

# Messenger

Summerfield | WALDORF SCHOOL AND FARM

February 19, 2015

Volume 27, Issue 6

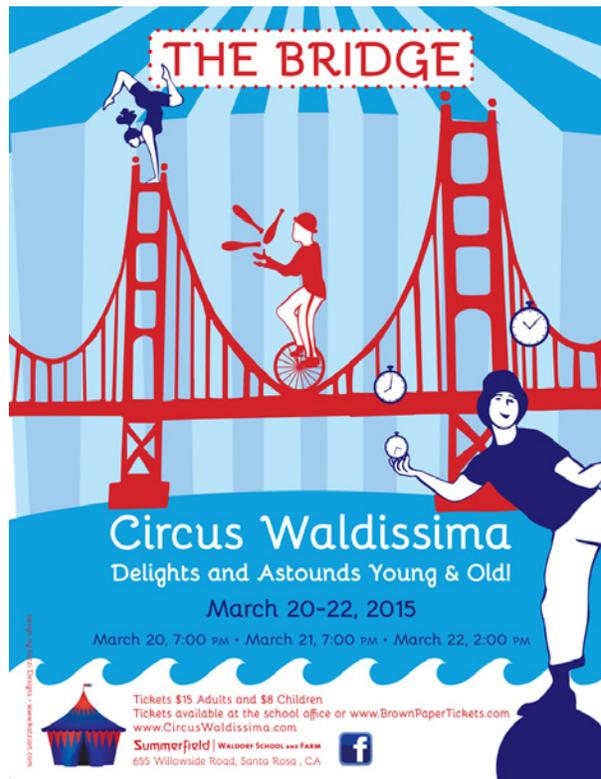
## Circus Waldissima presents a spectacle of arts: "The Bridge"

Come and experience Sonoma County's only circus, complete with fire juggling, tissue-drops from outrageous heights, and trapeze acrobatics—all under an authentic big-top tent.

Summerfield Waldorf School students will astound and delight all ages with an unparalleled variety show that bridges all areas of performance arts. Students are now painting large-scale set props that pay homage to our local Golden Gate Bridge, and setting the scene for the pageant. Others are forming a musical ensemble of string, wind and percussion instruments. They will soon practice tunes designed to sway the crowd's emotions during the dazzling acts. A few students may even break into song as the show goes on. Circus performers are choreographing skits featuring dance, acrobatics, trapeze, tissue, and teeterboard demonstrations. Of course, the clowns are also gathering behind the stage, planning mischievous interruptions and side shows!

The Circus corrals all of the artists together in the big ring with colorful costumes, hysterical hijinks, and daring acts. The show follows a storyline weaving a tale of a man who has lost himself in everyday life, but finds a light. He follows the path of his past relatives which takes him back in time to the 1930's and the building of the Golden Gate Bridge.

The students put on a performance with high entertainment value on par with professional circus organizations. Audience members find themselves vacillating between holding their breath and holding their sides. Shows sell out quickly—purchase your ticket today!



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### Circus Performances:

Advance tickets available in the Main Office and via [Brownpapertickets.com](http://Brownpapertickets.com).

Shows sell out quickly—purchase your tickets today! (Adults: \$15. Children and Seniors: \$8.)

Show times:

- Friday, Mar 20 at 7pm
- Saturday, Mar 21 at 7pm
- Sunday, Mar 22 at 2pm

#### "Cirque Du Fillet! A Circus Under The Sea"

is the youth Circus show, featuring students from grades 2-8.

A little fish encounters the creatures of the sea as he searches for his father, Neptune, the lord of the sea.

This show takes place Saturday, Mar 21 at 2pm. Tickets are the same price and sell fast! You must have a ticket, even if your child is performing.

# Parent Education

## A MESSAGE FROM THE COLLEGE

The Summerfield College of Teachers meets regularly to nurture the unique spiritual reality of our school which is connected through Anthroposophy and the inspiration of Rudolf Steiner to Waldorf schools across the world. One of the most precious gems from our September meeting concerning our work with parents was the hope for more on-going adult education opportunities from someone other than the teachers.

