

Messenger

Summerfield

WALDORF SCHOOL AND FARM

September 19, 2013

Volume 26, Issue 1

Like Snow Falling on Christmas Eve

By Adam MacKinnon, Editor



During the first few days of school, Mr. B. asked the Twelfth Graders, “What is it like to have a First Grade buddy?”

Several hands were raised, and one girl spoke: “Having a buddy is like snow falling on Christmas Eve.”

The whole class sighed with pleasure and anticipation...

Every year, at the end of the first week of school at Summerfield, a very special tradition is observed, the most gentle, touching and delightful event you could possibly imagine: The Rose Ceremony.

First-graders, just starting off on their journey through the wonderful adventure of physical, emotional, and intellectual development through the Grades, enter hand-in-hand with their ‘Gods’, those Twelfth Grade Seniors who have travelled this path before, and are at the end of their particular journey. They guide the little six- and seven-

year-olds into a circle held by the whole school, with every other grade silently and respectfully watching, knowing that they too have been, and will be in the future, a part of this ritual.

And holding the outer edge of the circle are the parents—only of those first and twelfth grade students involved, who meet and stand together with the parents of their child’s buddy in the ceremony. Children and parents alike are going through a transition, and the Rose Ceremony is preparing them for it, providing all with a reminder of their community, their support, and their responsibility.



MORE ROSE CEREMONY PHOTOS IN OUR GALLERY AT SUMMERFIELDWALDORF.ORG

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Important Dates:

Roots and Shoots Open House

Saturdays, Sep 21 & Oct 12: 9am-1pm,
More info & RSVP @ website

Michaelmas Festival and Potluck

Friday, Sep 27, 4pm

NEW EDITOR

Adam MacKinnon is the new editor of the Messenger. Please let him

know if you have story ideas, feedback on what you want to see more (or less) of, or just have a burning talent for writing. Many thanks!

Adam can be reached at messenger@summerfieldwaldorf.org



Welcome Back from the Board...

By Jefferson Buller, Board President

On behalf of the Board of Directors of Summerfield Waldorf School and Farm, I'd like to welcome you back to another school year. We are honored to be able to engage in servant leadership here at SWSF, and are very positive about the 2013-2014 school year and hope you are, too. I wanted to take some time to share Board news and highlight some of the work we'll be focusing on in the coming year.

Let me start by welcoming our newest Board members, Eric Friedlander, John Mutz, and Paul Zehrer. Each brings a unique perspective, an amazing set of skills, and an admirable enthusiasm to work hard on behalf of the school to fulfill the mandate of the Board. If you see them around campus, please be sure to say hello and thank them for their willingness to serve.

Fiscally, I am proud to share that SWSF is budgeting a small surplus this school year. Enrollment continues to be very strong, and we are encouraged by ongoing positive revenue growth and continual expense management. Tuition Assistance requests continue to be high (compared to historical numbers) due to ongoing difficulties in the economy, but we are pleased to say that we have been able to

grant many of these requests to help maintain the diverse fabric of our community. We are optimistic that as the economy improves, we will be able to continue to support those in need in our community as well as we have, and that our development work this year will continue to provide a bridge between operative costs and income. As always, the Annual Giving Campaign this year will be a key focus to help shore up our community's tuition assistance needs in this difficult time, and we're counting on your participation. We'll also be planning for Farm to Feast and other event concepts as well as deciding on the ongoing strategic direction of our development department. More to come on this!

As for strategic planning, you may be aware that the Board has engaged with Faculty and Staff on a long term strategic plan. We conducted a number of focus group sessions at the end of last year, and work continued through the summer on the output from those sessions. There will be more information coming to the community soon, and the ability for all of you to have a further view into the process and input into the next steps. Please stay tuned.

I also wanted to pass on some disappointing news about our Eighth

Grade Hot Lunch program. You may have heard that it has been suspended due to issues involving the Health Department. The long and short of the matter is that the kitchen in Sophia hall was not originally designed to support a lunch program, and lacks several of the necessary components required by the county to operate as such. A retrofit of that existing facility is prohibitive, both from a cost and a logistical standpoint, unfortunately. There is a group of faculty, staff, and Board looking into options for the future of the kitchen and a school-wide hot lunch program, but in the meantime, our eighth grade will be exploring alternative ways to fulfill the service component of the curriculum that the hot lunch program was designed to provide. (Not to mention the fundraising aspects for the class!) We hope to be able to share further positive developments with you soon.

