

Messenger

Summerfield | WALDORF SCHOOL AND FARM

October 16, 2014

Volume 27, Issue 2

Supporting the Art of Education

By Cyndi Yoxall, Development Director

This year we celebrate 40 years as a school, which means 40 years of emotional, physical and financial support by parents, faculty and staff! The Annual Giving Campaign (AGC) is an important piece of our history and has become part of Summerfield's culture. Over the past three years we have achieved 100% participation by all families, faculty and staff, and raised over \$200,000 each year (\$240k last year). The support of our community is a crucial part of sustaining the future, health and stability of Summerfield—all of our support is critical.

Following the legacy of George Triest, former volunteer AGC chairperson for many years, Suzi Redlich stepped up last year to guide our outstanding team of class reps. She did an amazing job and is returning this year to work with Development to lead the campaign. Speaking from the heart and personal experience, Suzi is open and honest about what it means to give and how it feels to need assistance during a difficult time. With her lovely spirit and energy, she is well versed in the reasons and importance of giving. Her passion is contagious—we are lucky to have her on board!

Over the past few years, we have distributed over \$700,000 per year in financial and emergency assistance



PHOTO BY JEFFREY WESTMAN

to our families from our general fund. This enables us to maintain a diverse population, as well as keep current families here when possible. AGC also contributes to all areas of operating the school, including salaries, grounds, buildings, maintenance, programs, and the farm. Tuition does not currently cover all of our costs to run the school.

This year our goal is to raise \$250,000 in Annual Giving tax-deductible donations. We can all do our part by contributing to this goal by December 15th. For those classes who achieve 100% participation by the deadline, \$500 is awarded to their class fund. Don't forget, you can also make a pledge to pay by May 30, 2015.

Thank you to the following Annual Giving Class Representatives: Molly Jones, Kristin McClung, Scotty Brown, Robin Prusky, Luke & Elena Bass, Eric Iskin, Nicole Perullo, Vipassana Esbjorn-Hargens, Jennifer McKenzie, David Traversi, George Martinelli, Addie Mullinex & Glenn Berger, Dan Young, Elsa Clyde Garcia, Angela Persinger, Donna Sansone, Liz Evans, and Tracy Saucier.

Inside this Issue:

Our 1st Wall Calendar	2
Winter Faire	4
Fifth Grade Rafter	5
Farm Greetings	6
Awakening Arts	8
Marketplace	11

Important Dates:

NOW SCHEDULING: HS Shadow Visits
appointments available Oct-mid Jan
contact: amelia@summerfieldwaldorf.org

High School Open House

Saturday, November 8, 10am-1pm

- campus tour • exhibits • sample lessons •
- meet students, faculty, alumni •

RSVP: sallie@summerfieldwaldorf.org

EIGHTH GRADE MARKET!

Every Thursday from 12:30–1:20pm at the lower pick up area, the Eighth Grade will be selling homemade goods. Offerings change from week to week. All proceeds go towards fundraising for the Eighth Grade Trip.

Come and support the Eighth Graders!

~ Tricia Walker, Eighth Grade Teacher

Summerfield's First-ever School Calendar!

By Adam MacKinnon, Editor

For many years, HS Art Teacher Kathinka Kiep has had the dream of Summerfield having its own Fine Arts Calendar, similar to the one she helped produce at Kimberton Waldorf School in Pennsylvania.

Cyndi Yoxall from Development came on board enthusiastically and, seizing the opportunity of our 40th Anniversary, asked me to coordinate the project. At long last, the dream is coming true!

This is our first-ever school-wide

wall calendar, and it



SIZE: 12"x9" (OPENS TO 12"x18"); 15 MONTH CALENDAR WITH TRADITIONAL MONTH GRID

highlights the beautiful and varied visual arts projects created by students in all the grades. Board president Jeffrey Westman says, "One really gets a sense of the journey that our students experience through the Waldorf curriculum."

We decided before we went into it that each grade, from Kindergarten through Twelfth, should be featured with a main monthly image on the Calendar pages. Our goal was to try and represent the breadth of the fine arts curriculum by adding capsule images in the calendar proper and in several introductory pages.

