diving record at her college, Pomona Pitzer, and then broke it again this weekend in order to qualify for the NCAA Diving Championships. Good luck at the nationals, Dawn!



Barista Needed!

Our parents and faculty miss the coffee cart! Summerfield is looking for a reliable individual to run a school coffee cart weekday mornings, providing coffee and treats. Training and equipment provided, barista experience not necessary. There is opportunity for creativity and growth. Contact development@summerfieldwaldorf.org.

HOLISTIC FAMILY DENTISTRY

Dr. Marie Mallory, D.D.S.



Trained in Germany and in the U.S., Dr. Mallory delivers preventive, restorative, cosmetic, endodontic and orthodontic dentistry with gentle impeccable care for children and adults.

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The Messenger Marketplace

Summerfield Waldorf School and Farm is not affiliated with, and does not endorse, any of the individual initiatives or services advertised in this classified section. Advertisements are screened for appropriateness and made available to community members to use at their own discretion

Classes/Camps



Classes at Circle of Hands

Pea-Pod Felt Doll Workshop with Denise Marshall. Saturday, Feb. 7, 10am-3:30pm, ages HS to adult. Felt needle-work, sewing and wrapping will create a sweet doll in a pea pod bed. Class is \$60 plus \$5 for materials. Register by January 30 with a \$30 deposit;

Box of Chocolates Felting Workshop with Monica Ashley. Sunday Feb. 8, 1-3pm, ages HS to adult. Learn to needle-felt and turn wool roving into delicate everlasting truffles and candy. Comes with a heart-shaped box to display your special treats. Class is \$25. Register by January 30 with \$15 deposit;

Valentine Cards Workshop with SWSF alum Jennifer Laurel. Thursday February 12, 1:30-3:30pm, for all ages but below age 12 with parent. Class is \$10 and includes supplies. Your fancy contributions are welcome too! Register by Feb. 9.

Check out Circle of Hands' Facebook page for photos of these craft items! www.circleofhandswaldorfshop.com, 634-6140. 6780 McKinley St. #120, Sebastopol—in the Barlow.

ZMANIM (Seasons)

Cultivates multi-generational Jewish community in West Sonoma County, exploring and celebrating connections between Judaism and the natural world through: •year-round gatherings in nature following the cycles of sacred Jewish time (zmanim); •Waldorf-inspired learning programs for children and adults—engaging body, heart, mind and spirit; •community actions for tikkun/healing the planet. For information about ZMANIM and upcoming gatherings, see www.zmanim-seasons.org

Grand Opening Gathering

You are invited to attend the grand opening of Abacus' new office at 101 S. Main Street, Sebastopol, featuring New York Times "Your Money" personal finance columnist, Ron Lieber. Ron will talk about his new book, "The Opposite of Spoiled: Raising Kids Who Are Grounded, Generous, and Smart About Money". **Tuesday, February 10, 2015, from 4pm to 8pm.** Talk at 4:15pm. RSVP 829-6190 or peggy@abacuswealth.com.

Singing and Piano Instruction

Led by experienced teacher, a SWSF founding parent and original creator of the school's instrument music program. My studio is located in Santa Rosa. Please visit my website marybeardmusicstudio.com. Contact me at marymezzo@sonic.net or 707-546-8782.

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Awakening Arts - New Series of classes begin January 28th

8:45am-noon. Mary Bowen, M.Ed., a longtime Waldorf educator leads these groups through exercises in toning, drawing, painting, sculpting, writing and improvisation. The theme for the year is The Awakening Consciousness of Humanity Through the Arts. We will hear about the lives of great artists (initiates) and with hands on experiences meet their work. If you are interested in Waldorf Education for Adults this may be the class for you. No previous art experience is needed! Choose from either Wednesday or Friday mornings. Please call Mary@ 07-540-4254 or Carol-Jean Boevers @ jcjb221@gmail.com for further info or to register. The fee is a sliding scale of \$15-25.00 per session and no one is turned away for lack of funds.

Services

Now Accepting New Clients in Sebastopol

Allie A. McCann, MFT, ATR-BC, Phone: (707) 219-8484, email: mccannmft@gmail.com. Allie is a licensed Marriage and Family Therapist and Art Therapist. She is a Waldorf-inspired mother of two and is sympathetic and supportive of Waldorf-inspired values and lifestyle choices. She supports children, adolescents, parents and adults, specializing in anxiety, mood, behavioral and relational issues, life transitions, and grief and loss. Allie has a holistic view of health, tending to mind, body, and spirit. She incorporates both art and a connection with the natural world into her healing practices.

