

Messenger

Summerfield | WALDORF SCHOOL AND FARM

April 24, 2014

Volume 26, Issue 7

Farm to Feast Annual Fundraiser 2014

DINNER AND AUCTION ON THE FARM ~ SATURDAY, MAY 17, 3:30-10:30PM

"Our faculty, staff and especially our students thank you for your contribution to the sustenance of our unique educational mission, here in a pastoral setting like no other in the country."—Jefferson Buller, Board President

It's almost time for our **8th Annual Farm to Feast Dinner and Auction**, and tickets are selling fast! Invitations have been mailed and we are approaching full capacity. We hope you will support our most critical fundraising event of the year. Farm to Feast will take place on Summerfield's Biodynamic farm on **Saturday, May 17, from 3:30-10:30pm**. This lovely event has grown dramatically over the past eight years and is a wonderful combination of history and gratitude. As we gather for our largest fundraiser of the year, we will collectively give all that we can and share a promise of the future, while we celebrate Summerfield.



We look forward to an afternoon and evening of outstanding live music by Marty O'Reilly (alum) and The Old Soul Orchestra, and Cahoots (featuring Dan Imhoff and SWSF dad Andy Rodgers), as well as dancing with Frankie Boots and The County Line.

Award-winning chefs **Traci Des Jardins** of Jardinière, Public House and Mijita, **Duskie Estes and John Stewart** of Zazu Restaurant and Farm and Black Pig Meat Co., along with **Lowell Sheldon** of Peter Lowell's Restaurant and Summerfield Chef **Mat Peterson** will be preparing another unforgettable meal with local, organic Summerfield-sourced ingredients. **Nick Peyton** of Healdsburg Bar and Grill (and formerly Cyrus) will orchestrate the family-style dinner service. Seating will be on a first come, first served basis. Premier wines will be served during a pre-dinner wine tasting and throughout the evening by **Claypool Cellars, Coturri Winery, Davis Family Vineyards, Littorai, Martinelli Winery, Porter-Bass, Small Vines, and Truett Hurst Winery**. This year we will also welcome a special guest, **Roederer Estate**, who will serve their sparkling wines. Locally brewed kombucha and iced tea by **Revive Drinks** and **Taylor Maid Farms** will be served. After dinner we will enjoy dessert and coffee by an outdoor bonfire, followed by music and dancing in the circus tent. This is an opportunity for more than a meal—it will be an unforgettable experience and a chance to highlight our outstanding school and farm to individuals outside our community, while raising much-needed funds.

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Important Dates:

Annual May Faire Celebration

Friday, May 2, 12:45-5:30pm,
SWSF campus

Walk through the Grades, A Campus Tour

Wednesday, May 7, 9am, Sophia Hall

(Continued on Page Two)

May Faire: Celebrating Spring & Community

By Andrea Jolicoeur for the May Faire Committee

REMEMBER TO BRING FLOWERS ON THE MORNING OF MAY 2ND!



Ah, spring! And what better place to celebrate than here on our beautiful campus, bursting with flowers and bees, birds and frogs, insects and baby farm animals.

On Friday, May 2, we will do just that. It is one of those special days when our whole community comes together—students from preschool to high school, parents, staff, friends and family gather to celebrate the season of renewal and rebirth. We have made it through the winter and are now ready to re-unite with each other out-of-doors, under sunny skies! Experience fiddles and flutes, blossomed heads, flying ribbons, a regal May Queen and her consort (Jack-o-the-Green), baby animals, games of skill, hearty food, artisan crafts—loads of *fun* for all!

The activities start during school

hours, after lunch, with students adorning their head garlands with flowers. Dressed in whites and pastels, we will then all gather around the May Pole at 1:30pm, presided over by the Queen and Jack. The seniors and their first grade buddies will begin the May Pole dancing, followed by each grade in turn until around 2:45pm. Afterwards, the children go back to their classrooms and are gathered up by parents at 3pm as usual. Then, let the festivities begin! The May Pole will be open for anyone in the community to dance, and activities and offerings will commence. Costs for children's unlimited activities will be \$10 for one child, \$15 for two siblings, and \$20 for three. Eighth and eleventh grade students will be offering a taco salad meal, beverage, and strawberry shortcake for sale. The first through tenth grades are organizing to host simple carnival games/activities from 3-5pm. The Farm will be present with gift items and veggie starts.



