

Messenger

Summerfield | WALDORF SCHOOL AND FARM

January 24, 2013

Volume 25, Issue 5

Queen of Hearts



a Night out in
Wonderland



Saturday, February 9, 2013,
8pm-midnight, at the Arlene
Francis Center in Santa Rosa's
historic Railroad Square. [21 & UP ONLY]

Now's your chance to let loose—or watch others do so. Brush off those dancing shoes (we know you have them) and get ready for DJ dancing, cocktails, appetizers and desserts. Also, pile into a photo booth with your friends or sweetheart!

Tickets (\$20) are available now, so get them while they last (space is limited) either in the Main Office or online at www.summerfieldwaldorf.org, or at the Queen's Ticket Table a couple of mornings a week at drop-off. This is a fundraiser for Summerfield Waldorf School and Farm. *For more information email andreaajoli@summerfieldwaldorf.org.*



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Important Dates:

**"Friend Me": The Waldorf
Adolescent: A Talk by Dorit
Winter**

Tuesday, 2/12, 7-9pm

All-School Assembly

Friday, 2/15, 1:30-3pm

Admissions Office Updates

PRESCHOOL & KINDERGARTEN: applications due Thursday, January 31. Turn in all application material to the Admissions Office by 3pm on the 31st. Applications are available online or pick up a hard copy in the main office.

CHILDRENS' VALENTINE'S TEA: (for two- to five-year-olds). Saturday, February 9, 10am, in the Early Childhood Village. Join the ECE teachers for a baking project and Valentine's song-circle in our enchanting kindergarten classrooms. This outreach event is open to all families who are not currently enrolled at Summerfield.

WALK THROUGH THE GRADES: Wednesdays, March 13 and April 24. This campus tour leaves from Sophia Hall at 9am. This is an adult-only event, open to anyone interested in learning more about Summerfield Waldorf School and Waldorf education.

Contact Sallie Miller with any questions or to RSVP at 575-7194 ext.102, or sallie@summerfieldwaldorf.org



"Lighting Fires"

By Don Basmajian, Eighth Grade Teacher

When education becomes an art, learning is enlivened and gives the students life and meaning. I have discovered that the job of the teacher is to light fires so that the children take up their tasks with enough interest and enthusiasm that they will work with creativity, focus and will. The students themselves take charge of their own education.

When the Eighth Grade completed its History Main Lesson Blocks, the students were given the assignment of researching a personality from the American Revolution through the Civil War. Each student was challenged to overcome the temptation to present cold, hard facts by creating images of their character's life and becoming this person through the spoken word, accent and gesture. Some students chose to enter into a dialogue with another character. Three Civil War generals, Robert E. Lee, Stonewall Jackson and Ulysses S. Grant, reminisced about the War Between the States and told each other about their early lives. Photographer Matthew Brady and Abraham Lincoln laughed together about the new art form of taking pictures and wept at the death of the president's son.



Twenty-nine personalities, some well-known and others obscure, were woven together through their ideals, courage and contributions to our country's history and with music and poetry to create a powerful and touching tapestry of students striving together to educate themselves and their community.



... and a Spectacular Epiphany Celebration!

Once again, Summerfield families came together on January 6 to celebrate Epiphany as only we know how! Cheeks and noses were red-hot in the cool evening as we gathered close around the mammoth bonfire of coniferous trees. There were oohs and aahs, and "look at that one!" The bonfire is truly impressive and more than once I heard the statement, "This is my favorite get-together!" It's wonderful to look across the fire and see all the faces staring up at the sparks flying—it's true and simple happiness!

And also once again, it could not have happened without the help of a few volunteers—to bake potatoes and cakes, to set-up and clean dishes, and to tend the massive fire! This year there were many, many options to top your hot potato (including the very popular chili-cheese sauce!) Thank you to Jami Romo, Charmaine Stainbrook, Dawn Ross, Kosima Grundy, and Jane McCoy for baking delicious cakes; to Sarah Lee for providing King's crowns for the winners of the golden coin, and for baking 100 potatoes for us all to enjoy. Thank you to all those dishwashers (you know who you are) who spent a good, wet time with me in the kitchen. And lastly, thank you to Simon Turklij for helping tend the fire, and Jefferson Buller, for once again not only tending the fire, but staying until past 10pm to deal with the mountainous pile of burning coal and ashes that is left over from the blaze—ashes that stay hot for hours after the fire dies down and that must be cleaned-up and brought away before the next day—his commitment is commendable.

