

# Messenger

## Summerfield | WALDORF SCHOOL AND FARM

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Volume 26, Issue 6

### Farm to Feast - May 17, 2014



by Cyndi Yoxall, Development Coordinator

Tickets are selling fast—buy them while you can! We are expecting another sold-out, fantastic, farm-to-table dinner and auction fundraiser you won't want to miss. Tickets are available online at [www.farmtofeast.org](http://www.farmtofeast.org) or in the Main Office; \$90 each, space is limited (350 guests max).

Unable to attend? You can still do your part by making a donation, offering auction items, spreading the word, and lending a hand. This important event takes all of us and raises much-needed funds that support tuition assistance, as well as the overall function of the entire school. We invite all of you to get involved and spread the word to friends and family. This fundraiser is also a fun celebration for all of us!

And for those attending, get ready for a great time! We will welcome

back our award-winning chefs and winemakers with a new change in menu. We will also feature live music throughout the afternoon by Marty O'Reilly, Cahoots, and Frankie Boots & The Country Line. We hope you will stay well into the evening!

### AUCTION

We are gearing up for creative and fun online and silent auctions! We need your auction donations—help us organize a beautiful and successful auction. Please contact the Development Office with your offering and ideas. You can make your donation online at [www.farmtofeast.org](http://www.farmtofeast.org). Our online auction will run April 28-May 25 at [www.biddingforgood.com](http://www.biddingforgood.com).

Fabulous buy-in parties will also return to the silent auction this year. Stay tuned for party themes. We will also have those extraordinary baskets—put together and offered by each class.

Please join us! Together we can maintain the vitality and diversity of the school.



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### SENIOR PROJECT PRESENTATIONS

**Wed, Fri & Sat; Mar 26, 28 & 29;  
6:30pm in Sophia Hall**

The class of 2014 is pleased to present their senior projects to the Summerfield community.

The senior project is a year-long, three-part experience including a project, a written paper detailing aspects of the project, and an oral presentation. This process gives students the opportunity to explore a subject that is meaningful to them, during a time of transition into adulthood.

Projects this year vary from scuba diving to refurbishing a sail boat to music recording and a silent retreat!

We hope that you can join the seniors as they present their projects to the Summerfield community.

# News from the Early Childhood Village

*By Catherine Schlager, for the Early Childhood Core Group*

The Early Childhood Core Group would like to update the community on staffing changes happening in our little village on the east end of campus. Two beloved teachers—Tara Kelly and Rachel McGarva—will be stepping back from their full-time teaching this spring. Both will attend more to health and family. Rachel, her husband Dave and daughters Petal and Song are awaiting the arrival of a new baby in August. We will miss both Tara and Rachel and the artistry, warmth and light they have shared with the kindergarten children, their families, and their Summerfield colleagues.



We are ever so pleased to announce our new lead Red Rose Kindergarten Teacher, Line Westman. Line has been a member of the Summerfield community for ten years as a parent, Roots and Shoots teacher, and as a kindergarten and preschool substitute teacher. Originally from Denmark and Waldorf-educated herself, Line completed her Waldorf teacher-training at the Rudolf Steiner College in Jarna, Sweden, and has extensive experience in other Waldorf school settings, both here and abroad.

To the White Rose Kindergarten, we welcome Melissa Wood as the new Assistant Teacher working with Thalia Baril. Melissa, another Waldorf graduate, has been a parent, Roots and Shoots assistant, and kindergarten aftercare teacher at Summerfield for six years, and we are thrilled that she is joining us now as a full-time colleague.

Welcome Line and Melissa!

## Festival of the Arts

**AFTERNOON OF FRIDAY, APRIL 4**



CHALK PASTEL BY MARIAH LANPHAR (FROM CLASS EIGHT STUDY IN COMPLEMENTARY COLORS OF RED & GREEN)

Parents are invited to join us for a showcase of the arts at Summerfield with students in second through eighth grade. The event opens with an Arts and Crafts display at 12:30pm followed by performances of music, song, Eurythmy, and more from 1:30-3pm in Sophia Hall.

Due to limited space, only parents with students in the second-eighth grades are invited. Note that this event is for parents only, so no extended family or siblings. Please keep in mind the limited parking here at school and plan on carpooling as much as possible (or ride your bike!). Sadly, scheduling conflicts prevent the High School from participating this year.

~ Andrea Jolicoeur, LS Secretary

## May Faire *by Andrea Jolicoeur, LS Secretary*

Our annual May Faire is scheduled for Friday, May 2, and now is the time to wake up our spring imaginations, and think about planning the day!

Meetings are on Thursdays after drop-off, from 8:40-9:30am, in the Handwork Room. Attendance is especially requested of the reps from first and second grades as they are the specific classes “responsible” for overseeing May Faire.

All classes—first through twelfth—have a special role in the festival. First through seventh are requested to set up and run a game or activity, providing a festive atmosphere for all. Eighth grade will provide us with a delicious meal and eleventh with the traditional May Faire Strawberry Shortcake.

Each class will need to connect with the Planning Committee to discuss your activity or offering. And if you’re a *May Faire lover*, please do come and help us plan. It’s certainly one of the annual highlights of the Summerfield calendar—a bright and uplifting family event. Thank you!