At the end of the 2013-14 school year, teachers submitted their own shortlist of recommended paintings and drawings, which were photographed and returned in time to go home in student portfolios. The quality of art in the school is so high that many fine works were not able to be included. Over the summer, a selection committee deliberated long and hard to narrow down the choices, and came up with a selection that we feel honors the outstanding work produced by students of all ages.

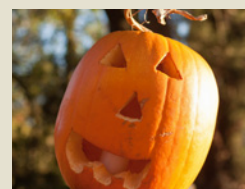
We're very excited about the end result, and can't wait to share it!



Sprites Night Oct 25

TICKETS AVAILABLE NOW IN THE MAIN OFFICE

Sprites Night is Summerfield's annual alternative to the commercialism



and 'sugary focus' of Halloween. Lower School classes organize and present scenes on the beautifully lit Pumpkin Path, along with a special office scene and warm food and drinks.

Everyone (both children and adults) needs to have a ticket to go on the tour. Get your tickets soon as they will sell out! They are free to students and parents, but if you want some for extended family members (grandparents, etc.), you must pay \$7 each for those. Families from other schools can purchase tickets—also \$7 per person—starting Monday, October 20, a week prior to the event. The "journey" on the pumpkin path takes around 40 minutes, and the groups leave every 5 minutes—your tickets will be for a specific tour so please be on time! The first tour starts at 5:30pm and the last leaves at 7:30pm. The meal, prepared by our eighth graders, will be served from 5pm on.

We encourage everyone to dress up in costume and children to bring a little bag for a few treasures and treats, but please, no scary, overly commercial, or otherwise inappropriate costumes. We look forward to catching you in our web for this enchanting school event!

The Sprites Night Committee meets every Wednesday morning at 8:40am in the Music/Aftercare room, right up until the event. Everyone is welcome, but attendance by 3rd and 4th grade representatives is especially requested.

~ Andrea Jolicoeur, LS Secretary

On sale from mid-November for **\$18 each**
(with a bulk discount available of \$15 per calendar for orders of 10 or more)

Order online by November 1st for a pre-order price of \$16.

Pre-orders will help us immensely to gauge demand for printing!

ORDER FROM THE OFFICE OR ONLINE:

WWW.SUMMERFIELDWS.ORG/2015WALLCALENDAR

SEE SAMPLE PAGES ONLINE AS WELL ON OUR WEBSITE

Our Attachment to Summerfield

I easily cry when I think of what could have happened had we not found Summerfield when we really needed it. It was a narrow escape for us and it only happened because of eight weeks in a public school first grade. Our oldest child was suffering terribly and we decided we had to leave that school to protect him.

We visited Summerfield in November 1985 but were told there was no room in the class. Within a few days a place opened up for him. The first week at Summerfield restored our son to the cheerful adventurous guy we had known and continued to strengthen and support our family from that day until this.

After the first parent evening we were hooked. We learned good parenting through the school and our instincts were constantly reinforced. We started volunteering almost immediately: helping Perry the Farmer, then helping to build the lower school buildings two summers in a row; taking class trips, asking relatives for financial support for Summerfield, being class parent.

The School was spread over two campuses then. There were no paved paths, no new kindergarten room, no “roots and shoots” space, no high school, no Sophia Hall. The landscaping was minimal. There were only a few shade trees. All school events were crowded into the Eurythmy Barn. There were no elders either. It is so much more complete now.

We felt welcomed right away. When I think back it was like moving from stormy to safe conditions. The volunteer demands or requests

were strong and regular. It was the same with new friendships—strong and regular. There was almost no budget money for buildings, salaries, employee benefits or anything extra. The classrooms were built with volunteer labor. We felt united with our fellow parents and teachers in the work of expanding the school. More than one time teachers and staff accepted pay cuts to keep the school solvent. Parents contributed labor, money, materials, encouragement and love. There were a few Angels along the way. We thought we were building a school—we did that and we built something else too. I realize now we were building a strong community.

We had many years of tuition. One year we had four kids in the school. As is common in many developing communities, there were conflicts and struggles. At times it was hard to sit through meetings listening to arguments about small items. We were immature in many ways. Governance was incestuous with the same people and the same voices filling many roles. The community had to grow up. When the school neared 25 years of age something shifted for the better. We had learned to separate one task from another. We had learned to delegate authority for different parts of the school. We had learned to relax and to trust. Our family travelled a similar path.