PLEASE NOTE THE FOLLOWING IMPORTANT INFORMATION:

Please wear white or pastel clothing—especially students—and bring blankets for seating, utensils and plates for eating, and hats and sunscreen for protection.

We will need *voluminous* donations of flowers and greenery for the head-garlands and general Faire decorations—please plan ahead and bring these on the (Friday) morning of the event.

The May Faire volunteer sign-up sheet is now on the Main Office door! Decorating, clean-up and parking assistance, as well as the filling of various May Faire roles (pocket ladies, ticket-sellers) are being sought, so *please* volunteer by signing up on the Main Office door as well as for your own class activity or offering. Thank you so very much... and do come with your bells on!



(Farm to Feast article continued from Page One)

Tickets are \$90/person this year and, due to prior years' success and enthusiasm, will most likely sell out in the next couple of weeks. Remember to check out our online auction on BiddingForGood.com (even if you are not attending the event) and look for information on our silent auction items, including lovely themed class baskets. We will also offer a fun selection of unique buy-in parties, which can be bought ahead of time or at the silent auction. We plan to raffle items in the later part of the evening. We can always use volunteer help—if you have not yet signed up, please do... setup and cleanup help will be needed. Thank you for your support—what a way to end the school year. Enjoy! ~ Cyndi Yoxall, Development Director

Part II :: Nutrition and Sleep:

DR. STEEGMANS ON HOW ANTHROPOSOPHY CAN HELP



This is the second part of Dr. Steegmans' talk on diet and sleep held in March, 2014, in Sophia Hall. In it, she focuses on how to help our children through the havoc of puberty and all the hormones it brings, and addresses the all-important topic of sleep.

by Adam MacKinnon, Editor

READ THE FIRST PART OF THIS TALK IN THE **MARCH 2014 EDITION** OF THE MESSENGER
WWW.SUMMERFIELDWALDORF.ORG ~ FOLLOW 'MESSENGER NEWSLETTER' LINK

Hormones

These days, it seems hormones are coming earlier and earlier for our children. At the onset of puberty there is DHEA, a precursor to the sexual hormones. It's a cell repairer, and causes our twelve-year-olds to shift to a feeling of "What does the world owe me?"

Early testosterone onset can lead to instant and wild reactions (impulse control issues). For instance, you'll see an imbalance of testosterone in a child who's lashing out. Estrogen comes in for girls in about fourth grade (in boys, more likely in sixth), and can lead to mean feelings: "Here am I; I will connive!" Social problems in class can be because of estrogen! An imbalance of progesterone can be seen in children who have difficulties 'thinking.' They get the beginning of thinking, but then it is gone.

So, in short, the hormones cause havoc, especially with the arrival of puberty. But, the good news is that we can actually help with this by how we feed our children. And a lot of it is about timing. We saw last month how the old adage, breakfast like a king, lunch like a prince, and dinner like a pauper, can really aid our children, giving them the nutrition they need at the times they need it most. A protein-rich breakfast doesn't raise insulin, and gives a steady support of cortisol.

A mixed meal at lunch gives stamina for the rest of the day, while in the evening a simple carbohydrate meal aids sleep.

Sleep

It's actually a mystery to scientists why we sleep. There is no conventional explanation. In the Anthroposophical view, consciousness destroys our body. In order to be conscious, we have to use up our resources. It takes us all day (and indeed, all through life) to wake up fully, then we have to sleep! But it is through sleep that higher powers come into our body to do their repairs, and sleep gives our soul its chance to be absent with our spiritual guardians to do its work in the universe.

Sleep researchers have woken patients from the deepest stage of sleep, and had them draw or record thoughts, and it is as if they have been on the farthest planet. So, what can we do to help sleep? A child has to learn how to sleep. It's about their relationship to the body, and is something we all work on throughout our lives. For a young child it is work to come into their body and to make it an instrument of their own. They spend much more of their time going back and forth between the spirit world and the earthly world. It is only when they are fourteen (when

they reach the age of being able to reproduce, when they build their first bone, the heel bone) that they typically are comfortable with this.