PHOTO: MIGUEL SALMERÓN

## GREEN TEAM TIP:

*During this cold and flu season it is very important to stay healthy by washing and sanitizing hands. However, triclosan, a common ingredient in most hand sanitizers and antibacterial soaps, is very harmful to our waterways and ecosystems when it is washed off of our hands. Read the labels and try for a triclosan-free sanitizer or simple natural soap during this cold and flu season.*



# Nutrition and Sleep:

## DR. STEEGMANS ON HOW ANTHROPOSOPHY CAN HELP

Dr. Johanna Steegmans is like one's vision of a perfect grandmother, with her kindly round face and beatific smile, and her warm loving words of what seems like ancient wisdom so gently imparted. She is currently spending a fruitful several weeks here at Summerfield bringing her decades of anthroposophical medical knowledge to many students and families, and sharing observations with our faculty. She is truly a treasure in the world of Waldorf, and it was a great privilege to listen to her talk on the topic of Nutrition and Sleep.

*by Adam MacKinnon, Editor*

Dr. Steegmans started by stressing her intent to talk about nutrition rather than diet. A diet is something narrow, she said, restrictive in intent. But there is no such thing as an Anthroposophical Diet, as anthroposophy is never a dogma. It is always meant to widen rather than make something smaller.

She asked us to hold a couple of questions in our minds throughout the talk: Why do we have to eat? Why do we sleep?

The most obvious reason to eat is to get nutrition. Food is also a primary way in which we nurture ourselves. We take in earthly substance, and in effect, our body 'destroys' them until we extricate the light from within the food. And then, the magic happens! On the other side of the intestinal wall, it becomes our human substance, giving us the foundation to become a spiritual being.

Everything stems from this awareness that food holds this light for us. But our civilization has made this food 'heavy' and we, at this stage in our development, have become heavy by civilization. But rather than become pessimistic, our job is to accept that this is exactly the world our children came here to find, and our job is to help them.

We also nurture ourselves through our senses, for instance, through the arts. Dr. Steegmans spoke about the experience of hearing Midori play the previous week, and how her music could almost be seen in her bones. She cited how beauty in Nature streams into us, feeding our soul. This 'cosmic nutrition' is all around us, if we

allow ourselves to see it. Dr. Steegmans asked us to remember when we fell in love, or gave birth, or even when someone close to you dies. Those are moments when we fall out of our comfort zone, and open our eyes to the cosmic stream. She noted that at Summerfield, unlike other schools, there is a harmony here that stays present on campus even on the weekends when the students are away.

And we also breathe, a process of 'in' and 'out' that connects the earthly and cosmic streams. It is always a process of balance, and there are periods when the upper or lower stream is stronger. Those times when your child might eat like a horse show that they have different needs at different times, and they are also working through the polarities of their temperaments.

A question was asked as to whether we should teach children to breathe? Children breathe according to the emotions around them, said Dr. Steegmans. If there is laughter and joy, they will breathe more easily... but if there is tension, their breathing can become restricted.

Meal time is a classic example. The experience we have sitting around a table as a family helps 'breathe' health into us. The rituals of setting the table, prayer, candle (for the younger child) are all important. Children can feel whether the balance is there, and that is a crucial aid to digestion. If there is discord, that leads to poor digestion and ultimately high blood pressure. What to do if a child won't eat, Dr. Steegmans was asked. The answer, try to offer variety in the meals, but don't ever cook an extra meal. Then it becomes about power!



PHOTO: ADAM MACKINNON

Dr. Steegmans then spoke about cortisone and food, highlighting the stages of the day in which our hormones change their balance. Cortisone establishes our relationship to the world (the 'Fight or Flight'): it's at its highest level at 8am in the morning, just when we need our strength to open our eyes and face a new day. It dips as we go to sleep and is at its lowest from 4-8am. But when our insulin level is high, cortisone crashes; thus if a child eats sugar or high carbohydrates, it reduces cortisone. And heavy eating late in the day is unhelpful: the old adage, breakfast like a king, lunch like a prince, and dinner like a pauper is spot-on, and something we would do well to implement.

Breakfast needs to be protein-rich, giving a steady support to the natural cortisone. The biggest meal should be at the beginning of the day. Eggs are obviously good but don't overdo them (especially if you have a kindergartener); beans and rice are good, so are burritos (with chicken), or toast with goat cheese. Muesli is beneficial too, if it's nutritious, for example with apples, nuts, and if soaked overnight.

In the middle of the day, a mixed meal is best, for example, soup, stew, vegetable salad. And the evening meal should be the one with the carbohydrates, e.g. rice, vegetables, lentils.

The key is not to get too restrictive. Steiner believed that food should never be forced on children; deep down they know what they need.

**TO BE CONTINUED NEXT MONTH...  
PART II: Hormones & Sleep**

# CELEBRATING ITS 10TH YEAR AT SUMMERFIELD

## The Seventh-Tenth Grade Program

... a response to educational needs of today's adolescents

By Beth Weisburn, High School Teacher

One way that Summerfield teachers respond to the changing needs of students is by coordinating teaching efforts to provide essential, age-appropriate educational experiences. As students enter into adolescence, schooling begins to focus on the development of healthy thinking. This task is evolving with the changing consciousness that we are undergoing related to the advent of “virtual reality”, and involves courses in academic subjects, arts and crafts and physical movement.