Thank you sincerely for your continued support of the Board and our work. We give a lot of time and energy, but recognize that we are blessed to be serving in our capacity of stewards of this amazing community. We are humbled by your trust in us, and want you to know that we strive every day to make sure this wonderful legacy that has been built here at Summerfield Waldorf School and Farm continues. Here's to the start of a great year!

Welcome Dinner on the Farm FOR NEW FAMILIES

We'd like to welcome you to a new year at Summerfield by inviting you to attend our Welcome Dinner: join us for a meal prepared by Summerfield's chef with ingredients from our farm.

Bring the whole family and enjoy a casual meal on the Farm while learning more about the school. We hope to give you a better understanding of Summerfield, an opportunity to ask questions, and a place to meet other families outside of the typical school day.

SUNDAY, SEPTEMBER 22, 4-6PM

RSVP TO SUPPERS@SUMMERFIELDWALDORF.ORG



Annual Michaelmas Celebration

By Andrea Jolicoeur, LS Secretary



Michaelmas will be celebrated with a student workday, pageant and community potluck on **Friday, September 27th**. During the school day, from 1:30-3pm, all second through eighth grade students participate in projects to beautify our campus. Students then stay with their class for snack from 3-3:30pm and prepare for the pageant from 3:30-4pm.

At 4pm the pageant begins, a play and songs that the children will present about Archangel Michael's confrontation with the dragon, in aid of the besieged townspeople. It is a picture of the faith and the striving of human beings in preparation for the cold months, hard work, and difficult lessons of the year ahead.

We ask that families arrive by 3:45pm in order to be settled on the grass in back of the lower school buildings by the time the pageant begins at 4pm. Bring blankets for seating along with your potluck offering and your

REMEMBER TO BRING POTLUCK, BLANKETS, PLATES & UTENSILS!

family's personal eating utensils, plates and cups. The school will not be providing paper products for the meal, so please remember to bring what you need!

MICHAELMAS NOTES

- Parents are often asked to bring tools from home for their class' workday activities (during school hours)—label with family name!
- Classes Two through Eight and a few high schoolers perform in the pageant.
- Parents are asked to provide a healthy, hearty snack for the entire class to eat at 3pm.
- Parents may be asked to assist in costuming the class prior to the event, between 3:30 and 4pm.
- The pageant begins at 4pm and lasts approximately 45 minutes.
- An all-school community potluck follows the pageant.
- Seventh and eighth grade parents are in charge of the clean-up after the potluck.
- Children must be under the supervision of their parents as soon as the pageant ends.



10th Grade Play! 10th Grade Play!

Yikes!
Admetus' bed is full of Fatal snakes!
But his good friend Apollo gets the Fates



drunk and convinces them to let Admetus live if he can find someone to die in his stead. None will agree except for Alcestis, his loving and heroic wife. So begins Euripides' great drama *Alcestis*, presented in full by your wonderful and talented Summerfield sophomores.

Will Admetus let Alcestis die for him? What will Admetus' other good friend, Herakles, do about things? Come find out!

Wed & Thurs, September 25 & 26, at 7:30pm in Sophia Hall.

(Length: approx. 1 hour)

~ Kevin Simmons

Musical News!

Congratulations to SWSF students who were accepted by audition into the Santa Rosa Symphony Youth Orchestras: Uma Baker, Kendall Block, Sophie Feinstein, Mariah Lamphar, Nora Miller-Fitzpatrick, Lola Myers. Lucinda de Natale, Mando Ramos, Amelie Schlager, Brydie Stewart, Lukas Westman, Colin Williams, and Emily Young. Additional kudos to high school student Sophia Conti who performs with the San Francisco Conservatory of Music preparatory division Chamber Orchestra. Bravo!

PHOTOS BY MIGUEL SALMERÓN

Other New Faces on Campus

Along with Jamie Lloyd (p4) and Caryn Shapiro Stone (p8), we welcome two new Spanish teachers to the High School, Angeles David and Nicole Hatley; Erin Hallinan as the assistant in Miss Line's Roots and Shoots class; and, on the Farm, Kaelyn Ramsden as the new Farm assistant working alongside Farmer Dan. Kaelyn is a Summerfield alumna who has taught in Farm camp, and whose mother was a Eurythmy teacher here.