Given that night time is there for us to detox, it is not surprising that we cannot sleep well if we have taken on too many impressions, or too much food, close to sleep time. If you have a child who struggles to fall asleep or who has always been a night person, food and rhythm can be your friends. With shifts in nutrition, you can adapt habits. And you can also soothe, through things like warm milk, a rub, or a hot water bottle, to help take them away from their head at the end of the day. Even for an infant, you can do a review of the day in short, simple story form, to provide a way for the child to let it go: "Today was a beautiful day. Mama loved you, Papa loved you."

Sleep is hard for the young child; it is like a little death. They experience a sudden shock when their soul body is bigger than their physical body, at the moment of expanding out. There is fear, darkness. How can we help them feel secure? A squeeze down their whole body at bedtime can be wonderful! Copper ointment can make the journey easier. And above all, building their confidence: there are times in a child's life when sleep just comes harder, due to a lack of 'life sense'—that feeling they have when they know "I can do it!" You have to help build their confidence, give them the experience in their soul that they can do it.

So, it's a balance again, of filling the cup with the right things (at the right times), and also it's about making the cup strong. Just like the story of the sweet porridge... it's all very well having a never-ending supply of great porridge, but if the container can't control it, you have a village that's submerged!

CORRECTION: Part 1 of this article last month mistakenly made reference to 'cortisone' instead of 'cortisol.'



The Six Swans: Twelfth Grade's Final Eurythmy Performance

Interviews by Renate Lundberg

"In eurythmy we present in the form and movement of the human organism a direct external proof of a person's share in the life of the supersensible world. When people do eurythmy they are linked directly with the supersensible world. Whenever art is formed from a truly artistic conviction it bears witness to the connection of the human being with the supersensible world." — Rudolf Steiner



The twelfth graders concluded their Eurythmy careers this year with *The Six Swans*, which they shared in two performances, one for parents and friends, and one for the whole school. For the process, the students could choose between working with either a fairy tale or music pieces. The guides for the work were Renate Lundberg, who worked with the musical aspects, and Skeydrit Baehr, who worked with the story side of the performance.



The music group wanted to learn the full process of choosing the pieces, choreographing them and also choosing costumes and lighting. This meant that they had to work together intensively as a group, taking everybody's input into consideration. The group ended up with three very different pieces—one very light and "summer-like," one very mysterious and more modern, and the last one fiery, fast and vigorous. Finding the right way to capture those characteristics was a challenge and brought us many surprises, hurdles and questions. The students were able to keep their concentration, involvement and motivation throughout this process.



When asked how it was to work in a smaller group on a project of their choice, some of the twelfth graders' comments included:

"Working with a smaller group allowed us to choose our music and style more easily. It gave more opportunity for personal input and creativity."

"I loved it. With smaller groups we were able to effectively work on our own."

Did you feel that you were preparing something with your specific first grade buddy in mind?

"Not necessarily—our group decided to prepare for the entire community."

"We started out with our first grade buddy and the storytelling aspect in mind, and ended up offering it to whole school community."



How did you like performing for the first graders?

"Fun! We received nice compliments, and they expressed how much they looked up to us."

"Most rewarding experience—to make them laugh!"

"I thought it was sweet and reminded me of being in first grade."

Do you have any specific experiences that you would like to share?

"I loved being a swan, and the swan costume was creative! It was an interesting coincidence how my injured arm (wing) was incorporated into the story."

"I like incorporating our own forms with forms made by Steiner in our music piece."

What was the highlight?

"We received lots of positive feedback! I felt a strong connection through the poster art to



my LS teacher Ms. Pothof. It felt like I came 'full circle' with my experience."

"Being involved with the choreography, completing the piece and then performing it."

"The class/teacher bonding experience."

"Creating something on our own."

What would you like to have done differently?

"I would have spent more time perfecting our form/creation process sooner, rather than wait until close to performance."

"Wish I would have spent more time memorizing the arm gestures."

"I was happy with the experience, although no early morning extra hours next time!"