Gardening Services Available

It's time for that winter pruning of Roses and Fruit Trees! Gardens done with a woman's touch. 20yrs experience in design, maintenance, enhancement, organic farming and drip irrigation of residential and commercial gardens. 707-824-4602 or 707-364-5795.

For Sale/Rent/Needed

Rick Concoff Violins

Quality string instruments for rent or sale at below-market best prices. Rent to own as well. Accessories available too! Call Rick at 823-3916 for an appointment.

Looking for House to Purchase

Extended Summerfield family seeks home to buy with granny/apt (or potential) and shop/barn. 707-328-0061.

Housing Needed

Oregon family of 3 seeks housing for *one month only*—March 2015 so wife/mama can do teacher training practicum at Summerfield. they're open to alternative housing. Can offer work trade (gardening/child/pet care etc.) they are friends of a Yellow Rose family. Good people. 707.829.2164.

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TOWARDS A CLASSROOM CULTURE OF ENGAGED PARTICIPATION

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Conferences often promise participants answers and solutions. This one doesn't.

Join us in tackling a challenge that is becoming increasingly apparent in classrooms around the world: With answers to everything at their fingertips, students are finding it more difficult to go deep, to ponder questions, to get caught up in learning – all the things that allow students to experience the transformation of the will in learning that lies at the heart of Waldorf Education. What can we do to change this? Is it a question of teaching methods, of curricular content, of teacher ability? Or do we have to look at the whole thing in a new way?

FLORIAN OSSWALD, from the Pedagogical Section of the Goetheanum, and **JON MCALICE**, co-founder of the Center for Contextual Studies have been instrumental in calling attention to the changing needs of students today. Together they will lead us through a series of exercises, reflections and conversations that will challenge each of us to practice the capacities needed to bring a new culture of engagement and participation to life in the classroom.

AFTERNOON SESSIONS will offer the opportunity to explore in more detail how to bring these forms to life in the various subject areas as well as in interdisciplinary projects.

Sponsored by the Center for Contextual Studies, in collaboration with the Summerfield Waldorf School

CENTER FOR CONTEXTUAL STUDIES
a collaborative endeavor in anthroposophical research

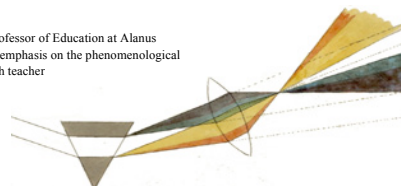
FOR MORE INFORMATION AND TO REGISTER VISIT
www.findingcontext.org

From Phenomena to Insight II

...practicing phenomenological science in Waldorf Education

Dr. Wilfried Sommer is a Full Professor of Education at Alanus University in Alfter, Germany with an emphasis on the phenomenological methods of teaching. Physics and Math teacher

Sessions: **Light, Optics, Diffraction, Quantum Theory**



Craig Holdrege is a co-founder of The Nature Institute, in Ghent NY. A respected speaker and writer, Craig has a passion for Goethe's "delicate empiricism" and the role it plays in the practice of sense-based science. Life Science teacher

Sessions: **Experiential Foundations of Phenomenology, Understanding Wholeness in Animals, The Problem of Theories, Explanations and Speculation in Considering Evolution**

Jon McAllice is a co-founder of the Center for Contextual Studies. A long time high school teacher and adult educator, Jon has a special interest in the developmental possibilities inherent in the Waldorf educational impulse. He will lead us in an exploration of the 3rd lecture from the Study of Man with emphasis on the tension presented there between thinking and merely acquiring thoughts.

Waldorf Science Teachers' Conference

Middle and High School Teachers: Join us for a participatory, in-depth science experience from Tuesday evening through midday Saturday. Please plan to attend the entire workshop.

Our costs: Conference including food \$300 **Register online:** www.findingcontext.org

Contact: Cathy cathy@summerfieldwaldorf.org or Beth baw@sonic.net



February 17-21, 2015
Summerfield Waldorf School, Santa Rosa, CA