Meet our new LS Coordinator: Jamie Lloyd

Interview by Adam MacKinnon, Editor

Please welcome Jamie Lloyd as our new Lower School Coordinator, replacing Chris Topham. Fresh from graduating his 8th Grade class at Sebastopol Independent Charter School, Jamie assumed duties here in the summer. We caught up with him a few short weeks into his new role...



Messenger: What brought you to Waldorf education in the first place?

Jamie: *(laughing)* My wife!

Messenger: That's an answer common to most dads at the school!

Jamie: Nikki and I were in our late 20s with a 4-year-old daughter, right at the time when charter schools were starting up in California. We heard a talk by Barbara Rosen that inspired us to enroll in kindergarten at Novato and, after a great year there, we switched to the just-opened Sebastopol Independent Charter School. I was working in a small software firm, but my family had always said I should be a teacher. And when Nikki went into teacher-training, the information she brought back really caught my imagination just when I was looking for more depth in my life. I had my epiphany and decided to get my teaching-credentials. After a couple of years of teaching, in

which Nikki joined the faculty at Sebastopol, we then spent a year abroad in Cuernavaca, Mexico, and, in one of life's fortuitous connections, we became friends with Señora Nora, director of the Waldorf school there.

On our return, I was ready for Waldorf myself: I began teacher-training, and first started teaching a class through second grade at SunRidge. Then I made the difficult decision to leave that class, and take a first grade at Sebastopol. I was impressed by how solid a school it was and by their rigor; and I was most fortunate to have a great mentor there.

Messenger: What qualities are important for this new job?

Jamie: No doubt about it: it's a people job. It's going to require listening skills. And that's the number one thing I'm bringing to the table.

My core value is that there's a shared picture. Once that picture is clarified, and everyone can see it, then progress can be made.

Messenger: You've been a class teacher for the past ten years in charter schools. What do you see as the differences between the charters and Summerfield? And the similarities?

Jamie: The obvious difference is the pressure that the charters are under due to standardized testing. Summerfield and other private Waldorf schools are fortunate not to have to spend valuable teaching

time on standardized tests. Instead, they can give their fuller focus to the development of the whole human being. At Summerfield, it's all about observing the child, and responding to what is seen—and what this incredibly gifted faculty sees is remarkable!

Messenger: Can you talk about the leadership positions you've held?

Jamie: Sebastopol had a committee very similar to Summerfield's Lower School Support Group, called the Faculty Council. I saw the need for such a group, helped set it up, and served for a couple of cycles on it.

It's different here as the school's governance is horizontal. Responsibility is shared and power is well distributed. There's no king, no boss, but mandated core groups and committees consisting of faculty, staff, and parents holding the school in a unified, thoughtful manner. It's a marvel to operate within it.

There are different areas of the school in which decisions are made, but one thing is the same: when Summerfield makes a decision, everyone shares the responsibility. The combined wisdom of many experienced teachers is brought to the table and, with the great minds and hearts involved here, we make decisions that are thoughtful, creative and that put the children at the center.

(Continued on Page Eleven)



An Introduction to Waldorf Education

TWO NEW COURSES FOR THE PARENT COMMUNITY AT SUMMERFIELD

By Leila Allen

Summerfield is delighted to announce a special partnership with the Center for Educational Renewal to present a new series of courses in parent education for our school community.

"THE LOWER SCHOOL"
WITH DON BASMAJIAN

FRIDAYS, OCTOBER 11, 18, 25 & NOVEMBER 8
AT SWSF IN THE FIRST GRADE CLASSROOM

Come and explore a unique approach to human development that considers the whole child. How can one allow the individuality of each child to emerge in a healthy way? Why is it important to teach reading and math through imagination and movement? Is it possible to help young people find connection and meaning in the age of technology? Discover the hidden meaning in fairy tales and mythology. Try your hand in the arts and experience your own creativity!

SLIDING SCALE: \$50-\$200 FOR THE SERIES OF 4 CLASSES. REGISTER: EDRENEW.ORG

UNDERSTANDING THE CHILD—THE FOUR TEMPERAMENTS
A WORKSHOP FOR PARENTS & TEACHERS WITH DON BASMAJIAN

TUESDAY, NOVEMBER 19, 7:00—8:30PM AT SWSF IN SOPHIA HALL

Discover the Four Temperaments in this lively, experiential workshop that will give you tools for understanding your child or class. Many discipline problems can be overcome by treating each child differently according to his/her temperament.