Twelfth grader Aeryn Jungerman wrote the following piece on her experience:

In twelfth grade, the students look back over their education as they prepare to take the next step in their lives. In many classes, this element of retrospection comes to the fore: senior seminar, clay bust sculpture, self-portraits, senior thesis and project, and eurythmy. These classes are meant to help the students self-reflect on their journey to this point, and the world around them. And their process is enhanced by the special relationship they form with the new first graders through events like the Rose Ceremony, and through other reflective activities throughout the year, including return visits to kindergarten classes, and dancing around the May Pole at May Faire.

Their experience of eurythmy has been a constant from kindergarten all the way up to twelfth grade. Twelfth grade eurythmy is the culmination of all the hard work the students have done over the years. They work on a story and music pieces and perform these for their first grade buddies. The senior class this year performed *The Six Swans* by Brothers Grimm and music pieces by Tchaikovsky, Bloch, and Rachmaninoff.

In the beginning of this class they go over everything they have learned since first grade, such as three-fold walking, tones, the alphabet through arms, and creating forms. In twelfth grade, the students are taught the qualities of the zodiac and soul-gestures. Eurythmy is outward movement that comes from an inner decision. The students have to contemplate what the meaning of each character is in the story and the relationships between the characters. In the music pieces, the students make their own forms and gestures and have to decide the intent of each movement as they create a form to music.

As the time drew close to the performance, the students were worried that the story was not ready, so they did additional work on the weekends. The last two weeks before the performance they arrived forty minutes early, before school started, to have extra time to practice. As a result, they felt proud of what they were able to accomplish, ready to show what they worked on so hard to their first grade buddies and the rest of the school community.



POSTER ART BY SASKIA POTHOFF

A New Cultural Wave

THE MERGING OF EAST AND WEST IN 2014



7:30PM, FRIDAY, MAY 2ND AT SOPHIA HALL

In his lectures on the Gospel of St. Mark, Rudolf Steiner spoke about the 600-year rhythm weaving through history as that of a cultural wave. Dr. Robert Powell's new book, *Gautama Buddha's Successor: A Force for Good in Our Time* focuses upon the significance of the beginning of a new cultural wave in 2014. He will deepen this theme in his public lecture, and will speak about an ancient prophecy concerning the 2014 emergence of the Kalki Avatar, spoken of by Rudolf Steiner in 1903.

Robert will also be leading a weekend workshop on this theme, along with The Foundation Stone Meditation in movement.

You are warmly invited to this free lecture and workshop made possible by the generous donation of a sponsor. Please contact Tracy Saucier in the Main Office to register or for more information.

ANNUAL GIVING PLEDGES

Just a gentle reminder: pledge payments are due by May 30, 2014. This year class incentive awards will only be given to those classes who fulfill their pledge commitments. Please help by sending in your donation or contacting the Finance Office to make arrangements. Call Judy Reid at 575-7194 ext. 107. And *thank you* for making a difference with your contribution!

Easter Arriving on Summerfield Farm

By Farmer Dan

To add to the commotion of the spring season's birth of ten baby lambs of varying sizes, shapes and colors, the "womb" of our rustic barn has welcomed the arrival of one hundred and fifteen sunny yellow baby chicks. Every age of student is eager to visit the new chicks and hold the little peepers, little puffs of down now only two days old, as well as to assist in the bottle feeding of two of the lambs that are just about able to shift towards a diet of fresh, green pasture grasses with a little bit of alfalfa. Due to a strong demand for freshly laid biodynamic eggs, the farm staff has decided to increase our flock of laying hens so that by next autumn there should be an abundant supply for all who have been waiting for more.

After several wonderful recent rainfalls, everything is greening up nicely. The apple trees have lovely, marble sized fruits already, as do the peach trees. A fresh bed of carrots got such a drenching that it had to be replanted, but slowly the fields are drying and being opened up for a new growing season. Often the cover crop is so tall come late April that we cut a maze into it for the students to wander in before we disc it under to nourish the corn, potato and squash fields, so we will