I hope you all enjoyed your time, and I very much look forward to next year! ~Andrea Trinei, Epiphany Coordinator



Kim John Payne: "Boy Oh Boy!"

by Adam MacKinnon, parent



Kim John Payne, author of *Simplicity Parenting* and renowned school and private family counselor, in another of his highly entertaining talks, Wednesday, January 16 at Sophia Hall, opened by highlighting some shocking statistics: that boys were 4 times more likely than girls to be in special ed; that in 25 years of his records, of all the children he was asked to observe in classrooms, 82% of them were boys.

The aim of Kim's presentation was to find out what can we do about it.

Kim stressed the importance of focusing on boys' fundamental needs. Firstly, time: boys just process things slower; they're much more affected by being hurried... and time is something that's fast eroding from boys' lives. So, one of the best gifts we can give them is to simplify and slow things down: create more time for them.

Secondly, they identify through doing. That's how they find their way in the world. They need a

sense of industry and purpose. Without it, boys start to feel unworthy, and many behavioral issues stem from this feeling of being "less than."

Boys have a need to be vulnerable; that is how they develop empathy for others too. And they need to be able to express anger, and know that they can do that without hurting others. It's important not to give boys the message that intensity is wrong.

Boys also need to learn a respect for difference, essentially to learn tolerance, and this is where it's important for us to step in when they show disrespect to girls, especially at a young age.

Kim told a lovely story of a girl in a family helping to do the dishes, and asking in several different ways for her brothers to join in... but not directly enough for the boys to pick up on her meaning. Boys need an extraordinary level of clarity in your communication with them. They're interested in three things: 1. Who is in charge? 2. What are the rules? 3. Do you mean them? (And Kim, to much laughter, added a 4th: Where's the food?)

There's a common sign that you see in New England, "Bridges Freeze Before Roads" and it's because bridges have nothing under them ... Kim thinks of it as a motif for what's happening to boys in our culture. Boys need to ground themselves, but with the undeclared war on childhood that we've seen in the last decade

or so, they're being left more and more exposed. Balance is getting harder and harder to find, as the 'outer demands' of real life increase, impinging on the 'inner life' they need to cultivate. As parents we're the guardians of the 'balance,' and we need to rely on our gut instinct for when that's "out of whack." When the balance is gone, boys' sense of worth gets eroded, and that's when we see the reaction of 'push back' (which is often just about a child trying to hold his shape. It can be addressed amazingly successfully by dialing everything down) ...

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Winter Faire Thanks

by Ronni Sands, 12th grade advisor

The 12th graders that prepared and served the meal at Winter Faire would like to thank two local businesses that were very generous in their support and contributions: Whole Foods donated 40#'s of pasta and 4 cases of tomato sauce; and The Village Bakery donated 50 or more loaves of bread.

We would also like to thank the many 10th grade students who helped set up the hall and Lynn Behling for the support and handling of many fine details.

There was a magical atmosphere in the Polar Bear Café, and as the 7th and 8th grade choir was on stage singing carols and the tables were full with families eating a warm meal, I thought, yes, we work hard to make our festivals special, and what a blessing that is!

Annual Giving Campaign

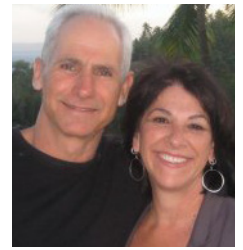
By Cyndi Yoxall, Development Coordinator

Welcome to 2013! What a beautiful way to start the New Year—even with the winter chill, the sun keeps finding a way to brighten our days. And it seems our children were very ready to come back. Both the students and teachers returned from the holiday break with renewed energy and enthusiasm. As I look forward to the year ahead, I would also like to take a moment to reflect and thank you all for your dedication and work that helped with last year's success. With gratitude and appreciation, I want you to know that each and every contribution matters.