DONATIONS APPRECIATED

The courses will be led by Don Basmajian who has been a Waldorf Class Teacher and Physical Education Teacher for over 35 years. He is also the Director of the Waldorf Teacher Training program at Center for Educational Renewal, www.edrenew.org.

Sprites Night is Creeping up!

Sprites Night is our school's alternative to the commercialism and 'sugary focus' of Halloween. Each lower school classroom hosts a scene appropriate to the curriculum, along with extra entertainment, for instance musicians, a circus obstacle course, a haunted classroom (for the older kids) and a special office scene. We also have a beautifully lit pumpkin path, as well as a warm meal provided by an older class.



PHOTO BY MIGUEL SALMERON

Sprites Night will be on **Saturday, October 26th**. As always, classes three and four are in charge of organizing this event, with support from myself as office point-person. We'll begin our official planning meetings on Thursday, October 3rd, 8:40-10am, in Hum 1 and we'll continue for the next three Thursday mornings up to the event. Everyone is welcome, but attendance by third and fourth grade representatives is required.

~ Andrea Jolicoeur, LS Secretary

Anthroposophical Doctor visiting...

Anthroposophical Doctor Johanna Steegmans, M.D., is coming to school October 2nd, 3rd & 4th for student evaluations. Appointments will first be available for students who are referred by their teacher, then will open up to other students and the community if there is still space.

Please fill out a form in the Main Office if you are interested in having your child on the list. Appointments are one hour and the cost is \$150.



Photo Days

LS: Oct 22 | HS & K: Oct 23

Mugsyclicks will be taking our school pictures again. This year we will be doing individual photos as well as class photos on the same day. Please be sure to save these dates!

Try to Remember a Time in September...

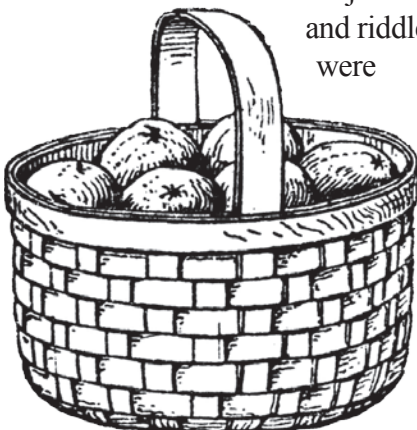
NEWS AND MUSINGS FROM THE FARMYARD

By Farmer Dan

The word “threshold” can be defined as “any place or point of entering or beginning: the outset”, and as the Summerfield School and Farm community gathered on the High School lawn once again to honor and welcome our newest class of first graders and high school seniors, a few warm tears of gratitude slipped down the cheeks of several grateful parents, faculty and staff members, and even some of the more tender-hearted students. A first grade student informed me afterwards that her Mom had encouraged her to be brave when she presented herself in front of the entire community, which she certainly was, but she mused that “It’s hard to be brave when you are only a very small little girl.”

At the Welcome Back Assembly for the Lower School, our hearts were warmed by a sea of suntanned faces, smiling and eager to begin the next year of schooling with so many good friends. Memories were shared, stories told, vacations proudly unfolded and several children drew lovely mental pictures for me of their gardens and new pets and camping experiences.

New jokes
and riddles
were



shared, i.e. “When a cow laughs, Farmer Dan, does milk come out of her nose?” and even a few fond memories of a class two and four parent, John Sansone, who crossed the threshold in midsummer, were fondly recollected.

“Adopt the pace of nature,” suggested Ralph Waldo Emerson, “her secret is patience.” And all throughout the long summer days, the crops were busy growing on the farm while the little farm campers scurried about and many of the school families were away on vacations. This seems to be the type of year when things ripen early, so many Gravenstein apples have already been harvested, some of the grapes in the county are coming into the wineries, and pumpkins and delicata winter squash have been picked and are curing in the shade, thanks to our industrious seventh graders. Our largest onion crop in many moons, a solid field of plump potatoes, a stand of golden field and broom corn towers above the rustling sunflowers, and our row of apple trees continue to shower the ground beneath with so many varieties of heirloom apples that all the student farmers will have many harvesting chores happily ahead of them as autumn winds gently turn leaves to flame.