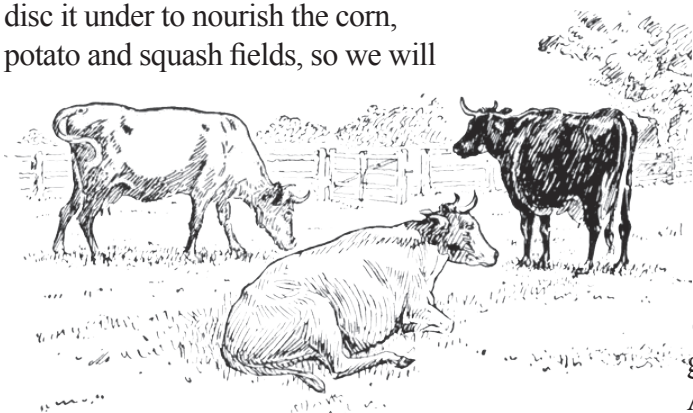
have to see if it shoots up over the spring break. Another traditional spring chore is the annual mucking out of the cow barns and covered sheep pen. The third, fourth and sixth graders have been hard at work loading the huge manure spreader to feed the hungry compost rows slowly taking shape along the west side of the softball field, so if there is a new aroma wafting around in your carpool of students, it too is another typical spring farm fragrance courtesy of our three cows, our twenty sheep, and your hard-working children.

Last week we also hosted our first ever photo shoot on the farm as the Farm was selected by the Hanna Andersson clothing company as a location for their fall catalog shoot. After considering their request, our Board, Governance Council, and Farm Core Group agreed to the company's offer, so the shoot was arranged and a group of warm and wonderful professional photographers and company models highlighted the farm animals, gardens, fields, wood and tool sheds, old implements, etc., in not only an effort to highlight their well- and responsibly-made clothing but also with

a desire to profile SWS and Farm as an example of a responsible environment for raising healthy children. Our school's capable and gracious liaison and Admissions Director,

Sallie Miller, shepherded the process through the school's administrative bodies and Farm Core Group, and extended our heartfelt hospitality to the visitors to make the event a successful experience for all. We thank her warmly for her efforts and look forward to the fall catalog to see how the farmyard looks in a somewhat different but interesting way. It was quite touching to meet the young and enthusiastic photographers who, by the end of the shoot, were ready to move their small children up from the LA metropolis to a school with a farm.

"Memory is the scribe of the soul" wrote Aristotle, and farmyards in springtime tend to evoke many memories. We can be life's bystanders, or as Rilke suggests, like a silken thread we can enter the weaving via whatever image we choose to take in deeply, even for a moment, perhaps after a winter of pain or loss, and immerse ourselves once again in the great tapestry of life's re-emergence. So often it happens in springtime that "we are grasped by what we have not grasped, full of promise, shining in the distance... it changes us, even if we do not reach it, into something we barely sense, but are... While waiting for the one thing that will change our life, our life mysteriously changes." Yes, the farmyard can be a magical place, a place of wonder and promise in



springtime with its eternal seasonal symmetry even, and perhaps especially, for the ten-year-old who may feel the paradise of childhood is closing when he muses out loud, working next to me in the garden, that “Farmer Dan, sometimes now, I don’t know who I am.”

How To Bloom

The almond trees in bloom: all we can accomplish here is to ever know ourselves in our earthly appearance.

I endlessly marvel at you, blissful ones—at your demeanor,
the way you bear your vanishing adornment with timeless purpose.
Ah, to understand how to bloom: then would the heart be carried
beyond all milder dangers, to be consoled in the great one.
~ Rainer Maria Rilke



“Even as the farmer labors there where the seed turns into summer, it is not his work. It is the Earth who gives.”

Spring Break blessings from Summerfield Farm, Farmer Dan



In Memoriam: Ron Atchison by Rick Concoff

My best friend and music partner of 40 years, Summerfield’s beloved guitar and international music teacher Ron Atchison, ascended to that musical place in the sky on February 13, 2014.

He took with him that poker-faced smile; that amazing dexterity; that sense of humor, that sweet disposition; the jokes and quips that never got old; his makeshift Hebrew accent; his sweet scent of clean, clothesline dried shirts; his innate ability to fix anything; his magical relationship with

time and the moment; his strong hands; his impeccable ability to make chords; his whimsical songwriting ability; his chuckle; his awkward left-handed writing; his unique, chunky and powerful strum; his delicate, tender and crisp finger pickin’; his gentle and merciful sarcasm; his cute whistle and his impersonations of Mr. Rogers and Johnny Cash.