Eleven years ago, Summerfield faculty undertook a study to discern the essential experiences for adolescents. That study led to an initiative the following year to revise the curriculum for grades seven-ten. The new program involved concentrated arts and craft experiences and a guidance counselor dedicated to students in the critical age span from 12-16 years. The most substantial changes occurred for classes seven-eight as they adopted the high school schedule and gained seven additional class periods each week. This allows for morning movement before main lesson, dedicated practice periods each week for Math and English, as well as accommodating the arts and craft schedule that they share

with grades nine and ten. High school teachers typically teach one or two main lessons in each of these grades, as well as either the English or Math practice periods.

This pioneering program was one of the first in the country to address the adolescents' unique needs, and to form a bridge between the lower school and high school experiences. Presently, we have twelve faculty members who teach in both the lower school and high school! Our seventh and eighth graders have a glimpse into the type of thinking, and the kind of work done in the high school. Their experience of school is broadened, and their level of responsibility for their own learning increases.

Throughout the four years in the arts and crafts program, students participate in 24 six-week intensive blocks where they work through the phases of imagining, designing, executing and reviewing a project. Students are rewarded with a finished craft and can see the results of their work each six weeks. This intensive activity provides a balance to the “continual partial attention” that they experience in their lives today. The process of the art or craft activity demands attentiveness. Students learn, through experience, of the intelligence designed into the tools that they use. They develop a felt understanding of the natural materials and laws of the physical world. By engaging in the progression of craft blocks over four years, they build increasing skill in woodworking, metalworking, clay,



8TH GRADE 'BARNYARD STUDY' PASTEL DRAWINGS

farming, printing, drawing and painting. This practiced learning kindles the students' trust in their own ability to navigate life. All of these aspects give a foundation for a more explicit, more conscious shift in thinking which occurs during the 10th grade year supported by the academic main lessons.

During the 2011-2012 school year, the College led a symposium entitled: “Imagination Under Attack,” which reviewed the seventh-tenth program and led to a refinement of the experiences we felt were essential for adolescents. Out of that work, we formed a position and hired a seventh-tenth grade teacher/counselor, America Worden. We have also recommended that all main lesson blocks be four weeks long in these grades to provide a more rhythmical context for learning. The high school has committed to ending main lesson blocks a day early, to provide a clear break, and a rest between blocks. For the high school, the schedule moved to trimesters, and a new Physical Education curriculum was introduced to allow for mixed age interaction. We have introduced after-school peer-led study sessions to provide a focused environment for student homework in some courses.

The success of this program is evidenced in our increased enrollment in these grades, but more importantly by the reflections of our seniors and graduates. Their experience-based education has given them a trust in themselves and their thinking. They are confident that they can navigate what life brings towards them.



PHOTO: ADAM MACKINNON



PHOTO: MIGUEL SALMERON



# A 'Living Machine' for Summerfield?

*The Board of Directors is considering options to upgrade the school's septic system, including an eco-option to treat wastewater naturally. Lisa Yoshida, member of the Site Development Committee, explains the background, and introduces an upcoming workshop for those interested in learning more.*

Since the school year began, the Septic Working Group has been meeting to chart the course of the upgrade of the school's septic system. The SWG is comprised of members of the Farm Core Group, Site Development Committee, Facilities, and other community members who have expressed an interest in this area.

As background, the school's septic is aging, and it must be upgraded in order for the school to be able to obtain a building permit for any expansion of its facilities under the use permit issued by the County of Sonoma. The school's use permit also conditioned the issuance of any building permit on the widening in 2011 of Willowside Road along the school's frontage.

Over the years, the school has had various stops and starts in addressing the septic upgrade, as it was assumed that the system, particularly the dispersal area (leachfield), would require an expansion on our property. The existing leachfield for the school and farmhouse is located in the gardening and chicken coop area between the farmhouse and the barn. More than ten years ago, the school had a septic engineering company do an analysis of options and test the soil, groundwater and percolation. This report was later updated in 2011 by another engineering firm with additional percolation tests. Although a critical issue for the school's building plans, other facility issues were then given

higher priority. Recently, however, as the septic system nears the end of its useful life and the school has been considering options for returning the food program on-site, the work on septic has re-started.

Architect (and parent) Alexis Persinger, has also provided new energy to the septic upgrade this year. His team reviewed the prior data and had the County review the soil just west of the current leachfield (small pasture behind the barn in the northwest corner of the school's property) and the soil beneath the compost "row" at the edge of the farm's crop fields. His team remains hopeful that a very small expansion of the current leachfield will be sufficient for the primary dispersal area, with a small strip (5 feet wide) of the compost row being identified as what is termed as "expansion area," meaning if for some reason the primary leachfield fails, the leachfield would be relocated there. Experience tells us that this is a very, very unlikely event, and the area can still be used for composting or other farming with the designation.

The most recent focus of the SWG is the consideration of a treatment system for wastewater before it enters into the leachfield. The current septic system has no treatment system. As a first option, the company Advantex offers a closed treatment system (buried treatment tank) which will take the school's wastewater, treat and disinfect it so that the result is recycled water that could be used for subsurface irrigation.