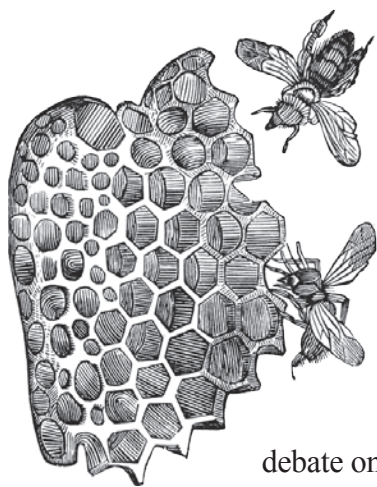
Even Wendell, our spunky farm terrier, is energized by all the renewed farm activity... except for Saturday when he lay lazily in the middle of the sunny farm road and life went on around him with an invisible sign above that more

or less stated the obvious: “Let sleeping dogs lie... wherever they want.”



Some of our Farm’s most industrious and benevolent friends, the honeybees, have been undergoing a struggle to survive as highlighted in the national media this summer, so on their bee-half, I’d like to share a few amazing facts about these little flying miracles FYI.

The oldest known bee specimen dates from a hundred million years ago. The 17th century naturalist Jan Swammerdam discovered that the king bee had ovaries and was, in fact, a queen. Worker bees live 20-30 days, the drone dies after mating with the queen, and the queen, who lays up to 1,500 eggs a day, lives three to seven years. A bee has two sets of wings. Rapid flapping generates warmth and evaporates water from the nectar to make honey. Hooks enable the bee to attach one of each set of wings together during flight for maximum efficiency. A charge on the bee’s hair attracts pollen. When a scout worker successfully locates food it dances in a figure-eight to alert its fellow foragers about the food’s location in relation to the sun and more complex dance patterns in a given time indicate distance to that food in relation to the sun and the hive... sort of bee eurythmy. In a single trip, a



worker bee can visit up to a hundred flowers and carry more than half its weight in pollen. In order to produce 1 lb. of honey, hive workers fly a collective 55,000 miles and tap 2,000,000 flowers. Because of “grain deserts” in the larger farming sectors of our country where there are no longer wildflowers, bees are starving and the single most helpful thing we can do to help bees survive is to plant lots and lots of flowers. Please do!

Speaking of things to do, in light of the national debate on Syria and the disturbing images in the media of the plight of young children and their mothers in a war-torn region, parents often turn to teachers, and Waldorf teachers to Rudolf Steiner, for advice and suggestions on how to reinforce the one essential mantra that, in the beginning of a child’s life, guides those early steps and years: “The world is *good*.” How do we continue to find and create goodness for our children?

Some practical things we can do, and that happen on Summerfield Farm, suggested in an early childhood article, are the following: “Take a walk, find your way into nature, hold deep in memory the most recent good thing you have encountered. Begin and end your day with gratitude for the good in our lives—however challenging this may feel at moments. Pick even a tiny bouquet of seasonal wildflowers from nature just outside your door—the wonder of a single acorn, one brightly polished apple, a blazing sunflower or poppy—these can remind us of the wonder and miracles of the universe. Look up at the stars in the heavens and ponder the miracle that all over the earth human beings are united by experiencing the same starry heavens above them. Find a poem, even if you never thought of poetry as your interest—just a few lines, i.e. ‘Goodnight stars/Goodnight air/Goodnight noises everywhere’—and recite it by heart to your child before sleep or copy it and put it on your refrigerator. Recall a human relationship that has helped you along your way. And see if, step by tiny step, you can rediscover, in difficult times, that the world truly *is* good!”

In the spirit of Michael as we approach Michaelmas, Karl König wrote:

*There is a knighthood of our time whose members do not ride
through the darkness of physical forests as of old,
but through the forests of darkened minds;
They are armed with a spiritual armor
and an inner sun makes them radiant;
Out of them shines healing,
Healing that flows from the knowledge of mankind as a spiritual being;
They must create inner order, inner justice, peace and conviction,
in the darkness of our time.*

Early fall blessings from Summerfield Farm, Farmer Dan

Farm Guild Potluck Appreciation

By Farmer Dana

Interested in joining the Farm Guild? Come for a potluck and to break bread with the farmers, parents and other volunteers who help grow our food on the farm here at Summerfield. Please bring a dish to share as well as an ingredient for pizza. We’ll get together at 3:30pm in the Farm Kitchen on Wednesday, September 25th. Please RSVP to Farmer Dana at dana@summerfieldwaldorf.org.



Wood Carving



Sixth grade has started the wonderfully rewarding process of creating

wooden spoons—beginning with apple or chestnut logs.