Our oldest child started at SWSF in 1985. Our youngest

graduated from the high school in 2010. I am ecstatic when I see all the skills and confidence they express. They got drawing, painting, music, singing, acting, poetic recitation, knowledge of myths and classic literature, math, physics, chemistry, botany, etc. Every graduate leaves with those skills and with basic self-confidence.

Occasionally we visit the spot on campus where we committed to taking a plunge into the unknown. It felt then like a huge commitment—very much like committing to marriage or parenting without any idea of the outcome. Joining Summerfield was one of those life-changing moments that are easy to remember. We had no idea what marriage or parenting or joining Summerfield would be like. We made a choice and a commitment and it sustained us all these years. It was a great choice. The saga now continues with family working at the school and grandchildren beginning Waldorf educations. Summerfield and its community have been central to our lives for many years. We are deeply grateful.

—Jim and Lynda Allen



THIS IS THE SECOND IN OUR SERIES OF REFLECTIVE PIECES FOR THE 40TH ANNIVERSARY. DO YOU HAVE A STORY YOU'D LIKE TO SHARE ABOUT THE HISTORY OF THE SCHOOL AND THE DIFFERENCE SUMMERFIELD HAS MADE TO YOUR LIVES? PLEASE LET THE EDITOR KNOW: EMAIL MESSENGER@SUMMERFIELDWALDORF.ORG

SWSF Winter Faire Festival

FRIDAY, DECEMBER 5 AND SATURDAY, DECEMBER 6

By Kosima Grundy, Event Coordinator and Andrea Jolicoeur, LS Secretary

Join us for Summerfield's annual Winter Faire! As in Waldorf schools around the world, the celebration of seasonal festivals renews our awareness of the rhythms of the year and fosters the children's relationship to the world into which they grow. Just a week after many of the children have taken the solitary path to the light at the middle of the advent garden, Winter Faire is time for our community to gather and celebrate the holiday season.



We are happy to announce that, due to popular demand, the Friday night adult-only shopping evening will be returning this year! Please join us for an evening of holiday shopping with a fabulous array of vendors—mostly local, handmade goods, many from our own Summerfield community.

PHOTOS BY MIGUEL SALMERÓN



The whole family is invited on Saturday to enjoy the Summerfield campus in its full splendor of evergreens and twinkling lights while carolers sing beloved holiday music and hot drinks warm hands between crafting and shopping. Highlights include a visit by King and Queen Winter, puppet shows and storytelling, children's crafts in the

kindergarten village and grades, gingerbread and cookie decorating, beeswax candle dipping, the Snowflake Gift Shoppe for the children, carolers and musicians. Circus Waldissima will perform with students from fourth grade through high school showcasing their unique talents with motion, song and colorful costumes as they perform daring acrobatics, dance and trapeze arts.

The Winter Faire Committee is now forming with many generous parents and community members, but many hands make light work and more individuals are still needed. Anyone interested is invited to attend weekly planning meetings each Tuesday from now until the event at 8:40am in the Music/Aftercare room. Together we can make Winter Faire a special and memorable event for our children! If you want to help out but can't attend the meetings, please look for the general volunteer sign-up sheet on the door of the main office closer to the event.

Also, we want to hear from you regarding your past Winter Faire experiences. We hope you will take a few minutes to give us your feedback. Please answer a few questions at [surveymonkey.com/s/GSYJFHP](https://www.surveymonkey.com/s/GSYJFHP). We value your opinion and look forward to hearing from you. Thank you!

Winter Faire Vendors

We are now taking applications for vendors. Especially welcomed are local, hand-made items from the Summerfield community! Applications are due Oct. 21. Please contact Kosima Grundy if you are interested in being a part of the Summerfield Winter Faire: kosimagrundy@yahoo.com.