He left behind his loving family, including his devoted and beloved wife Pam; his incredibly talented children, Patrick, Lila and Sara, his beautiful mom, Betty; his caring brother, Michael; his dedicated sister-in-law, Kay; his baby sister, Dawn, his late father-in-law; and last but not least, his faithful “golden” Henry. All remained at his side through his departing journey. He also left behind his music partner/best friend of almost 40 years, Ricky; his co-writer and musical friend, Claire; Byron, Robbie, Jill, Karen, Jonathan, Christie and a thousand admiring students; and some loving god-children.

He left behind a legacy that included but was not limited to being a camp counselor early on; a teacher with a million chords played by a whole lot of guitarists; service as benevolent “security guard”/chaperon at Summerfield teen dances; a recording artist of many albums; a whole bunch of random stuff he couldn’t or didn’t throw away; his massive and chaotic arsenal of tools; passels of miscellaneous gadgets (working and not working); many projects in process; lots of memories for lots of happy people; a lesson in how to “be”; an amazing collection of recycled packing boxes; a really sweet voice message; the best razor known to humankind; a love of Mahler, Beethoven and Satie; and a whole lot of tears and sighs mixed in with unconditional love; a legacy of joy at his own and many other Spiritual Living Centers; songs, compositions, ditties and lyrics as well as a lot of unfinished compositions; God knows how many spare picks and guitar strings; an eternal fan club, and lastly, a perfectly flawed world which became better for his brief visit.

Your music, your heart and your presence are blessing the universe right now, Ron!



Thank You from the Circus!

You can tell the circus was in town even though the performers have put away their costumes and are resting their sore muscles ... because one of the best parts of our circus is happening right now!

The show has moved into the playground with back-bends, cartwheels and daring flips, and I am sure some of you see amazing stunts at home too, inspired by the circus artists.

Thank you to all parents, students, teachers and friends for making our circus shows, *Once upon a Time* and *Boomtown Buccaneers*, so wonderful this year!

~ Don and Sieglinde Basmajian



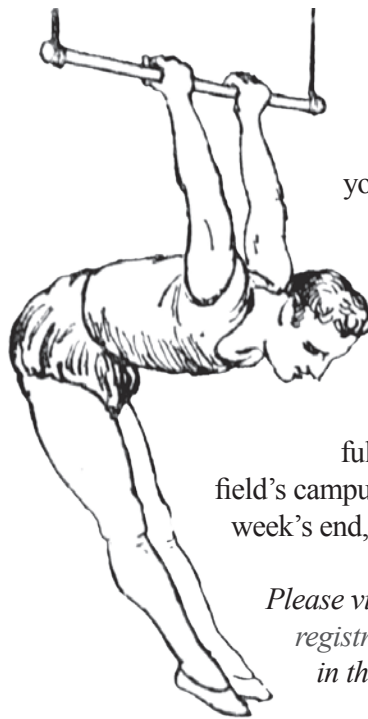
Run Away With The Circus This Summer!

Summerfield Waldorf School and Farm will be offering their popular Summer Circus Camps again in 2014! For children 6 to 8-years-old, there are three one-week sessions (June 9-13; June 16-20; *Please Note June 23-27 is full*). For children and adults ages nine to ninety-nine, there is one two-week long session (June 16-27). All skill levels are welcome. Our days will be filled with learning new skills in circus arts, including clowning, juggling, tightrope, trapeze, and acrobatics, to name a few. We will then bring it all together at the end in a wonderful free performance for friends and relatives to enjoy. This is the 16th year of the camp, led by experienced circus arts instructor, Sieglinde Basmajian. Camp hours are 8:30am to 1pm, Monday through Friday, in our big blue-and-red circus tent. Each week, for the 6 to 8-year-old group, the cost is \$260 and the two-week session for 9 to 99-year-olds is \$560.

~Sieglinde Basmajian, Circus Coordinator



Fly into Summer with Flying Trapeze Camp!



Circus Waldissima is once again proud to present two one-week sessions of Flying Trapeze Summer Camp, courtesy of Trapeze Arts. Realize your dreams of flying and soaring through the air!

Session One is Monday through Friday, June 9-13 and Session Two is Monday through Friday, June 16-20. All ages are welcome; the cost is \$260. Choose either a morning (9am-12noon) or afternoon (1-4pm) session.