Once again, we hit 100% Annual Giving participation by all classes (preschool through 12th grade) and have raised \$200,000. Every single family in the school donated, along with the Board of Directors, faculty and staff. We are still hoping to reach our goal of \$225,000 by the end of the school year and will continue to ask extended family, friends and businesses in the community to contribute. I know some of you have heard it many times, but it's important to remember, AGC is vital to the strength of our school. We rely on these funds as part of the budget, covering the cost to retain our staff, maintain the school, offer tuition assistance, and continue to grow. Simply put, without Annual Giving, we could not pay for our costs to run the school.

For nearly two decades, we have been blessed by the work and commitment of George Triest, who (along with wife, Margo Norman) has four children who attended Summerfield. For many years now, George has helped lead our campaign in his volunteer role as AGC Chair. With his tireless commitment, big smile, and endless energy, George has been key to its yearly success. Working closely with the Development Office, George has helped mentor and guide our class reps, attend meetings, wave signs out front, and work in collaboration with the school. Margo Norman has also volunteered in hundreds of ways, and is well known for her talent with floral arrangement, decorating, class parenting and organization

(did I mention her warm smile and spirit?). Together they have made such a difference for our community.



Unfortunately, this is their last year as Summerfield parents. As their youngest daughter prepares to graduate, we will have to prepare for the upcoming need for a new AGC leader. The good news is the Norman-Triest family is committed to Summerfield for the long run, and plans to show support in new ways as alumni parents. I know we can count on George for his knowledge and ability to help guide the AGC. Thank you, George, for your many years of dedication to this campaign—and to both George and Margo for continually living a giving life.

And *thank you* to all AGC Class Reps, whose dedication, spirit and hard work helped us reach 100% participation: Natalie Carlberg, Heather Mutz, Stephanie Everage, Andrea Jolicoeur, George Martinelli, Andy Reed, Ivo Austin, Addie Mullinex, Glenn Berger, Dan Young, Shay Feinstein, Carla Caletti, Jefferson Buller, Suzi Redlich, Liz Evans, Tracy Saucier, and Ann Strack.

Alumni Event

What happens when you gather 120+ alumni and former students in Sophia Hall the day after Christmas? You get a fantastic celebration full of hugs, laughter, connection and stories that make us proud of our graduates. The lively group that filled the hall for our 4th Annual Alumni Event showed gratitude and support of the school that they love. Along with teacher/alum, Tim Allen, the group raised nearly \$900 for the Perry Hart Scholarship Fund, in honor of former Summerfield farmer, Perry Hart. The hope for the group is to someday fulfill Perry's dream of a scholarship that would allow students without the resources an opportunity to attend Summerfield.

Thank you to the volunteers who made this event possible: Tim Allen, Valerie Raineri, Ann Platz, Jeffrey Westman, Jefferson Buller, Andrea Trinei, Tony Coturri, Susan Sterns, Mark Holtz, Dan Westphal and Craig Silva. And thank you to GrowKitchen, True Grass Farms, Coturri Winery, Martinelli Winery, Porter-Bass, Lagunitas, and Beauty Oasis Photography, who generously supplied food, beverages and services.

Come to our All-School Student Assembly

Friday, February 15th, 1:30-3pm, Sophia Hall

by Leslie Young, Lower School Secretary

Parents are warmly welcome to attend a student assembly of the majority of the grades during the school day on Friday, Feb. 15th, beginning at 1:30pm in Sophia Hall. This assembly will be similar to the one presented on Grandparents & Special Friends Day—but, this time, for parents only! Song, speech recitation and movement will be featured in a lively program designed to show some of the work from each class, 2nd–12th.

Unfortunately, we will not have adequate additional seating space in Sophia Hall to extend an invitation to friends and relatives, since, with Classes 2 through 12 performing, the parents will most likely fill our hall to capacity.

Kindergarteners and 1st graders will not be sharing the stage at this event, so their parents need not attend (although they may)... but our hall has a 270 person capacity and will be packed! The students themselves will not even be in the audience due to space constraints—they will be given the opportunity to watch each other in a dress rehearsal the day before.