Another option is the use of a biologic treatment system, such as the "Living Machine" or the "Eco Machine." Such systems use plants and microorganisms to treat wastewater using constructed wetlands or plantings, in raised bed-like structures that filter, and essentially "naturally treat" wastewater, which is thereafter disinfected, resulting in higher quality recycled water: tertiary



water. The definitions of water quality are numerous and technical, and beyond this article, but suffice it to say that we are using "tertiary" water to mean non-potable, disinfected, recycled water than can be used for crop and playing field irrigation, and toilet flushing (in future school separate dual-plumbed buildings).

These bio-systems have been used in a variety of settings, including schools and office buildings. However, if the school decides to move ahead with this type of system, it would be the first reviewed for approval by the County, but not built within the County—we understand the City of Petaluma has approved such a system. To get more information about both systems, go to:

[www.livingmachines.com](http://www.livingmachines.com)

[www.toddecological.com/eco-machines](http://www.toddecological.com/eco-machines)

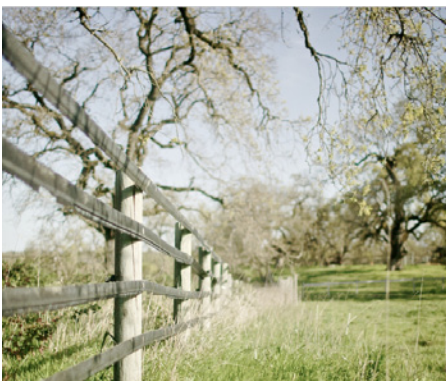
After discussions with and initial estimates from representatives of both systems, the SWG is engaged in initial pre-design work with Jonathon Todd of John Todd Ecological Design, Inc. who will be visiting the school to evaluate the site and to lead a workshop on the potential design of an Eco Machine system for the school's upgraded septic system.

## ECO-MACHINE WORKSHOP

**SATURDAY, MAR 22, 10AM-1PM**

If you are interested in attending this workshop in Sophia Hall, please rsvp to Lisa at:

[lisa.yoshida@azdgg.com](mailto:lisa.yoshida@azdgg.com)



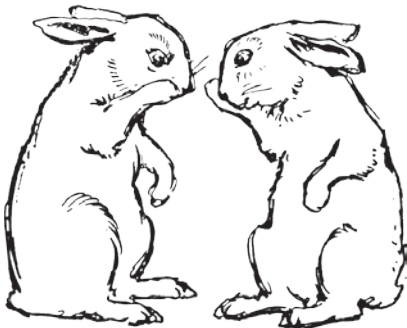
PHOTOS: MIGUEL SALMERÓN

# Ruminations From a Spring Farmyard

By Farmer Dan

Even though Robert Frost came to a path that diverged in the woods and he took the path less travelled upon and for him it made all the difference, a young student and budding poet recently interpreted it more simply like this: "When you come to a fork in the road, take it." Life is so enlivened with warmth and humor that sometimes it seems if we write about it a little bit we can capture some of life's richer melodies. The poet Rilke had a lovely way of explaining it like this: "In naming what will disappear, by naming the way it keeps streaming through our hands, we can hear the song that the streaming makes."

Dr. Johanna Steegmans, an Anthroposophical physician from Seattle, in her recent lecture/discussion with parents spoke not only of physical food as nutrition, but also of "cosmic nutrition," by which she meant and included her personal experience of seeing the sunlight through the dewdrops on the trees and plants here on campus that almost took her breath away early in the morning, as well as perhaps the experience of falling deeply in love, or giving birth, or experiencing the feeling when someone dies and we fall out of our comfort stream for a time—sensory nutrition taken in through eyes and ears via heart forces as



in "Now the eyes of my eyes have opened," she quoted. She also told of her own sense of a perceived special harmony that lives in the Summerfield ether even when the children aren't present, further affirmed by such an abundant and vocal songbird life when one listens; the birds are attracted to the good energy the children bring to our schoolyard. "If we surrendered to such cosmic and earthly intelligence we could rise up rooted, like trees... instead, perhaps of entangling ourselves in knots of our own making and struggling at times lonely and confused," wrote Rilke.

Meanwhile, back on the farm each day, the children have been reminding me how capable we all are of creating something beautiful, including a beautiful garden or a clean animal pen or a freshly groomed Angora bunny. Each day comes a new surprise: perhaps a high note in the recent musical, a third grade birdhouse, an eighth grade hand-engraved stool or a carefully crafted basket, or a uniquely rendered blockprint, or a rustic, hand-made hearth broom, or dovetailed box; an iron fire poker or delicate piece of jewelry or wooden spoon, or a knitted animal or animal carved from stone, or a hand hammered copper bowl or a gorgeous Renaissance or landscape painting or a self-portrait rendered in clay. Because beauty is recreated ever anew by all the students, every winter they mysteriously create a riot of color through the arts in winter's grey landscape and move us towards yet another springtime, with a certain sense of grace and surprise. Even Rudolf

Steiner reflected poignantly at the end of his life, "If I could start again I would start with more artistic activity."