Thus, we were delighted when Kate Hammond (formerly an adult Waldorf Education teacher in England and New Zealand), stepped forward to offer the following classes:



PHOTO BY MIGUEL SALMERON

### INTRODUCTION TO ANTHROPOSOPHY

In this series of workshops, we will read and explore some of Rudolf Steiner's ideas. Some of the topics we will discuss are: what happens when we die, the upbringing of children, karma, and the anthroposophical view of the human being. Using the lectures "At the Gates of Spiritual Science," these workshops are designed for people who are exploring anthroposophical insights for the first time. Mondays: February 23, March 2, March 9, March 16, from 8.45–10.15am in the Music/After Care Room, at Summerfield. Suggested contribution: \$60 per person. Contact Kate Hammond (707) 874-2722 or email [2katehammond@gmail.com](mailto:2katehammond@gmail.com) to register.

### ENHANCING FAMILY LIFE

Using the insights of Rudolf Steiner, this series of three workshops will look at aspects of enriching family life. Each workshop will consist of a presentation, discussion time and a simple craft. Wednesdays: March 11, March 18, March 25, from 8.45–10.45am in the Music/After Care Room at Summerfield. \$120 per person for the course of three workshops. Contact Kate Hammond, [2katehammond@gmail.com](mailto:2katehammond@gmail.com) or (707) 874-2722 to register.

#### WORKSHOP 1: RHYTHM, RITUAL AND ROUTINE

As human beings, we are free to create our own culture within our homes. How can we incorporate some of the insight Rudolf Steiner brought to inspire and deepen our family life? In this workshop we will explore how using routines, rhythms and rituals can enrich and inform our homemaking. We will work together to build a picture of what a life-bringing rhythmic home can be, and discuss ways of achieving this. We will look at how to nurture both the physical, soul and spiritual aspects of family life.

Each participant will make a small seasonal figure to take home.

#### WORKSHOP 2: IMAGINE: THE ROLE OF STORY

In Waldorf schools, children are taught through stories. Why is the imagination given so much importance? Can the development of inner pictures balance out the images we receive through visual media? In this workshop we will discuss reality and imagination and how we can use metaphor as a tool in helping our children with understanding the world, cooperating with others and deepening perceptions. We will look at stories at home—from simple rhyme-stories to the use of healing imaginations.

Each participant will make a needle-felted swan to take home.

#### WORKSHOP 3: CELEBRATIONS AT HOME

How can we celebrate festivals, birthdays and other important events in a meaningful way? In this workshop we will look at how to create your own traditions and rituals, by discussing Easter. Easter can be seen as a time when we contemplate endings and beginnings, death and resurrection. How can we bring such archetypal pictures to our children in ways that are meaningful and true to our own beliefs?

Each participant will create a miniature Easter garden.

*Kate Hammond is a Waldorf adult educator and early childhood teacher with a special interest in how parents can support their children's natural development through the insights of Rudolf Steiner.*

# Dwellings of the World

## AN INSIGHT INTO THE THIRD GRADE SHELTER PROJECT

by Tim Allen, Third Grade Teacher



Around the age of nine, children undergo a significant stage in their development. The natural sense of being at one with their environment, and their dream-like imagination are replaced by a deeper sense of individuality and a desire to know the greater world. Seeing the surrounding world more clearly, the nine-year-old child experiences the unsettling feelings of complete aloneness and lack of belonging. There is a stronger divide between the inner life of the child and the other world. The same places and people who have been familiar for years suddenly feel foreign. This developmental stage marks the very end of early childhood, and it is a guiding principal in the third grade curriculum.

One of the central themes in third grade is how human beings create shelter and homes. Just when the third grade child feels uncertain about finding his or her place in the world, we take up the study of how people

throughout the world and throughout history have made their homes. This practical subject speaks to the deep experiences the students are going through in their development.

This year, as in many years at Summerfield, the third grade Shelter Block culminated with an individual student project to build a model of some type of house. The children were asked to work as much as possible without help, and to use natural materials and construction techniques. As a teacher, my goal was for the students to struggle through figuring out how many common construction problems could be overcome in their given home.