Each three-hour individualized lesson is on a full-size flying trapeze rig located on Summerfield's campus. Students progress at their own pace and, by week's end, can have a full repertoire of skills.

Please visit the Summerfield website to download registration forms for all Circus Camps or pick one up in the Main Office.

BE A DIFFERENCE MAKER!

We are currently at \$226,500 raised towards our Annual Giving goal of \$230,000! That means we are only \$3,500 away from meeting our goal with 100% participation by faculty, staff and parents. Is there anyone out there who can help us reach this goal today? All it takes is one family or organization to get there. It could also be 10 families who contribute an extra \$350 or 35 families who contribute \$100!

If you can help us reach our goal, please contact Cyndi Yoxall, Development Director, at 575-7194, ext.105 or email cyndi@summerfieldwaldorf.org. Help make a difference!

New Summerfield Friday Craft Group

Have you ever wanted to experience some of the joy your children get to experience every day? There is nothing like setting aside a few hours each week to plug in to one's creative side and also have the opportunity to connect with others in the process. I have always envisioned that Summerfield would have a place where parents, grandparents, and friends could go (other than the parking lot) to meet up and enjoy each other's company while getting in some therapy time to work with our hands in the same manner our children do. It was just a dream until recently when I was asked by Leslie Young and Emma Mann to join the Circle of Hands team in expanding their class offerings. I happily agreed, asking if they would mind donating the classroom to hold a weekly craft group at the store. They were very enthusiastic and our weekly Summerfield craft group was born. We have lots of lovely parents and children to help us each week in creating some beautiful items for our school to sell at Farm to Feast and in the Winter Faire's Snowflake Shoppe.



We would love to have you join our Friday morning craft group. It is free if you are crafting to donate, or you may pay a small fee if you would like to take it home. Bring a friend, bring your children that are not in school, enjoy a nice hot cup of tea, sit back and enjoy the opportunity to work with your hands and create something out of love for our school. We have been meeting weekly now for about two months and are having a wonderful time getting to make new friends and connecting with old friends. So far we have had fun playing with wool in several ways: wet felting, needle felting, finger knitting, and doll making. We have made felted hearts into flowers and pouches, adorable heart baby dolls, needle-felted characters from *The Apple Cake book*, and wet-felted Easter eggs, with more to come (including a knitted-squares doll for all levels)!

Join us if you can at Circle of Hands every Friday from 9am-noon, except holidays. It is located at the Barlow between zazu and Taylor Maid coffee. Please email me at eman1500@sbcglobal.net if you would like to be included in our weekly note of upcoming projects. Hope to craft with you soon!



~ Heather Friedlander, Second Grade parent

P.S. We are always accepting the following donations: old sweaters, old tights, unused yarn and yarn scraps, felt and felt scraps, wool and wool roving, felting and sewing needles, knitting needles, thread, embroidery floss, fabric, bubble wrap, bowls, paintbrushes, glue, plus any other item you think would be useful for crafting with, including monetary donations as well. If you have any of these and would like to donate them you may contact me at my email above or drop your items in the clear bin marked Summerfield Craft Group on the bench outside the school office. Thank you for your support!

Alumna Update:

Shara Vilagi (Class of 2013):

Summerfield graduate Shara Vilagi is part of a pioneering Student Growers Grant program at Sonoma State. It all began with a small plot of land and a few students with a passion for organic and locally grown food, and now those student-entrepreneurs collectively grow large amounts of produce that is sold back to the University for campus meals.



"It's one thing to spend some time outside or go on a walk, and it's another thing entirely to be working in a garden," Shara says. "It's the personal reward of working with the land and caring for the plants that keeps me coming back... and at the end of the day I walk away feeling not only accomplished but fulfilled and more grounded. I leave with a clearer mind set, able to then do all the other things in my life with more concentration."

~ excerpts from Sonoma State's website

Congratulations to Isaiah Evans!

Summerfield senior Isaiah Evans was the recipient of the prestigious 2014 National Achievement Scholarship, along with an award of \$2,500. We congratulate you, Isaiah! Each fall, 1.5 million juniors are entered in the National Merit Scholarship Qualifying Test by taking the PSAT. Of those, 15,000 go on to be "finalists." Of those "finalists," 8,000 receive financial awards.