Many of the younger students have been digging up scarlet red fodder beets out of the blessed mud the welcome rains have recently created to feed our three hungry cows. The second graders belted out the songs from the recent high school musical, in unison, as they dug and tugged and then helped scrub the muddy treats and then eagerly held on for dear life as the cows grabbed the green tops and played tug-of-war with them. Today the kindergardeners quietly (well, sort of quietly) entered the barn to watch Alyssum, the farmer's wife, bottle feed a pair of new lambs the mama ewe didn't have quite enough milk for (the fifth set of twin lambs born on our farm so far this spring). The tiniest little black one with a snow white cap of curly fur they decided to name "puff," to which they together added "ball," is now officially "Puffball."

The seed orders have arrived and flats of freshly planted seedlings are beginning to appear; the covered raised beds have hundreds of onions sprouting up to go out in April, the seed potatoes have arrived, a new raised asparagus bed running the length of the farm greenhouse has been designed and installed with second, sixth and seventh graders digging, sifting, and filling up the space with compost, sand and loam over a carpet of gopher wire alongside Farmer Dana, and





pumpkin and corn plantings have been scheduled to dress up the farm and garden spaces for Farm to Feast. The shaggy sheep need shearing next week for wool for the third grade fiber arts block. The apple trees have been pruned and are getting their Biodynamic tree pasting applied between rains, our new farm apprentice has joined us, and all together we are gearing up for an exciting and fruitful growing season.



At the recent teacher's conference in Sacramento, the head of the pedagogical/medical section for Waldorf education in Switzerland said that Waldorf education is about understanding what is appropriate at every age and why, and not an education of allow and not allow. Such an education creates an inner warmth for our practical deeds and helps promote self-reliance over selfishness and replaces thinking only of oneself with a strong, inner confidence. "A Waldorf teacher's

work is to give the students what they need for their physical, emotional, spiritual and personal development," with the parents' help, love and support, the speaker highlighted. Also of note is the deep love, sacrifice and sense of responsibility so many parents bring to their child's education (as well as their own self-education). This was witnessed at several recent educational evenings by the quality of parents' sincere and self-reflective questions—we all strive to help our dearly loved children grow and thrive. The teacher's conference ended with this reflective poem by the 1956 Nobel prizewinner for Literature, Juan Ramón Jiménez's poem: "*I Am Not Me.*"

Windy spring blessings from Summerfield Farm,  
once again ~ Farmer Dan

## I Am Not Me

*I am not me.*

*I am the one who walks beside me*

*without being seen ...*

*the one I visit sometimes*

*and whom at other times I forget,*

*peacefully silent when I speak*

*who forgives gently when I hate,*

*who is everywhere walking where I am not~*

*who will remain standing upright when I die.*

## Welcome to Jeremy Aines, our new Farm Intern

Jeremy Aines started as Summerfield Farm's new intern in February. He was born in Boston, MA. Jeremy's first real interest and awareness of healthy food came when he got a job working at Trader Joe's. He found out quickly that he was a "hands on" learner, so he went to the source: Farming, and got his first job on a large ranch in eastern Washington where they raised cattle, pigs and other smaller animals. Looking for warmer weather, he found farms in California and learned many new skills. He also took a six-month long Permaculture Design course in Israel. During the course, he visited a kibbutz in Harduf with a very large biodynamic dairy. Even more interesting to Jeremy was the Waldorf school that was next to the kibbutz. Here something was awakened in him that is now being revisited at Summerfield. How does a Waldorf school engage the children in farm work? And what is the substance behind the philosophy and behind the education? He is happy to see so many children exposed to farm life at school, something he wishes he had in his childhood.



Jeremy found that farming was a rhythm that was healing and nourishing and he knew that he wanted to be able to help others find that same nourishment. He brings skills in orchard and nursery management, plant propagation, and animal husbandry. Everyone he has met at Summerfield has been so warm and welcoming. He is impressed to see such a large community. Most of the farms that he has been working on have had a family and a few interns. Summerfield is a very large family.

Jeremy has a cousin named Rina who grew up in Israel and also took up farming. She will be arriving here in May, to be our second intern. They have worked together on farms in the past and are excited to team up here at Summerfield.

Dana is so happy to have Jeremy here and to begin another season of teaching a young farmer. Jeremy comes with an eagerness to work and learn, and brings joy to whatever he does. We are training the next generation of farmers, one apprentice at a time.



## Go Mustangs!

by Coach Jefferson Buller

I am proud of this year's middle school girls basketball team! They are playing so well, and their growth as individual players and as a team has been exceptional. As always, it's been an honor and a privilege to coach them. Stay tuned for updates about the championship tournament schedule at the end of March.



## Basketball... or Eurythmy?

I was amazed at the grace with which the Mustangs girls moved across the basketball court. I had to ask myself, "Wait a minute, is this basketball or Eurythmy?!"

Arms outstretched, flapping in their opponents faces; leaping for rebounds, they worked together beautifully.

There is still a chance to come and watch these girls play. It is truly a treat. You will be sitting on the edge of your seat the whole game.

And let the final word be out. Summerfield has a fantastic sports program where everyone who wants to learn to play a sport can indeed do so with dedicated, coaches beside them all the way.

*~A biased fan who prefers to remain anonymous!*

## IN MEMORIAM ~ Ron Atchison

Ron Atchison, who taught Music at Summerfield for many years, passed away on February 13. A musical tribute and celebration of Ron's life will be held on March 29, 2pm, at The Center for Spiritual Living, Occidental Road, Santa Rosa. A full obituary will follow in the April issue.