SHELTER PROJECTS: ZOE MILCOFF, AHSHAYLA SOUSA, NAYELI SIERRA. TOP LEFT: BEACH HUT BY LILY MEDIN

As the projects arrived, we grouped them by type, and I asked the students to place their projects into villages in the playground. Agreeing on layout and the routes of roads and such turned out to be a challenging social exercise for many of the students (perhaps a bit like planning a real city). In the end, each village came to agreement, and the class was able to create a display we were all proud of.

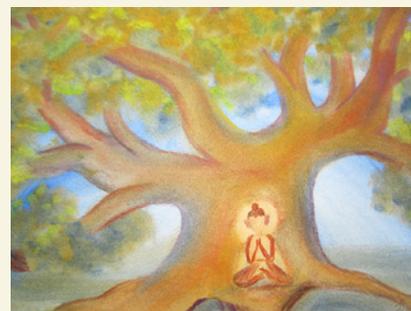
It was a joy to see how differently each student made their project, even when two tipis or two pueblos stood side by side. Some children meticulously assembled adobe bricks and delicate bundles of grass for a thatched roof. Others split wood into slats and built a roof with huge wooden beams. Each project was unique and, through the experience, I hope that each child felt the first glimmerings of the life-long question, “How will I make my own way in this wide world?”

## Festival of the Arts FRIDAY, MARCH 13

Parents are invited to join us for an afternoon showcasing the arts at Summerfield, with performances by students in grades 2-8 and high school. The event opens with an Arts and Crafts display at 12:30pm followed by performances of music, song, eurythmy and more from 1-2:45pm in Sophia Hall.

Due to limited space in the hall and the inclusion of high school performances this year, the event is for parents of 2nd-8th graders and any high school students who are performing only—sorry, no extended family, siblings, or pre-school through 1st grade parents. Please keep in mind the limited parking here at school and plan on carpooling as much as possible—or ride your bike!

~ Andrea Jolicoeur, Lower School Secretary



# Atmospheric Rivers Flowing Above Summerfield Farm

By Farmer Dan

At this late night hour, driven by a howling wind, sheets of rain are sweeping over the thirsty landscape, the farm fields and farmyard. I should be in bed asleep but love the sound the world makes when it storms, and the incredible chorus of Peeper frogs that emerge from the muddy pastures and ponds surrounding the farm. One can almost feel the water seeping into the freshly cultivated soil in the newly replanted raspberry patch, drawing down the nutrients from our recently applied Biodynamic compost. Acidity from the pine needles and coffee grounds feed the bare roots of the ever-bearing and summer-bearing root stock that the sixth graders so carefully planted after two hard weeks of removing the old berry canes and Bermuda grass and turning the fertile soil over.

There are these amazing things recently named “Atmospheric Rivers” flowing above us just now in the upper atmosphere, brought ashore by the prevailing winds and embedded within the cyclone-like make-up of the current storm, that are responsible for most of the horizontal transport of water vapor outside of the tropics, deluging us with rain from time to time in incredible amounts. A strong Atmospheric River transports an amount of water vapor roughly equivalent to 7.5–15 times the average flow of liquid water at the mouth of the Mississippi river, or the amount of water present in the entire Amazon river, at any given moment. What a fantastic image

for rain-starved farmers who live on the West Coast when these overhead rivers in the sky visit the parched and dusty fields, sometimes delivered via the Pineapple Express, which brings moisture from the tropics near Hawaii, again to the West Coast.

It is so hard not to think of farms when thinking of the natural world, as so much of what we love is farm-related or based. The sheepskin slippers keeping my feet warm as I write, the golden honey in the chamomile tea being sipped for a nightcap (did you know that honey found in King Tutankhamen’s tomb, and in sealed jars in Pompeii? And that it’s still edible?), the beeswax candles that are burning fragrant and low reminding me it’s time to crawl under the goose-down comforter. Funny how the press of memory, of so many rich years of childhood spent on my grandparents’ midwestern farm, close in on stormy nights, from experiences seemingly fast-finished but none-the-less ever-present in one’s very bones. And how none of these memories would exist or be relived without periodic, refreshingly dependable rainfall.