We hope to see you in the audience at this student assembly—it is sure to be a crowd-pleaser! Remember, if you are a 2nd–HS parent wanting to attend and you also have a kindergarten or 1st grade child, please make advance arrangements with the school aftercare personnel for childcare for your little one on that afternoon. Thank you.

Assembly Parking!!!

As you know, our campus parking is quite limited, so it is imperative that WE ALL CARPOOL (or ride a bike)!!! Even teachers should try to do it for this special day. Drive to your friend's house and come together. If you are driving separately from your spouse, please plan to meet up somewhere else, park a car and come in one vehicle.

We only have 150 total spaces on campus, and over 200 families are invited. We may even have to shuttle to & from a local parking lot to accommodate all the cars. Please come early, be patient, and be resourceful in your vehicle placement—but not so resourceful that you park in the fire lane or on the landscaping or get stuck in the mud. And, as always, parking along Willowside Road between Summerfield and Hall Road is inadvisable.



“Friend Me!” Dorit Winter on The Waldorf Adolescent, Grades 7-10

Tuesday, February 12, 7pm, Sophia Hall
donations gratefully accepted at the door

In a world which increasingly legitimizes virtual relationships, the Waldorf classroom continues to provide a real life context to provide lifelong support. In this public talk Waldorf educator and author Dorit Winter will address developmental, academic and social aspects of the transitional years from upper elementary school to high school. She will illuminate the changing curricular emphasis of the middle school (7th & 8th) from the lower grades, and how the students of this age group are appropriately met at this level and on into their Waldorf high school experience.

In recent years, Dorit has taught 7th and 8th graders in various Bay Area Waldorf schools. For many years she taught a variety of Waldorf high school subjects including art history, English, German, and painting. She has been working in Waldorf Teacher Training since 1989, and has been Director of the Bay Area Center for Waldorf Teacher Training since 2001.

Winter Reflections from a Chilly Farmyard

By Farmer Dan

This morning, the chilliest day of winter so far, the Red Rose Kindergardeners are so bundled up you could almost roll them around the farm. Fortunately it is the morning chosen to light a fire and roast small pieces of tofu wieners and marshmallows, followed by a warm cup of apple cider. The fields are frosty and in each bucket we pass is a round plate of ice. We hold it up to see the crystals in the sun before shattering it, so each child gets a piece to hold as long as their fingers can stand. Those without mittens then need to put their little paws into the plump hand of the farmer for warming. In return comes a kernel of the inevitable pint-sized wisdom that spills forth so effortlessly from the wee ones as we walk: "I like snow, Farmer Dan, because it doesn't care who it touches."

The winter fields bring back fond memories of hard red winter wheat in the midwest nestled under, and into, the frozen topsoil patiently awaiting the first thaw and enough warmth for germination. Underneath, the earth's forces are revitalizing and quickening for yet another growing season. As we walk through the mud and over the frosty cover crop, still in a bit of a meditative mood that resides from the inward glow of the recent Holy Nights, a thought comes to mind from the Kentucky farmer and sage Wendell Berry: "There is nothing under the ground worth the one or two inches of topsoil on top of it. No scientific miracle can replace it." Just like the love and affirmation the small child needs in

these youngest formative years of life, likewise, no scientific miracle can replace it.

Just before the holidays, once again a little diversion took me away from the farm down to the Legion of Honor Museum in the city for a visit with the SWS Fifth graders to an exhibit titled "Gifts From the Gods... Art and the Olympic Ideal." The class purposely visited the exhibit without a docent and, as we walked quietly into the exhibit room, sketchpads and pencils in hand, the entire class immediately dropped to the floor and began sketching. The class had just finished an introduction to *The Iliad* in their classroom and were eager to study the coins and pottery and sculpture of antiquity as well as to educate themselves about the history of the the Greek games that the fifth grade Waldorf students participate in each spring. While they were busy sketching, the delicate and richly colored paintings of flowers by a French painter, a contemporary of Monet's, Odilon Redon, caught my eye. I especially liked a little comment he made under a particularly lovely painting of wildflowers in a vase. "Flowers," he said, "are at the confluence of two river banks, that of representation and that of memory. Flowers are the soil of art itself, the good earth of the real, harrowed and tilled by the spirit." Later, as we hiked a path overlooking the Bay and the Golden Gate bridge and had lunch showered with spray from the museum's fountain, it became clear that no matter where we travel, the good earth and its fruits are

always close to our hearts, especially in the realm of art.