# The Wild, Wild Circus Waldissima Presents Boomtown Buccaneers

There are legendary towns of the old west that history has been built upon such as Dodge City, Tombstone and Deadwood, but the most famous of all is Boomtown.

Stories have been spun about what went down in Boomtown to rank it up there with the others—some are rumors and some just partial truths. To find out what really happened in that once thriving Wild West metropolis, one really needed to be a witness.

In the old town of Boomtown a dreadful robbery has taken place; the suspected thief was shot down in the night but the money was never found. In that haul was the bulk of most of the territory's weekly payroll that was to be picked up by the Stagecoach.

Now the town is in an uproar! One town over, a once famous Ranger by the name of West hears about the missing money and resolves to help the people of Boomtown. Swept up in the drama of the small town, Ranger West struggles to find the true criminals. Faced with a series of strange events, cunning, and luck will he be able to find the culprit and bring justice to Boomtown? Tune in to find out at Circus Waldissima!

*~Emma Mann, Parent Volunteer*



PHOTO: MIGUEL SALMERÓN

## Boomtown Buccaneers 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, March 21 at 1:15pm  
(for school groups by invitation)
- Friday, March 21 at 7pm
- Saturday, March 22 at 7pm
- Sunday, March 23 at 3pm

### "Once Upon a Time"

is the youth Circus show, featuring students from the lower-school classes. It takes place Saturday, March 22 at 2pm. Tickets are the same price and sell fast!



# Our Circus Seniors

By Adam MacKinnon, Editor

This year's Circus is a very significant one for several twelfth graders, stalwarts of Circus Waldissima for many years. Rose MacDonald, Sophie O'Hare and Florian Basmajian have travelled a long journey with the Circus, going from awe-struck watchers in kindergarten, through stepping into initial performances in the early grades, then starting to teach the skills they'd acquired, and finally being the creators of the whole event. This year, they "own the show," handling all the logistics of casting, scheduling, and most important, holding the others through the challenges of putting it all together.

When asked what they've learned from the experience, "Above all, patience," said Sophie. "And also leadership and communication skills. I wasn't a strong leader, but then I was given the role of choreography, and found I had to do it!" They all acknowledged the importance of each others' roles, and of having the example of (2012 graduate) Dawn Barlow to look up to. "She really showed us how to transition from student to leader, passing on her skills to us as the next generation."

Circus has been a huge part of their lives. Rose said: "It's scary to think about letting it go. I got into circus in seventh and eighth Grade at a really insecure time for me... and found, wow! Look at all the things I can do! It gave me body confidence. I wanted to be strong enough to do my act and support people, rather than trying to be thin."

Circus Coordinator Sieglinde Basmajian described the journey most Summerfield Circus veterans go through: "Almost all students drift away and then come back. They need to spend some time away to decide what's important... and then hear something from the outside that tells them it's time to return. A turning-point for many is when they start to teach: they have an awareness that now it's the younger ones looking up to them. So it becomes not just about themselves any more... and then, when they do next perform their own act, they bring so much extra to it. It's almost as if they find a generosity in performance, which translates wonderfully to the audience."

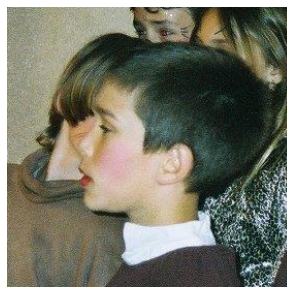
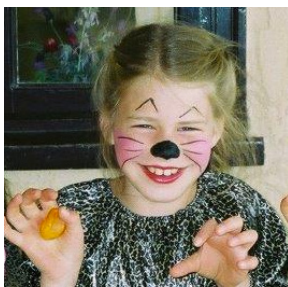
Florian has found his own path through the technical side of the Circus. He "holds the lines" for the aerialists—literally having people's lives in his hands. His first circus was backstage in a stroller, but now he's the person everyone on campus turns to for anything technical: staff and students alike rely on his expertise in lighting and set-up for just about every event, and he may even be the only person who actually knows how to put up and take down the Circus Big Top!

For all three of them, Circus has been an experience that has built an incredible confidence in their own abilities. Responsibility well held: what more could we ask for from a Waldorf education?



PHOTO: ANGELA PRYOR-GARAT

ROSE, SOPHIE, AND FLORIAN AS 3RD GRADE PERFORMERS



## 2ND ANNUAL DANCE FUNDRAISER:

# Mardi Gras Masquerade

by Cyndi Yoxall, Development Coordinator

Our New Orleans style dance fundraiser was a blast! The fun party atmosphere,



costumes and masks, photo booth, live music from Hubbub Club and dance music from DJ Dimitri made the event fantastic! We appreciate the guests who attended in support of our school.

And *thank you* to our wonderful team of hardworking volunteers and staff who made the evening a success. A special thank you to the Voodoo Committee: Cait Johnson, Lisa Hensley, Kayse Hofland, Andrea Jolicoeur, and Willow Niitsuma, for helping the Development Office with all the details!

## Join the farm guild!

The Farm Guild is a group of parents that volunteer on the farm. We meet Tuesday mornings and do seasonal work on the farm including planting, weeding, harvesting, greenhouse propagation, orchard work, irrigation repair and fencing. This spring there will also be an emphasis on fruit-tree propagation and grafting.