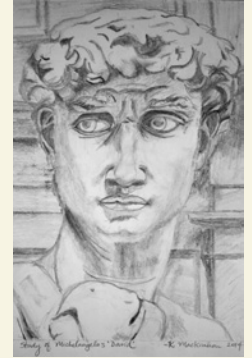
SEVENTH GRADE PLAY

The Agony and the Ecstasy

A STAGE ADAPTATION OF THE NOVEL BY IRVING STONE

By Kibby MacKinnon,
Seventh Grade Teacher

We first meet Michelangelo as a self-assured 13-year old, sneaking out of the house before breakfast to secure a painting apprenticeship against his father's wishes. By age twenty-nine, he created his



seventeen-foot marble masterpiece of *David*, a controversial commission from the City of Florence. All the longing, the passion, and the exciting advances in thinking and the arts that characterized the Renaissance come alive in the Seventh Grade's stage adaptation of Irving Stone's novel *The Agony and the Ecstasy*.

The show plays Thursday, November 6 at 9am and 6:30pm in Sophia Hall, and is recommended for ages 10+ due to length and mature content.

Note that Grades Five and up will be invited to the morning performance.

STUDY OF DAVID BY KIBBY MACKINNON

New Face on the Farm

Our new Farm Assistant Lucinda East was missing from our photo call last month...



she was off getting married! Congratulations Lucinda, and welcome back.

The Fifth Grade goes Rafting...

Vignettes from students and parents on their field trip to Willow Creek.

At the end of September, the Fifth Grade went down to the Russian River to build a raft. Boards, bamboo poles, pickle barrels, ropes and nails were brought for the task, and the children set to work. Together, they planned their design, laid it out and set to work, hammering nails and tying ropes to make a wooden frame, then lashing barrels for buoyancy. All was done in quiet cooperation with energy and determination. Within two hours, two rafts had been built, one large and one smaller, and after a quick snack, they were put to sea successfully. In the calm balmy afternoon of a late September day, the Fifth Grade poled their way out onto the river with much glee and satisfaction. Having made the maiden voyage, the rafts were beached for the night. The hungry crew went back to camp for a hearty meal and turned in for an early night under the light of the moon, listening to the hoots of great horned owls and the howls of coyotes in the distance. The next morning came quickly and the Fifth Grade took another turn on the rafts, before dismantling them and loading the materials back on the trucks. We left nothing behind, as if it had just been a dream.

—Joseph Dean, parent



I couldn't see it working. There wasn't enough time, not enough experience, no real plan, and without a detailed plan how would we know if we had forgotten any important materials or tools or skills? Before I could feel overwhelmed with the task, a group of children were carrying long boards to the water's edge. Ideas were yelled out. In just a few minutes there was a grid of boards on the ground. I saw the framework for a raft. After a vote it was agreed on to nail the boards together rather than lashing them together with rope. The sound of the hammers was ear-splitting. Then barrels were tied to the frame and within a few hours two beautiful rafts, built with different ideas and techniques, were ready for their maiden voyage. I was in awe. I am still in awe. This was a miracle! The children, on the other hand, were proud and happy but not surprised. After all, it was just a raft.

—Johan Niklasson, parent



The children never seemed to doubt that they could build a sea-faring vessel. That quiet confidence in their innate ability to create something solid and worthy, that has been fostered in them in their education at Summerfield was palpable... Hard work in both the creation and the deconstruction of what we made together came easily to the children. The adults' quiet moans of "Are we already taking apart these rafts that we worked so hard on!" seemed not even a glimmer of a thought in the children's minds... chop wood, carry water... this is the pure essence of life!

—Courtney Breed, parent



My class and I went to build a raft. We brought materials to the Russian River. We set off in the morning with the fog rolling in from the sea and sleep still over the land. We set to work, lashing barrels to strong wooden boards, and built two sturdy sea-worthy rafts. I hope our next trip will be just as amazing as this one! —Hopi Caiazzo

After we hauled the raft into the smooth water we all hopped on. Five strong people pushed the raft forward with long bamboo poles. I looked up and saw a fluffy cloud that looked like a raft with many fifth graders on it—a wonderful image, not in the water, but in the light-blue blanket of sky. —Vivianne Dean

We built a sturdy raft, constructed from pickle barrels and old growth cedar planks, lashed with strong rope. We hauled the materials to the beach, hammers rang and the raft formed magically. Then we set sail on the Russian River. —Drew Storino

I woke up to the howling voice of a coyote. I lay listening to the fierce calls, waiting for the coming day, and thinking of the day that was almost over.

We had built a raft earlier in the day and, by nailing long boards together and tying pickle barrels underneath, we were able to go out on it by evening.