Then, too, there are the sixth graders, a lively band of rascals bringing a real spirit of *joie de vivre* to their winter gardening work which just now involves caning, or cutting back the raspberry bushes and weeding, composting, and mulching them before the sap begins rising and new growth appears.

A huge budlia plant that needs transplanting and has to be deeply dug to maintain its rootball presents a challenge. Henry Ford comes to mind: "Whether you think you can, or think you can't, you're probably right." The students think they can, and in a class period they do. How, the students would like to know, is a weed different from other plants and why eliminate it. "A weed is a plant that has mastered every survival skill except for learning how to grow in rows," I quote. I say I like plants in rows in the beds, and they think I'm a bit off, but they go
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Farm to Feast Dinner and Auction

MARIAH SMITH PHOTOGRAPHY



Some of you are already asking about Farm to Feast—that's fantastic! Are we doing it again? YES! Mark your calendars for **Saturday, June 1st at 3:30pm** for our largest fundraising event of the year.

Last year's re-created event was such a success, we have decided to keep the style—a larger, lower cost event that celebrates who we are and what we stand for at Summerfield. You can expect up to 300 people for pre-dinner wine tasting, silent auction, live music, farm-to-table dinner, student art gallery, outdoor bonfire and dancing in the circus tent.

Once again, we will feature our outstanding Summerfield family wineries and world-class chefs. New this year, we will also have Taylor Maid Farms on site, serving organic coffee and greeting guests during dessert. And get ready for more fantastic buy-in parties, pre-sold before the event and during the silent auction (these were such a hit)! Plans are under way and we will need help from the entire community. We are also collecting auction items for both an online and silent auction. To volunteer or donation auction items, contact farmtofeast@summerfieldwaldorf.org or call Cyndi Yoxall at 575-7194 ext. 105.

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to work anyway, deferring to teacherly authority as well as to the promise of the lemon bars two students are baking in the farm kitchen for encouragement.

Over the holidays, up in Ashland, Oregon, over a warm cup of coffee there was a nice opportunity to catch up with Farmer Perry and his wife Sydney in their cozy little cottage-like house overlooking the snowy mountains. They say a house is like a human body and the kitchen is the heart, and we spent lots of time in their warm kitchen reminiscing and cooking vegetables brought along from Summerfield Farm. We talked about new life on the farm here, most especially Aspen Ann who is now seven months old and gobbling up bananas with such glee, and decided that yes, babies are indeed a nice way to start people. And we went over possible adjustments to the coming growing season's seed order, and soil tillage, and many other farmerly things. At night, while reading and dreaming of spring, I came across this poem to share with you all in closing:

Children, It's Spring by Mary Oliver

*And this is the lady
whom everyone loves,
Ms. Violet
in her purple gown*

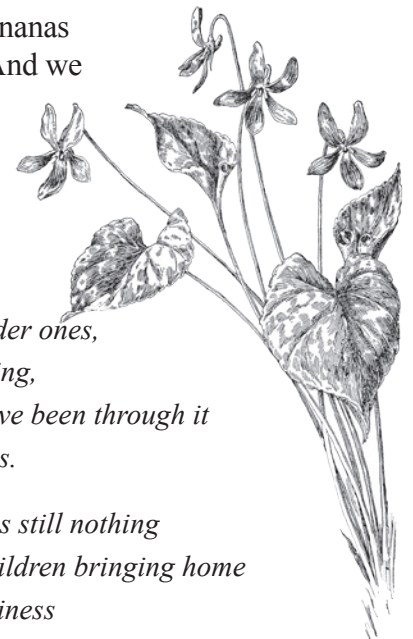
*or, on special occasions,
a dress the color
of sunlight. She sits
in the mossy weeds and waits*

*to be noticed.
She loves dampness.
She loves attention.
She loves especially*

*to be picked by careful fingers,
young fingers, entranced
by what has happened
to the world.*

*We, the older ones,
call it Spring,
and we have been through it
many times.*

*But there is still nothing
like the children bringing home
such happiness
in their small hands.*



Business Directory

Keep an eye out! The **SWSF Community Business Directory** is scheduled to be distributed to each class (youngest child's) this month. It took a bit longer than expected to receive the ads and information from the community. Parent volunteers, Adam MacKinnon and Gina Martinelli, along with Minuteman Press and the Development Office, created the Directory as a great resource for our community.