If you would like to know more about biodynamics, gardening and food production, this is a great place to start. Join us Tuesdays from 8:30am to 1pm—we take a break for a potluck snack around 11am. Bring gloves if you like and sturdy shoes. We hope to see you out here!

# 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

## CENTER FOR EDUCATIONAL RENEWAL

### Classes/Training/Camps

#### Waldorf Teacher Training at Summerfield!

Center for Educational Renewal is now accepting applications for a new 4-year, part-time course beginning in June 2014. The Waldorf Teacher Training program was founded in 1990 to enable Sonoma County residents to prepare to become Waldorf school teachers or to deepen their understanding of Waldorf Education. This course has been designed to enable people who cannot leave the area to take part in a full-time course and to meet the growing need for Waldorf Teachers at Kindergarten, Elementary and High School levels. Each year of the course begins with a 2-week, six hour a day intensive in late June. It then continues from September to May, meeting Wednesdays and Fridays from 3:30-6:30pm at Summerfield. For more info and to apply, visit our website: [www.edrenew.org](http://www.edrenew.org) or contact Don Basmajian at (707) 575-7194 Ext. 301. Enrollment is limited to 30 students!

#### Looking for an amazing summer opportunity for your child?

Announcing 1Revolution's 2014 Summer Course Schedule... 1Revolution is an exciting not-for-profit offering summertime rites of competence and rites of passage courses for youth ages 9-17. Our 5-7 day summer curriculum utilizes nature connection, wilderness adventure, and the experiential process while emphasizing safety and fun. All summer courses are inclusive of food, gear, and transportation. No experience necessary. Please see our website, [www.1rev.org](http://www.1rev.org) for specific course information and to register. Email or call founder/director, Paul Lambrecht (Harvard, Ed.M.), [paul@1rev.org](mailto:paul@1rev.org) or 707-338-6501.

#### Wildflowers Nature School

Would you like your child to be more connected to nature? We offer programs for ages 3-12: *Homeschool Enrichment* (new session starts soon!), *Preschool*, *Summer Camp*, and *Afterschool Nature Club*. Located in Sebastopol on acres of gardens, forest, creek, & meadows backing to Atascadero Wetlands. Check out [www.wildflowerkids.org](http://www.wildflowerkids.org) or call 707-479-1052.



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#### Rosebud Summer Preschool 2014 is now enrolling

Join Miss Catherine in the Rosebud preschool and play yard for a relaxed and joyful summertime experience. 10 sessions run from mid-June through mid-Aug, four mornings per week—Mon through Thurs—\$165/session. Applications can be found in the main office. More info: 575-7194 x322.


#### Waldorf Summer Camp at Marigold Playgarden, for 3-7 year olds

Join us for summer fun and nature crafts—wet wool felting, herbal creations, making sorbet from summer fruits, and more. Rhythmical days include storytelling, creative play, organic snacks, berry picking and fun with friends! Mon-Thurs, 9am-1pm, 6 sessions: June 23-July 31, \$160 per session, some sliding scale available. In Sebastopol, near Ragle Park. Led by an experienced Waldorf K teacher. Please contact Jennifer Bowen 824-9127, or [jennybee@sonic.net](mailto:jennybee@sonic.net).

#### Classes at Circle of Hands: [www.circleofhandswaldorfshop.com](http://www.circleofhandswaldorfshop.com)

**Felted Soap Workshop:** led by Dorothee Buth on Sat. 3/29, 9am-1pm. For ages 3 & up; cost - \$5 per finished bar; all materials included. Arrive at any time during the 3 hrs—it takes about a half hour per bar of soap. Create a work of art that is also practical—a soap & washcloth all in one! Made with 100% wool roving, and natural lavender or sweet orange 2 oz. soap bars handcrafted in our own store. Perfect for gifts or for personal use—make one for yourself and one to gift for the spring holidays. No pre-registration needed, just come & join in the fun!

**Make a Cashmere Storybook Animal:** with Monica Ashley on Sat. 4/5, 10am-1pm. The \$45 class fee allows you to create a hand-sewn body & sculpted face of the animal of your story choice (Country Bunny's mother or the Town & Country Mouse); includes materials—cashmere, wool & millet. A Waldorf high school mom, Monica has been gracing Sonoma Co. with her fiber art for the past 10 years and is a true joy to learn from. Pre-register by 3/31 w/ a \$25 deposit. Call 634-6140 or contact us via [circleofhands@sonic.net](mailto:circleofhands@sonic.net); located at 6780 McKinley St. #120, Sebastopol—in the Barlow, right next door to zazu!



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## Services

### Larose Gardens

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### Farmer Dan Available for your Spring Break or Summer Projects

Do you need a chicken coop, fencing, deck repair, shelving, painting, sheet rock, book cases, a wall put up or removed, etc.? Many favorable SWSF family references, child friendly, reasonable rates. Call Farmer Dan at 526-3917 to schedule a spring break or summer date.

## For Sale/Rent/Needed

### Wild Alaskan Sockeye Salmon

It is time to reserve your Wild Alaskan Sockeye Salmon! Don't delay—it is delicious! The salmon is in 20 lb boxes, available as vacuum-packed frozen fillets for \$12/lb or smaller portions for \$13/lb. If the boxes seem too big, team up with a friend or contact me anyway and I can make a list of co-buyers. Please contact Alyssum at (707)480-0655 or [windtravelin@gmail.com](mailto:windtravelin@gmail.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.