Many thanks to parent Andy Bannister for the beautiful new shave horses for our woodwork program—without which we wouldn’t be able to work!

~ Sierra Bannister, LS Practical Arts





BiketoSchool program

ELIMINATE CARS ON THE ROAD & REDUCE EMISSIONS. RAISE \$\$ FOR SUMMERFIELD!

By Cyndi Yoxall, Development Coordinator

Summerfield's BiketoSchool program will continue this school year! Thanks to the generosity of an anonymous donor, this program was started in 2012 and they have agreed to again donate \$1 per rider per day. Just by keeping track of daily rides, our students and parents collectively raised over \$1,500 for SWSF. And we know there are more of you out there riding... come in for a punch card and start keeping track! Last year's BiketoSchool punch cards are still valid and will be accepted until the end of the 2013-2014 school year. Those who ride to or from school 100 days will earn a unique BiketoSchool t-shirt, made by Farm Fresh Clothing Co. They cannot be purchased, only earned by riding!

Thank you to our anonymous donor!

Also, keep an eye out for information on bike-to-school routes organized by Summerfield's Green Team. They will soon work on coordinating safe locations and maps for riding to school.



NOTE: We are looking for a lead person to help organize a bike ride fundraiser for Summerfield. We envision a bike route that is safe enough for our students; however, a challenging, longer alternative route for avid cyclists would also be considered. If interested in helping, contact Cyndi Yoxall at cyndi@summerfieldwaldorf.org or 575-7194 x105.



Summerfield T-Shirts

Our new Summerfield t-shirts, 2013 edition, are now available in the front office. Locally made by a Summerfield family-owned Sebastopol business, Farm Fresh Clothing Co., these comfy, stylish t-shirts are made of 100% organic cotton. Our 2013 edition comes in chalkboard grey and has a hand-colored, worn look to the

logo that gives it a modern feel. Available in sizes xs-xxl in two styles: a classic cut or a women's tailored cut... It's probably the most comfortable t-shirt you will own! We are pleased to offer them at a discounted price of \$20 this year—*thank you* to Farm Fresh Clothing Co. (The Morgan Family)!

Also keep an eye out for our new youth t-shirts, currently in the design process. We are working on a fun, younger look in a softer color in sizes that will fit our preschool, kindergarten and grades first through fourth lower school students.

We are always open to new ideas and energy. If you are interested in helping with SWSF merchandise design and coordination, contact development@summerfieldwaldorf.org.

Welcome to Caryn Shapiro Stone!

By Cyndi Yoxall, Development Coordinator

I'm delighted to announce a wonderful new addition to the Development team—so please join me in giving a warm



welcome to Caryn Shapiro Stone, our new Development Associate.

Caryn steps into the shoes of Andrea Jolicoeur who has transferred to the role of LS Secretary. Caryn handled decorations for Farm to Feast this year and proved to be a hard working, organized and positive ray of light. She will be assisting part-time with administrative duties, as well as helping to coordinate all events.

Caryn holds a strong development, administrative, event planning, grant writing and non-profit background, which includes development experience at the Rudolf Steiner Foundation. Her flexible and warm personality, combined with her experience in development makes her an ideal fit for our office. Caryn, and husband, Eric, are parents of two Summerfield students, one in kindergarten and one in class two.

Together we look forward to a fun year, filled with celebrations and events that bring us together as a community and continue to build on our strong foundation, while raising much-needed funds for Summerfield. We will need your help to make it all happen and feel grateful to be part of such a giving community. Enjoy!

Class of 2013 leave Gifts behind...

By Ronni Sands, Garden Teacher/2013 co-advisor

Last year's seniors marked their graduation from SWSF with a series of gifts that are seen and unseen on our campus. Let's start with the mural in the parking lot. A group of students felt the rose to be symbolic of their time here and, for all those who were at the Rose Ceremony this year, it is an important image for the entire community. Their mural reminds us that our hearts are opened daily as we come and go from this wonderfully inspiring place.

Anyone visiting the High School bathrooms will experience the new "state of the art" electric hand dryers. It was important to the students that we have a sustainable and hygienic way to dry hands. No more paper towel waste. Maybe someday the entire school can have these!

The addition to the sports sheds, on the end of the first grade classroom, expanded our sports equipment storage space. The foundation for this building was laid by three senior boys, with the help of Christian Andersen. In addition to the building, money was donated to the sports program.