We hope you will remember to use this directory to meet your needs, helping to strengthen our families' businesses and support each other. Note: we plan to move it online for the 2014 edition!



HS Sustainability Projects:

Peanut Butter Drive

Dear Families of Summerfield,

My name is Nanette Salomon and I am currently a senior at Summerfield. Last fall in Ronni Sands' class as a Sustainable Project, I began a peanut butter drive. My goal was to collect peanut butter from the students in the high school and to donate it to Redwood Food Bank.

The Redwood Food Bank is a local non-profit that supplies food to people and families who struggle daily to put food on the table. In my freshman year, I volunteered at the Food Bank and it was a memorable experience that stayed with me. I saw the countless volunteers offering their help in the distribution of food and the lines of people waiting to get some food, and this is what inspired me to help.

So what is the nutritional value of peanut butter? The Redwood Food Bank is asking for peanut butter because it has the necessary fats and proteins that we must consume for our daily caloric intake in our diet. Beside this important fact, peanut butter does not spoil for months! And when food doesn't spoil as quickly as vegetables and dairy products, we can enjoy them longer. Nobody likes to deal with rotten vegetables or curdled milk.

In "Hope's Edge" by Frances Moore Lappé, we learned of the importance of having food as security. The characters in the story, Frances and her daughter, Anna Lappé, traveled through five continents motivated by trying to bring food security.

I was able to identify with the story and with the importance of food security after my travels in Haiti. Food security reassures that one will not go hungry, that one does not have to look for food, and it is a system that provides food instead of having to go hunt or gather for food as in old times, and that the food available is mostly clean and healthy. One rarely thinks when living in the U.S., of going to a market and not finding the basic necessities of food. And this is a blessing.

But in many countries such as parts of Brazil or Haiti, finding food is an everyday struggle, and the lack of food is equal to death. I know a Cambodian woman who lost her six children after the war because of hunger; she could not save any of them. My godmother saved her and pulled her out of that situation and brought her to the U.S.

I was in Haiti after the earthquake and saw my mother go to every street vendor and buy every food item she could find for the orphanage of 35 children and adults. She made sure to get enough food for security reasons, trying to prevent the shortage of food in the coming days of uncertainty.

Part of this project also consists of writing to the families of Summerfield who have given in the past, asking for them to remember those who don't have as much as them. And asking them to make donations of peanut butter and other canned goods during my April drive.

If you can't wait until then, please contact Redwood Food Bank to give your donations!

Alumni updates:

Morgan Conner, 2006:

After graduating from Mount Holyoke College in 2010, Morgan moved to San Francisco and started working as a Physical Therapy Aide and Pilates Instructor at Novato Community Hospital. This fall she applied to graduate programs for physical therapy and is now anxiously waiting to hear back!



Samantha Dakin, 2005:

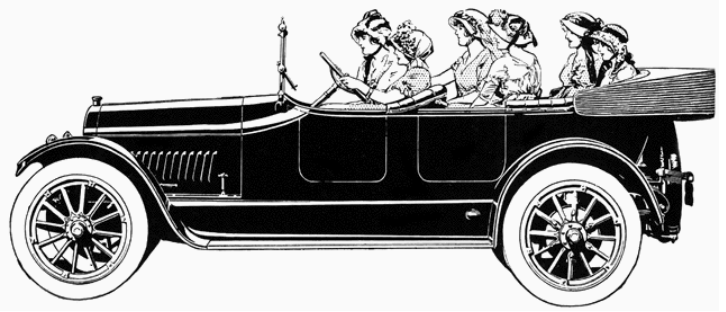
Samantha appears in a speaking role as Mary the Maid in the newly-released film *Hyde Park on Hudson*. After attending acting school in London, Samantha is acting professionally. If you would like to see her perform, it is as easy as going to your local theater. Congratulations, Samantha!