### Looking for Work and Housing

Previous Summerfield single mother looking for work. Experienced with cooking for families and childcare. In addition I am seeking housing for my daughter and I in Western Sonoma County; either space on someone's land/property to put up a dwelling or a granny unit/cottage. References available. Thank you kindly. Felicia Channing 707.327.8287 [zabeldy@gmail.com](mailto:zabeldy@gmail.com).

### House for Rent

Summerfield family has 3bd/3bath 1,800 sq. ft. home in south Sebastopol for rent. Nice location that is a close walk to town or the Laguna... town or country, whatever you choose. It is a newer home and we are asking \$2500 a month. Call Scotty at 707-293-0700.

### Vacation Rental

Looking for an affordable getaway? Summerfield family has just placed their fully renovated historic home in Mt. Shasta on the vacation rental market! 6 bedrooms, 3 baths, sleeps up to 13 people. 1 1/2 blocks from downtown in quiet residential neighborhood. See [www.vrbo.com/513824](http://www.vrbo.com/513824) for more information.



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## Looking for Housing

New Summerfield family looking for a rental home near school or surrounding area. Ideally a 3-4 bedroom house would be great, we have no pets, lots of references and a loving family—mom, dad, 2 young girls (3 & 6) and grandmother. Looking for either a 1 year or multi-year lease, ready to move-in now or anything up until June. Contact: Marie-Michel, 801-232-1562, [mm@marie-michel.com](mailto:mm@marie-michel.com).

### Cottage for Rent

Country Cottage (1Bdrm. 700ft<sup>2</sup>) for rent in Sebastopol; \$1200/mo. Partially furnished. One mile east of downtown, off of Rte. 12. Waldorf family of four in main house. Suitable for one person. Looks out onto open space. Private deck. Chickens, rooster and a couple of cats on property. There is a shower, but no tub. This is a smoke free unit. Can email pictures if you'd like. Call Lisa: 707-304-1739 or Email: [lisabreschi@gmail.com](mailto:lisabreschi@gmail.com).

### Summerfield Family Seeks Nanny

Summerfield family seeks a caring and creative nanny for our bright, hilarious and energetic 4-yr-old daughter. She recently underwent brain surgery and, while healthy and ambulatory, she is recovering from loss of function to the left side and requires vigilance to prevent head injury from falling. This position may also include attending preschool at Summerfield as an aide for her. Both parents work from home and we have two small, hypoallergenic dogs. We live in NW Santa Rosa, just around the bend from Summerfield. We are seeking 25 hrs/week of help. Please email Christina Saint-Laurent at [csaintlaurent@sbcglobal.net](mailto:csaintlaurent@sbcglobal.net) or call 415.990.9413.

## HOLISTIC FAMILY DENTISTRY

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## Summer Farm Camp

**REGISTRATION DEADLINE IS APRIL 1ST**

Summer is just around the corner and we are making preparations for a wonderful summer Farm Camp. Summerfield offers six, one-week sessions for children ages 4-10, June 16 through July 25, 8:30am-1pm, Monday through Friday. Children may register for just one week or up to six weeks.

Our program for 4- to 5-year-olds makes its home in the Kindergarten village. The children make their journey to the farm every day with visits to the animals, berry picking, egg gathering and vegetable harvesting. Then they return to the Kindergarten village for crafts, stories, lunch and play time.

The program for 6- to 10-year-olds meets at the farm every day and begins with circle time on hay bales. Then farm chores begin: gathering eggs, planting in the garden, drying herbs or picking berries and vegetables. Some children assist the farmer in the field work, or help prepare delicious organic snacks in the outdoor kitchen. Crafting and games are in the afternoon and their day ends with a story and lunch.

*\*After Care is available from 1pm–3:30pm for all children by advance registration.*

**BACK BY POPULAR DEMAND AND WITH A NEW NAME!**

## Earth Ecology Camp FOR 10-13 YEAR OLDS

*July 7 through July 11, 8:30am-3pm, Monday through Friday.*

Children will have fun learning life skills in ecology that can be applied in our “edible food forest” Permaculture Garden. Our day begins with animal chores, fruit and berry picking and preparing snack. Themes of fire, earth and water guide our curriculum and artistic activities. This includes gardening and composting, herbal crafting, papermaking, cooking, solar energy, having fun and building community.

*by Ronni Sands and Farmer Dana Revallo, for Farm Camp*

### **REGISTRATION IS NOW OPEN FOR ALL CAMPS**

Registration is now open for all camps. Please turn in your registration form with payment by April 1, so that your child will have a guaranteed place in this summer's Farm Camp. Families come from all over California, as well as other states for our Farm Camp program. Therefore we encourage you to register now securing your child's place. Forms for both camps are available in the Summerfield Main Office, Finance Office or on our website at [www.summerfieldwaldorf.org](http://www.summerfieldwaldorf.org). We look forward to another great year.

**Questions:** Call Lisa Hensley, Farm Camp Registrar at 575-7194, ext. 103 or email [farmcamp@summerfieldwaldorf.org](mailto:farmcamp@summerfieldwaldorf.org)