The next day we all walked down to the banks of the Russian River and heaved the raft into the river. We used long poles to push ourselves through the water. I shall never forget that trip to the Russian River.

—Farranika Barnum

We built the raft out of wood, nails, rope, and pickle barrels. Each of us got to nail, tie, and share our ideas. When the raft was done we all lifted it into the water. We had poles to steer the raft, but after a while we all jumped in the water. It is really easy to make a raft, if you believe you can do it.

—Nicole Austin

October Greetings From Summerfield Farm

By Farmer Dan

Just this past weekend, in the Jewish tradition, “Rosh Hashanah” was celebrated, a time for facing facts and telling the truth about oneself as an individual, and as a community. The process is called “chesbon nefesh” in Hebrew, an accounting of the soul. Which dovetails nicely with the festival of Michaelmas that our community recently celebrated when we are called to face our inner demons and to find the courage to defeat the inner dragons that come creeping as the days become shorter and the nights darker and longer. And if you were fortunate enough to watch our Michaelmas pageant you would have seen courage, innocence, beauty, determination and grace as the students modeled for our community how to deal with dragons as storm clouds gathered over their heads behind a gloriously decorated stage.

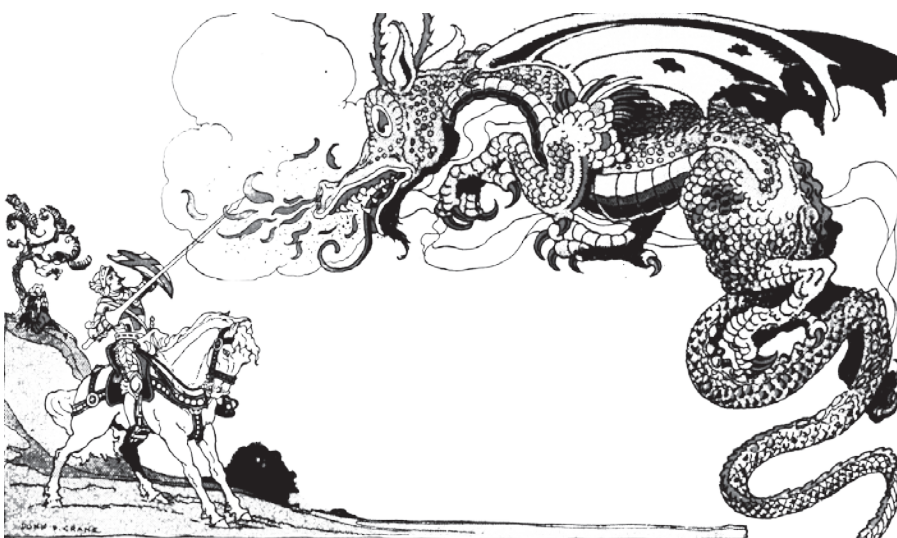
There are qualities that form the basis for all future decisions our children must make regarding their interactions with other people and with the natural world—qualities that loving and diligent mothers and

fathers and teachers that care for children can model, and that are of the utmost importance for the future of the earth. Sometimes we have to be inner “dragon slayers” in order to take up our work of teaching and caring for our children. Children learn to act with compassion by being treated compassionately themselves, they learn to love by being loved, to respect others by having received respect, to cooperate by being involved in cooperation, to keep their word by experiencing honesty, to protect others by having been protected themselves... all gifts that foster love and compassion in children during the formative years of their childhoods.

Once again, the full, glistening October moon rises slowly into view as I ponder my day’s work with the children on Summerfield Farm, staring a bit wistfully through candlelight at my kitchen table. Did love seep into their little beings from me today? Were they respected at all times, and did they experience honesty and a sense of cooperation? Did the littlest ones