A Salute to Carpoolers

by Anya Cherniss

At the beginning of Ronni Sands' HS Sustainable Project class, I was a bit overwhelmed and mystified by the concept. I didn't have any notion of how to create and organize a project, or what would even qualify as a "sustainable project." Very quickly, I realized two things that I did NOT want my project to be: an idealistic, over-achieving plan that would never pan out; or a temporary project that might have an effect for the length of the class, but cease soon after. Unfortunately, this eliminated any ideas I had thought of up to that point.



And then, so suddenly that I don't even remember what provoked it, I had a vision! It seemed so simple, yet it was surprisingly overlooked: carpooling. I had carpooled to school nearly every day for the first three years of high school, so I knew how simple it was. I also knew that carpooling was not just a temporary thing. I didn't know how to do it, but I knew what I needed to do: increase the number of families carpooling at Summerfield.

Since Al Gore brought attention to the issue of global warming, way back when-I-was-too-young-to-remember-when, there has been an ongoing—if somewhat underground—movement to lower fossil fuel emissions. But here at Summerfield, a school without school buses and located beyond the public transportation system, there is not much of a choice but to drive to school in cars, every day. Especially for those who live far away, this can have a surprisingly huge impact over the span of one's years at school. Parents: imagine how much money you spend on gas taking your children to and from school five days a week, for eight years. Now imagine if you carpool with another family and only drive the kid to school and have the other family pick them up. That means only half the amount of driving and half the amount of gas. On top of that, having only one car drive two sets of children will reduce both the congestion in the parking lot and the school's carbon footprint (thus helping the school and farm live up to its reputation of sustainability).

In terms of my project for Ronni's class, I quickly realized that there is no way to physically force people to carpool. The best I can do is raise awareness of how beneficial it can be to both the earth and one's finances. To those of you who already carpool regularly: you have my respect. To anyone else: please think about it. Or just try it for a month. It is important to set an example for children of how even little things—just like this—can have a great influence on the future world that they will inherit.

Summerfield Community Business Profile

Another profile of one of our family businesses, showcasing the abundant resources and skills in our community.

By Cyndi Yoxall, Development Coordinator

Coturri Winery is a Summerfield family-owned business by Sixth Grade parents Susan Sterns and Tony Coturri. Tony and Susan are relentless in their support of Summerfield by donating their wine at Farm to Feast, buy-in parties, and the Alumni Event, just to name a few! We are indeed lucky to have them in our community.



Coturri is California's leading cult producer of "real wines"—old world wines using organically grown grapes, natural yeast fermentation, and no additives. Sonoma Mountain is the birthplace of Coturri wine, which has over thirty years of viticulture and winemaking history. Their first vineyard was planted in 1975; five acres of

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Zinfandel that is now certified organic by CCOF and biodynamic by Demeter. They believe in shepherding the winemaking process and never interfere with the natural rhythms of the earth.

Harry "RED" Coturri started Coturri Winery in 1979 with his sons Tony and Phil. Red learned how to make wine during Prohibition and the Great Depression from his father Enrico, who immigrated to America from Farneta, Italy (outside of Lucca), in 1901. Tony is now apprenticing his son Nic in the same winemaking traditions.

More info: www.coturriwinery.com

(Continued from Page Three)

... or 'fall back' (withdrawal, more common for the melancholic child, with a goal of becoming invisible).

The main question we can ask ourselves as parents is "What can I do to calm down their lives?"

Kim's solutions are straight from Simplicity Parenting:

1. Less Stuff: boys are creators, doers. The avalanche of stuff (especially pre-made and push-button stuff) affects boys badly, dulling their skills and damaging their sense of worth. Get rid of it! Get them moving instead, and you'll find that their action leads to empathy.

2. Rhythm: boys bathe in rhythm, they long for it. Give them predictability and a heads-up if anything will change. Review their day: ask for their 'rose' and 'thorn' of the day, and ask too 'What do you think might be the 'thorn' tomorrow?' and share your own. This helps give them more time to process.

3. Way Less Information: way less media, less screens (or better, none at all). We have to help boys avoid sensory indigestion; the more we dial it back, the more cooperative they will be.