So many things continue day in and day out on the farm that, with the students’ help, continue to flourish and bear rich fruit. The asparagus beds have been thoroughly weeded and the strawberries carefully thinned out to be transplanted by



the sixth graders. Piles of straw are removed from the chicken house each week (laced with nitrogen-enriched droppings) with fifth graders’ cheerful help, and piled at the edge of the winter fields for the first graders to spread under the tomato trellises—all rinsed clean by the rains, nitrogen pushed down into the soil, and with the straw along the rows naturally mulching next summer’s tomato crop. The second graders have been spreading it in the winter fields, with one group digging and washing the winter crop of carrots, one group pulling and sorting and washing beets for people or cows, and one group industriously digging leeks to be rinsed and sold at the farm stand for fresh potato leek soup. Each day seven or eight dozen eggs, muddy after the rains, are gathered and carefully washed, dried, and placed in cartons by the Red Rose kindergardeners after each child has held one of the five newly born baby lambs. The students fill their bellies with warm organic apple cider after walking through early morning showers and along the emerging budding branches in the avenue of heirloom apple trees that are soon to be pruned. And with fifth graders finishing up their broom making projects and the third graders busy with birdhouse-making, and the spring seed order just arriving, there always seems

to be plenty to do! So as we are down on our muddy knees planting the new bare root raspberry plants and a sixth grader gently asks me if farmers ever get tired of farming or gardening, it was hard not to ask in turn how on earth could they, with so many fun things to do with such great student helpers.

It was recently noted that soon the eighty richest people in the world will have the equivalent in wealth of the three-and-a-half billion poorest people in the world. Having been to many so-called “third world” countries, and having worked with students on our farm with hands mostly in the earth, it’s easy to muse over the question of where does true wealth actually lie. What values constitute fertility for a happy and successful life? Which memories are life-enriching, emotionally satisfying and morally nourishing? And what role does interacting with the natural world on a working farm play in answering these questions...?

In closing, and on a lighter note, whatever your personal spiritual beliefs may be, here are five actual letters from young children to “God” from out of their pools of infinite wisdom and curiosity (in their own unedited words):

*Dear God,  
I bet it is very hard for you to love  
all of everybody in the whole  
world. There are only four people  
in our family and I can never do it.  
~ Nan*

*Dear God,  
I didn't think orange went with  
purple until I saw the sunset you  
made on Tuesday. That was cool.  
~ Eugene*

*Dear God,  
Instead of letting people die and  
having to make new ones why  
don't you just keep the ones you  
got now? ~ Jane*

*Dear God,  
Do animals use you or is there  
somebody else for them? ~ Nancy*

*Dear God,  
Thank you for the baby brother  
but what I asked for was a puppy.  
~ Joyce*

FROM THE BOOK CHILDREN'S LETTERS TO GOD,  
COMPILED BY STUART HAMPLE AND ERIC MARSHALL

Early spring blessings from the Summerfield farmyard. Warmly, Farmer Dan

## Welcome Charlotte

Please join me in welcoming new farm apprentice Charlotte Law. Charlotte is from North Carolina



and has worked on a number of educational farms such as Hidden Villa and Green River Preserve farm. Most recently she has been working as a Naturalist Educator at Exploring New Horizons in Pescadero, CA. ~ Farmer Dana

## FARM GUILD STARTS AGAIN IN 2015

Join me and other parent volunteers for morning work on the farm. Throughout the year, you will learn a variety of skills such as seeding, transplanting, compost making, irrigation, and planning a garden. The Farm Guild is also a great place to get an introduction to Biodynamics.

The Guild works Tuesday mornings from 8:30am to 1pm. We break for a potluck snack at 11am, and I will bring iced (or hot) tea. It is okay to arrive late and/or leave early. Our first Guild day will be Tuesday, Mar 3. Please RSVP: [dana@summerfieldwaldorf.org](mailto:dana@summerfieldwaldorf.org). ~ Farmer Dana



## Tip-Top Tap!

Those who saw *Anything Goes* were delighted to witness the first-ever tap dance number in a HS Musical. It was a definite highlight of the show, made even more fun by the surprise appearance of staff member and musical choreographer Lisa Hensley, alongside students Bronwyn Simmons, Yulan Raineri Holtz, Eliana Lanphar, Kiya Polo-Schlosberg, Samantha Woo, and both *Reno Sweeneys*, Molly Lockwood and Siena Shepard.