A donation was also made to the tuition assistance program, as many students felt a need to make this education available to those who may not have the economic resources. Another group of students chose to donate time and service to the people at the Graton Day Labor Center. They gifted the Center with a worm box which the students built themselves, based on a model that we have at the High School.

And finally, a group of students built a greenhouse for the permaculture garden out of recycled materials from a greenhouse that was no longer needed at another site. The person donating the materials guided the students in a very challenging reconstruction.

So the legacy of the class of 2013 lives on in our hearts and all over the campus. As a result of their Summerfield education, students can experience by twelfth grade, a love and appreciation for their school and their community. This is made tangible by the gifts and contributions they make to the many generations yet to come.

SECOND CUP OF COFFEE...



is back, each non-vacation
**Tuesday morning at 8:30 am
in the Music/AfterCare Room.**

Here we share conversations about parenting strategies and methods for parents of all age children. Please join us!!! Parenting a teen begins at birth.

Here is a glimpse of what we talk about:

Parenting Martial Arts

Martial arts is a perfect container for parenting skills, techniques and strategies.

When we study or practice martial arts, most people are not learning it to harm or hurt others. We are learning the particular discipline for eight particular reasons. Here are the first couple (see the rest online):

1: To improve our focus, to center ourselves and be in control of our actions.

2: To become more effective in meeting all challenges, obstacles, threats and emergencies.

If you practice a respectful and appropriate version of "emotional martial arts" with your children, you will meet their challenges without defensiveness, without a charge and without the yelling, accusing, blaming behaviors which invariably divide parents and teens

Learn the full do's and don't's of Parenting Martial Arts at www.rickconcoff.com.

Summerfield at the Heirloom Expo *By Farmer Dana*

Thank you to everyone that helped out at the National Heirloom Expo. Parents and faculty were there all week to answer questions about our school and farm. Special thanks to Tracy for setting up our beautiful booth, and to Cyndi and Caryn in development for coordinating the passes for everyone!



(Continued from Page Four)

Messenger: What surprises have you found in the job so far?

Jamie: A bit of background first... About a year ago, I decided not to cycle around after graduating my class. Once you have kids you are on a certain life path for a while. With Sawyer about to graduate from Summerfield, I had a chance to explore other aspects of myself.

Without being arrogant, I saw that I could be good in this kind of role! I'd had the experience at the charter school of dealing with these issues, and so I started to apply for pedagogical positions around the country. When I learned that my good friend Chris Topham had been appointed



as Executive Director at Sebastopol, I called to congratulate him, and he suggested that I apply here.

What I'm not surprised about is how wonderful the people are here, how accepting and open they are about someone new coming in. And, I am not at all surprised by how much I'm enjoying being here!

Be Part of the Summerfield Human Race Team!

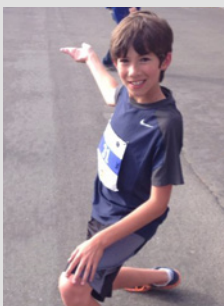
Mark your calendar for **Saturday, May 10, 2014.**

Yes, this is way advance notice!

This year we would love to see a Summerfield team participating in The Human Race. This is an easy way to raise funds for the school, while being part of a great community event. It's also a fantastic way to get our children involved and help show them how we can make a difference.

The Human Race is a nationwide community fundraising event for nonprofits and is the largest collaborative fundraising event in Sonoma County, as well as the largest Human Race in the nation! The Sonoma Race features a 3K and 10K run and walk through Howarth and Spring Lake Parks, rain or shine. The run and walk is open to all.

Contact development@summerfieldwaldorf.org if you're interested in helping.





aToyGarden.com

Quick Shipping & Free Gift Wrap!

- Wooden Toys
- Dolls & Puppets
- Books & Music
- Dress-Up & Silks
- Lunch Baskets
- Art & Craft Supplies
- Woolens & Rain Gear
- Children's Furniture





Summerfield | WALDORF SCHOOL AND FARM

SAILS


the school store
located in the main office

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

20-50% of "sails" from the store go to Summerfield.

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The Messenger Marketplace

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

Classes/Training/Camps

Simplicity Parenting Support Group: Wednesdays

Free Intro: Sept. 18th 6:30-8:30pm. Integrate transformative changes in your family, increase cooperation & build community. 7-Sessions Oct. 2-Dec. 4. H.S. Room Hums I. Pre-registration required. More info? Sue Gimpel, 322-6933 www.FamilyHomeCoach.org.