If we can manage all this, we'll be closer to the ideal: an adult-led, child-centered home (instead of the other way around!). At school, know that the Waldorf approach, which uniquely offers a learning environment filled with movement, music, art and Eurythmy, but also at Summerfield a whole range of practical arts, including farming, carpentry, pottery, blacksmithing and more, offers the meaningful work that's exactly what your growing boy needs.



The Waldorf Exchange

Find **GREAT DEALS**
on new and previously owned
WALDORF ITEMS!
thewaldorffexchange.com



GrowKitchen

Coming Classes:
Jan. 31st - Introduction to Morning Pastries
Come join Summerfield grad and baking diva, Rosmary Winter, for a lively evening of baking and tasting.

Feb. 1st - Date Night:
Tea and Sweets Pairing
Join Summerfield Dad and Samovar Tea Lounge founder Jesse Jacobs for this fun and informative tea tasting. Learn all about varieties of tea, how to brew, and how to pair your favorite infusion with your next meal.

Come together to deepen your relationship to food, family and community. Reinvigorate your natural instincts through the teaching of artisanal and hand-crafted kitchen and garden skills.



www.growkitchen.com



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A Waldorf-Inspired Shop

Please join us for our
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Saturday ~ February 9th
12pm to 3pm

at our new location:
7766 Healdsburg Ave. ~ Sebastopol ~ 707-634-6140

Waldorf dolls, toys, wooden figures,
children's & parenting books, silks, art cards,
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The Messenger Marketplace

Classes/Training

De-Clutter Your Child's Room!

Create an environment to deepen play & encourage Focus, Relaxation & Imagination. Discover what's enough: what to keep, save or toss. Special Winter rate 3 hrs. \$125*. Sue Gimpel, Cert. Simplicity Parenting Coach. www.FamilyHomeCoach.org, (707) 322-6933.

Services Offered/Needed

Child Care Help Wanted

Two to four weekend days a month for a family of three (two teens and a second grader.) Must be responsible, and have own transportation. Some Driving for teens to activities, younger child (a boy) will need closer connection and supervision. Rincon Valley, part of Santa Rosa. Contact Christina, 781-733-0743, or christinaehass63@gmail.com.

Biodynamic Home Gardening Service

Grow Biodynamic produce in your own yard! Services include: consulting; planning; development; planting of biodynamically grown starts; maintenance; application of biodynamic "preps"; compost making; fruit tree planting, pruning and maintenance; beekeeping; harvesting and preserving. Ken Freeman 579-1631 acarefreeman@gmail.com

For Sale, Rent, Needed

Waldorf Infant to preschool toys, silks, structures, dolls, bowls, woolen animals, etc...

Anything that would furnish our Waldorf-inspired Child Care, My Little Farm (www.mylittlefarm.com). Call Julie at 707-396-7738 or email: mylittlefarm1999@gmail.com, or FB us My Little Farm- Waldorf Child Care, Santa Rosa. A Big Thank you!

For Rent:

Secluded Charming, small log cabin for rent 2 miles from school. You can bike all the way on the creek trails from here to SWS. One bedroom, 450 sq ft, beautiful country setting. Newly remodeled kitchen, stove, dishwasher & refrigerator. Garbage & water included. \$1000/month. Non-smoking. No pets please. Please email back to me for our screening policies. lyndapallen@gmail.com.

Help Wanted

Seeking high school or college student (or adult) to assist Waldorf documentary film project. 10+ hrs./wk. Internship w/\$. Willing to learn basic production & post-production skills incl. FCP editing, graphics, music, titles, etc. Communication, computer & internet skills a plus. Contact: paul@potentialsf.com.

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.

Rental Home Available

Elegant home and garden available for rent: whole summer, 2013. Quiet, yet close to downtown Sebastopol. Three bedrooms comfortably sleeps 6-8. 3 full baths. New outdoor kitchen and hot tub. View listings at www.airbnb.com/rooms/589633 and www.vrbo.com/438214. Contact Janine Sternleib at janine707@gmail.com or 707-824-4801. Excellent Summerfield references.



Scenic Journey: Sonoma County and Beyond Landscapes in oil by Terry Sauvé

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PHOTOS BY LESLIE YOUNG