*The Messenger* caught up with Lisa to ask about the experience and learn a little more about her background. She started dancing at age 5, studying ballet, point, tap and jazz, and continued all through high school and then college with a Bachelor's degree in Dance at UC Irvine.

“*Anything Goes* is traditionally a tap-dancing musical. When Kevin [HS Drama teacher, Kevin Simmons] approached me with it, wondering if it could be done without tap, I said it could, but wouldn't it be fun if we could pull off even just a little bit? Some of the girls had taken tap classes, but others had never tapped before. They were determined to learn, and really enjoyed it. When Jessie [Brandt] dislocated her knee, we scrambled to restage most of the dance numbers, but there was not enough time to teach anyone else tap so I jumped in. I have to admit, I was a little nervous performing after all these years. But I had an absolute blast, and I'm so proud of all the performers and how hard they worked. Having the opportunity to choreograph for the HS musicals has given me the gift of doing something I am passionate about, and I truly enjoy sharing that gift with the students.”

# The Messenger Marketplace

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## Community Enrichment

### *The Endangered Soul of the Child—Protecting, Guiding and Supporting: The awesome and holy task of parenting.*

Please join us for this important talk for the parents of today who face the challenges particular to our culture in the 21st century. Presented by Sanford Miller on Friday, March 13 at 7:30pm in Sophia Hall. \$10 Donation (no one turned away for lack of funds). For more information call Elinor Biller at (707) 542-5744.

### 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](http://www.zmanim-seasons.org)



Summerfield | WALDORF SCHOOL AND FARM

## SAILS

the school store located in the main office

Books, candles, dolls, playsilks, calendars, crayons, and more.

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Parent of  
Rachel 5th Grade &  
Samantha 9th Grade

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## Classes/Camps



### Classes at Circle of Hands

**Herbal Home Remedies:** with Full Moon Folk Medicine. Make your own throat lozenges & elderberry syrup. Sat. 2/21, 2-4pm, teen to adult. \$30.

**Pea Pod Felt Doll:** with Denise Marshall. Learn to needle felt and make a charming elf in a pod boat. Sat. 2/28, 10am-3:30pm, adult. \$65.

**Panoramic Sugar Eggs:** with Emma & Sabrina Mann and Leslie Young. Make an heirloom treasure Easter egg with a view into a tiny nature world. Two Sundays - 3/15 & 3/29, 1-3pm, age 15+. \$40.

**Doll-Making: with Truth.** Create a lovely 12-14" dress-up doll from all natural materials. Wed.-Fri. 3/17-19, 9am-12:30pm, adult. \$127.

**Country Bunny Doll Class:** with Monica Ashley. Make a cashmere rabbit just like in the storybook of the same name. Sat. 3/28, 1-3:30pm, teen to adult. \$25.

Check out Circle of Hands' Facebook page for photos of these crafts, or view our website at [www.circleofhandswaldorfshop.com/events/](http://www.circleofhandswaldorfshop.com/events/). Please pre-register by coming into the store or calling us. 6780 McKinley St. #120, Sebastopol - in the Barlow, 634-6140.

### Parenting and Relationship Class for Fathers

Starts Mon, Feb 23 at the Sebastopol Independent Charter School. Facilitated by Todd Sarner, MFT & Doug Silberstein, MFT. Class takes place on 4 Mon evenings and 2 Sat mornings and supports fathers in strengthening relationships and helping their kids grow. For more details and to register, visit [protectprovideprepare15.brownpapertickets.com/](http://protectprovideprepare15.brownpapertickets.com/).

### Group Cleanse that explores a Mindful Relationship w/Food

Guided by Dr. Pamela Gould, ND and Aimee McConneloug, Somatic Practitioner. Next session starts April 15: 6 Wed afternoon classes, 11:30am -1:30pm. The group meetings are designed to prepare you for a successful 21 day purification program, while also providing you with the knowledge, support and practices to create sustainable healthy new habits. Contact Pamela: (707) 486-1964, [drpamelagould@gmail.com](mailto:drpamelagould@gmail.com). Aimee: (707)328-1785 or [earthembody@gmail.com](mailto:earthembody@gmail.com). Info: [drpamelagould.com/group-cleanse.html](http://drpamelagould.com/group-cleanse.html).