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. There is an ongoing demand for Waldorf trained teachers. 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 Waldorf School in Santa Rosa, CA. For more information 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!

I am a Camera: Imaginative Writing and the Image—A Workshop Created and Taught by Adam Shemper

I am a camera with its shutter open, quite passive, recording, not thinking.—Christopher Isherwood

15-week workshop—September 11th to December 18, 2013. Meets: 3:15 to 5pm every Wednesday. Limited to 12 students, 13 to 18 years old. Cost: \$300. The I AM A CAMERA after-school workshop teaches students to use images to inspire their own written stories. The aim of this course is to introduce students to the medium and history of photography; to explore the dynamic relationship between words and images; to see and understand photographs in a way that sparks their own creative expression in writing; and, ultimately, to teach students to trust the unique shape of their individual lives and voices. Students will be introduced to the medium of photography through a broad sweep of genres. Choosing pictures from a variety of sources—including their own—that speak to them as inspiration, students will begin learning the basics of story-telling and creative writing. The class culminates in an editing and production of a bound book (as well as a digital version) of student work. For more information please contact: Adam Shemper, 415-690-3430 or adamshemper@gmail.com. For bio please see: www.shemperphoto.com and www.adamshemper.com.

Bio: Adam Shemper is a writer, photographer, teacher and Licensed Marriage & Family Therapist in Petaluma and Sebastopol. His images and words have appeared in Time, Mother Jones, Double Take, Exposure, The Oxford American and Salon.com and The New York Times and The San Francisco Chronicle, as well as other national and international newspapers.

For Sale, Rent, Needed

Looking for House to Rent

Summerfield family with 8th Grader looking for a 4-bedroom house or 3-bedroom with Granny unit. Our ideal home is surrounded by nature, has lots of light, a wood-burning stove and some land for a vegetable garden. Move in date: November 1st, with some flexibility. Please call Anna: 415-400-9960

Cello for Sale

Full-size cello Palatino VC 850—high-end student model—with two cases (hard and soft), high quality strings and upgraded bridge, played for 4 four years and in great condition. \$500. Please contact Kevin Simmons, x137.

Personal Services

Wind Instruments for Sale

Quality Winds for purchase, rent, or rent-to-own. Private instruction for winds, piano, guitar. Call Jonathan Marmelzat, 824-1784, or jonathanmarmelzat@hotmail.com.

Rick Concoff Violins

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

Gardens Done with a Women's Touch

We design, enhance and maintain gardens of all styles and shapes. With 20 yrs. experience in residential, commercial and organic farming. anagardens@aol.com or 707-824-4602.

Cooking Services Available

I am a young single mother. I am offering my experienced cooking services for you and your family. I have worked with other Summerfield families in the past. Please contact me for more information. Thank you kindly, Felicia Channing, zabeldy@gmail.com.

ARCHETYPES AND HIGHER BEINGS

RUDOLF STEINER
AND CARL JUNG

A public lecture by
ROBERT McDERMOTT

SATURDAY, OCTOBER 5, 2013
7:30 PM SOPHIA HALL
SUMMERFIELD WALDORF SCHOOL & FARM
655 Willowside Road, Santa Rosa, CA 95401

Robert McDermott is President Emeritus of the California Institute of Integral Studies (CIIS) and chair of the CIIS Program in Philosophy, Cosmology, and Consciousness (PCC). Among his many publications is *The New Essential Steiner*.

Suggested donation at door
\$10 general admission
\$8 students/seniors
Pay at the door: no reserved seating
No one turned away for lack of funds

Tickets also available at Summerfield School Office or Circle of Hands, Sebastopol, CA

Parking available on premises
Call Ed Castellini (707) 874-3528

This lecture is sponsored by
The Language of the Heart Branch,
Anthroposophical Society in America

Visit us online at
www.summerfieldwaldorf.org

Circus Waldissima Traveled To Seattle!



In August, nineteen advanced Circus Artists from Circus Waldissima traveled to the American Youth Circus Organization's circus festival in Seattle to share skills and new impulses with 250 youth circus artists from the USA and the United Kingdom.

Many bonds of friendship were made as young people inspired each other with their impressive skills. During the first three nights there were outstanding performances by each circus school that one visitor said were as good as any professional show.

Circus Waldissima was chosen to perform on the last night near the end of the showcase. It was an honor to be given that position and our students lived up to the challenge and performed magnificently.

~ Don and Sieglinde Basmajian, for the Circus Program