~ Heather Concoff, HS Counselor

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 or contact Don Basmajian at (707) 575-7194 Ext. 301. Enrollment is Limited to 30 students!

Marigold Play Garden Summer Camp

Waldorf Summer Camp at Marigold Play Garden, 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 Kindergarten teacher. Please contact Jennifer Bowen 824-9127, or jennybee@sonic.net.

Art Camp at Summerfield

Children ages 6-12. Walks in nature, explore and create with a variety of art forms: drawing, painting, sculpting and print-making. Dates: weekly 06/16; 06/30; 07/7. For more info or reg. on-line at <http://artcampkuprian.weebly.com> or call Renate at (707) 495 7543 or kuprian@sonic.net.

Coyote Camp

at Ocean Song



- swimming
- tracking
- nature games
- creative arts
- herbal knowledge
- caring mentors
- singing & storytelling
- wilderness exploration

children ages 5-12
weekly sessions with themes
Mon.- Fri. 9am - 4pm

Week 1 July 7-11
Week 2 July 14 - 18
Week 3 July 21-25
Week 4 July 28-Aug 1

Annie Klein, Camp Director



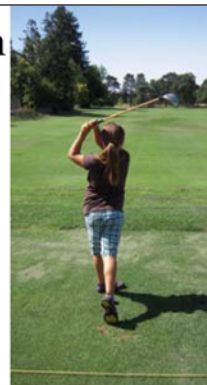
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Looking for Housing

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.

Services

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.

Instruments Lessons Available

Master piano teacher, certified Waldorf teacher w/several years Waldorf classroom teaching; (also beginning recorder, beginning trumpet, clarinet, composition). Students progress from hearing, playing, improvising to writing/ reading melodies. Instruction/ performance opportunities for intermediate/advanced students through The Music Teachers Association of California. M.A., Ed. Columbia University. Reasonable rates. Marilyn Wilson. 792-9685.

John S Woo DDS MS



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Session I: June 16-20 ★ Session II: June 23-27

Where kids create positive identities, friendships & memories with a focus on mindfulness, inclusion, and a progressive approach to living an ethical life.

*recreational swim • camp sing-alongs • arts and crafts • storytelling
folk dance • traditional outdoor play*



For campers entering K - 9th grade
Monday - Friday, 9 am - 3 pm
Meets at the large gazebo area at
Finley Community Park
2060 West College Avenue, SR



Jewish Community Center, Sonoma County
To register and for more information:
707/528-2549 | www.jccsoco.org

Visit us online at
www.summerfieldwaldorf.org



REGISTRATION DEADLINE EXTENDED

Summer Farm Camp

REGISTRATION DEADLINE EXTENDED TO MAY 1ST!

While the first two weeks of our 4- to 5-year-old Farm Camp are now full with waiting lists, there are still a few spaces in the rest of the weeks for 4- to 5-year-olds and all six weeks for 6- to 10-year-olds. Sessions are filling up fast so get your registration forms in as quickly as possible! Registration forms are available in the Summerfield Main Office, Finance Office or on our website at www.summerfieldwaldorf.org.

Click on “Summer Programs” where you will find links to the registration and emergency forms.

Our program for 4- to 5-year-olds makes its home in the Early Childhood yard with daily visits to the Permaculture Garden and Farm. Leading the way this year will be our very own Summerfield Early Childhood teachers, Sarah Whitmore, Line Westman, Elizabeth Emory and Erin Hallinan.

The program for 6- to 10-year-olds meets at the Farm every day. This year’s teachers will be Kaelyn and Marika Ramsden, Cody Smout and Heather Carpenter.

*Aftercare is available until 3:30pm by advance registration for both age groups.

Even older kids need something fun, creative and exciting to do over summer! If you have a child age 10-13, then Earth Ecology Camp is the perfect choice. This camp meets July 7 through July 11, 8:30am-3pm, Monday-Friday, at the Permaculture Garden. At the helm of this amazing program will be two amazing Summerfield alumni, Vanessa Faryan and Lidia Tropeano.

Send in your registration forms and forward any questions to our Farm Camp Registrar, Lisa Hensley, at farmcamp@summerfieldwaldorf.org or call 575-7194, ext. 103.

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