experience some sense of wonder in their day that only time spent in the natural world fosters? Did I talk too much and listen too little? Did I remember that children have a deep and abiding interest in growing, perhaps because they are doing it themselves? (“Small children, aware of the world of little things seen all too seldom, often readily notice nature’s tiniest gifts perhaps because they themselves are small and closer to the ground than we, hence they notice and delight in the small and inconspicuous”—Rachel Carson). Was I sensitive to the reality that children are in the process of developing all kinds of inner capacities? And how was what I brought to them enriching or hindering their special gifts or capacities? Rachel Carson, writing beautifully in her essay, *The Sense of Wonder*, wrote: “I sincerely believe that for a child, and for the parent seeking to guide him or her, it is not so important to know as to feel. If facts are the seeds that later produce knowledge and wisdom, then the emotions and years of early childhood are a time to prepare the soil. Once the emotions have been aroused—a sense of the beautiful; the excitement of the new and the unknown; a feeling of sympathy, pity, admiration or love—then we wish for knowledge about the subject of our emotional response. Once found, it has lasting meaning. It is more important to pave the way for the child to want to know than to put him or her on a diet of facts the child is not ready to assimilate.”

Rachel Carson also wrote “Those who dwell among the beauties and mysteries of the earth are never





alone or weary of life,” and that comes to mind as I recall looking into the root cellar earlier today at several hundred colorful butternut and delicata squash and pie pumpkins which the third and sixth graders helped harvest and, via a human chain, loaded onto the shelves in the cool, dark above-ground storage cellar to feed the community over the up and coming holidays.

Not to mention the several hundred ears of “Stubbles Orange” polenta corn that was harvested, husked and will be shelled by the students, piled colorfully in the corn crib; or the huge, golden, compost pile formed by the fifth graders after cleaning up after our 160 laying hens; or the nine dozen eggs gathered and put up for sale in the farm stand by the Kindergardeners; or the lively menagerie of new baby ducks in their brooder in the hay barn just about ready to be released into the duck pond after receiving their swimming lessons in a galvanized tub outside the fourth grade classroom.

To top off a remarkable October day, a couple of Seniors came to the farm kitchen wondering if they could perhaps make some herbal tea for their headaches. Both boys assured me I need not stick around—they would just “smell around” in the herb cupboard until they found just what they needed, leaving me free to scramble off to go apple picking in a huge, seven hundred tree apple orchard, gathering eight huge bushels of freshly ripened crisp and delicious organic Rome apples for drying with the first, second and eighth graders before figuring out the pumpkin carving schedule for fast approaching Sprite’s Night. All in a day’s “work”.

The poet Rilke wrote that life constantly arises and goes forth from each one of us like dew from morning grass, or like steam from a plate of food, what is ours goes out from us. And where, Rilke asks, does our smile go, or the upward glance, the sudden movement of the heart? Does, he asks, the universe that we dissolve into taste of us a little? Perhaps it does. In closing, a poem class five has been reciting each morning, translated from Sanskrit and shared by Ms. Potof, the Fifth Grade teacher:

Salutations to the Dawn

Look to this day,

For it is Life,

The very Life of Life.

In its brief course lie all the realities and truths of existence,

The bliss of growth,

The splendor of beauty.

For yesterday is but a memory,

And tomorrow is only a vision,

but today, well lived,

makes every yesterday a memory of happiness,

and every tomorrow a vision of hope.

Look well, therefore, to this day.

[KAKALIDAASA, 4TH CENTURY AD]

Grandparents’ & Special Friends’ Day

**WEDNESDAY, NOVEMBER 26,
8:15AM–12:30PM**

Every year we invite grandparents and special friends of our community to our school to offer them our gratitude and a glimpse into the special world of Summerfield. We look forward to giving this gift and sharing more about what makes our school so unique. Invitations will be mailed at the end of this month. All grades will participate.



PHOTOS BY MIGUEL SALMERÓN

8th Grade Wreath & Evergreens Sale

From October 27-November 13, the Eighth Grade will be selling festive evergreen wreaths, swags and garlands for your holiday decorating needs. The class is raising funds for their end-of-year trip, and these evergreens make wonderful gifts for your family, friends, and co-workers. We can even arrange shipping for you!



Look for the wreath tables at both bus stops soon. Order and shipping forms are available on our website: please return to an Eighth grader or the Office. Questions: call Monica Sallouti at (707) 495-4682.

Awakening Arts A WALDORF ARTS EXPERIENCE FOR ADULTS

By Mary Bowen

Outside, it is a breezy Autumn day—the leaves are turning, the gardens are heavy with ripe harvests. Inside the room the tea is brewing, there are flowers on the table and a quiet candle is burning. It is a carefully prepared time and space for a nurturing and

artistic experience. But this is not a Waldorf classroom. It is adults who are gathering here to paint, draw, sculpt, and more. Some are adept at art, but most would not consider themselves “artists.” Here, it is the process and not the product that is important. If you can draw a line, dip a paintbrush or feel the clay in your hands, you are ready for Awakening Arts.