### Explore BOUNDARIES Mindfully through the Body

Make your own protection medicine pouch for adults. A 2-class series, Wed eves, 3/18 & 3/25 from 6:30-9pm. \$80; in Sebastopol. Led by Aimee McConneloug, Somatic Practitioner. (707)328-1785 or [earthembody@gmail.com](mailto:earthembody@gmail.com).



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## For Sale/Rent/Needed

### Looking for Nanny or Family Asst.

We are looking for a nanny/family assistant to work weekends. The job would include helping to care for our four year old twin girls, healthy meal preparation, light housekeeping and lots of play, play, play. We live 15 minutes outside of Healdsburg and are looking for someone that is spiritually aware and health conscious. Our girls attend Summerfield so someone with the Waldorf philosophy background would be preferred but is not a deal breaker. We use non-toxic, natural products in our home as we have a sensitivity to chemicals that are used in most commercial products so someone that has a similar lifestyle is appreciated. This position is for weekends but being able to cover weekday shifts is periodically required. Thank you. Patricia: [pjmstone@gmail.com](mailto:pjmstone@gmail.com) or (310) 562-6708.

### 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.

### House for Rent

Quiet cottage on 2 acres in NW Santa Rosa. 2 bed, 1 bath, ~825 sq ft. 9 mins from Summerfield. Laundry. Storage. Gardening space. Pets negotiable. \$1350, including utilities. Avail Mar 1. Summerfield alumni family: (707) 573-0724.



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## Looking for House to Purchase

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

## Services

### Piano/Recorder Lessons

Marilyn Wilson 792-9685, [mlmwilson@comcast.net](mailto:mlmwilson@comcast.net). Experienced Waldorf Certified music teacher; member of Music Teachers Association of California. Students learn the art of making and reading music through play, singing, hearing & improvisation. All levels, from 3rd grade. Also beginning trumpet, clarinet, and composition.

### 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](http://marybeardmusicstudio.com). Contact me at [marymezzo@sonic.net](mailto:marymezzo@sonic.net) or 707-546-8782.

### Now Accepting New Clients in Sebastopol

Allie A. McCann, MFT, ATR-BC, Phone: (707) 219-8484, email: [mccannmft@gmail.com](mailto: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

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For more information & registration ~ [www.infinetwild.org](http://www.infinetwild.org)  
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Visit us online at  
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## The Endangered Soul of the Child

### Protecting, Guiding & Supporting

The awesome and holy task of parenting

An important talk for parents of today who face the challenges particular to our culture in the 21st century

A talk by **Sanford Miller**

Friday, March 13 at 7:30 p.m.

Sophia Hall. Summerfield Waldorf School & Farm  
655 Willowside Road, Santa Rosa

Sanford Miller is a priest of The Christian Community, a movement for religious renewal out of esoteric Christianity, who has spent his life steeped in Anthroposophy. He is father to five children and grandfather to six. Sanford is insightful, inspirational, funny, beloved, and not to be missed.

**\$10 Donation**

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For further information on The Christian Community events in Santa Rosa call Elinor Biller at (707)542-5744

## SEBASTOPOL CHARTER

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*This talk will focus on how to build deep, durable social and emotional foundations for our kids through healthy inner and outer adult work.*

We will explore...

- "Small is do-able." The power of working within our sphere of parental influence.
- "Belonging" as a healthy process, not a permanent right.
- Safe family base camp vs. "The world as a dangerous jungle."
- Embracing and mentoring our kid's social struggles.
- How to adjust our expectations of extended family, friends, and school so we prevent the exhaustion of "relational over-reach" for ourselves and for our kids.
- Transforming disappointing "harmony addiction" into nourishing social flow.

**Sliding Scale Donation \$10 - \$20**



Kim John Payne, M.ED. is a consultant and trainer to over 200 North American independent and public schools. Kim has been a school counselor, adult educator, consultant, researcher, educator and a private family counselor for twenty seven years. He regularly gives key note addresses at international conferences for educators, parents, and therapists and runs workshops and trainings around the world. In each role, he has been helping children, adolescents and families explore issues such as social difficulties with siblings and classmates, attention and behavioral issues at home and school, emotional issues such as defiance, aggression, addiction and self-esteem and the vital role living a balanced and simple life brings.