Our children are shepherded in Waldorf classrooms with stories, drawings, paintings, sculpture, movement, music and drama—a rich soil for renewal and growth. As adults, some of us wish that we, too, could have had such a wonderful education. Awakening Arts classes give adults a chance to have this artistic experience. In fact, Awakening Arts is often referred to as “Waldorf education for adults!”

A number of themes provide inspiration for a class session: seasons and festivals, temperaments, the four kingdoms of nature, stories, biographies of others or oneself, or the development of human consciousness. Each session has time for pure observation—quieting the soul and seeing into the natural world with new eyes. Then, plenty of time for creating, for quiet, for focus, for beauty, using the same materials our children use in the classroom.

Awakening Arts, also called Nurturing Arts, was brought to the United States in the 1980s by Maria de Zwaan, an art therapist from Holland. The practice has grown, and many facilitators have trained right here in Sonoma County in the past 19 years. For more information, visit the website at www.nurturingarts.org.

As adults, it can be hard to find time and space to nurture oneself in a deep way. Awakening Arts classes foster a life-giving experience that nourishes adults in personal and social development. A quote from a Nurturing Arts participant: “This is the best kept secret in Sonoma County... it is an artistic soul bath... a cleansing of the senses.”



Mary Bowen, M.Ed., is an Awakening Arts facilitator, experienced Waldorf teacher, and grandmother of six, who has led groups for 24 years. Now semi-retired, Mary still offers limited classes. Two new classes are forming: a 7-week Wednesday or Friday morning class beginning October 1 or 10, and a 3-session Saturday morning class on Oct. 4, Nov. 1, Dec. 6. Sliding fee scale. To register, contact Carol-Jean Boevers, jcjb221@gmail.com or 545-2153, or call Mary Bowen, 526-5667.

40TH ANNIVERSARY ALUMNI BASH

In honor of our 40th anniversary, this year we will invite alumni and alumni parents to a 40th Anniversary Alumni Bash on December 26th in Sophia Hall.

We hope parents of alumni will return to see each other again and reconnect with the place that they called home for many years.

We warmly welcome our former parents and students!
[21+ years of age only]



CLIF BAR VISITS SWSF

What a fantastic Sunday! Led by Farmer Dana and Cyndi Yoxall, Clif Bar & Co. came out for a customized

bike ride to visit local farms. Starting with a SWSF farm tour, riders headed out to visit Redwood Hill Farm & Creamery, climbed our beautiful Sonoma County roads, visited New Family Farm and ended at GrowKitchen for a Summerfield-farm sourced dinner.

The group rode over 50 miles with great company and spirit. Clif Bar employees were fun, smart, enthusiastic and full of life! With a commitment to organics and healthy living, we were inspired by their interest and support of SWSF. A big *thank you* to Clif Bar, Redwood Hill Farm, New Family Farm and GrowKitchen!

~ Cyndi Yoxall and Caryn Shapiro Stone, the Development Office



ANTHROPOSOPHICAL SPIRITUAL PRACTICE IN MEDITATION AND THE WORLD

Meditation lies at the heart of anthroposophy. But meditation has many meanings, and Rudolf Steiner spoke about it implicitly and explicitly in many different ways. He always stressed that Anthroposophy is not a theory, but a means of living life fully and in the service of the spiritual world and the continuing evolution of humanity and the Earth. It is, as well, the source for a renewal, and a renewed understanding, of all of our most basic practical activities, from agriculture and education, to finance and furniture design and far beyond. Anthroposophy and meditation are meant to be a living path to an ever fuller and more meaningful life. But what is meditation? How is it related to the way we live and work each day in our thinking, sensing, feeling, willing? How does it relate to life?

Through talks, conversations, experiences, our conference will explore different approaches to meditation, this fundamental component of anthroposophical spiritual practice.

Our hope is that all who attend will leave with a renewed understanding of the meaning and activity of Anthroposophy.

Christopher Bamford, Jon McAlice, Robert McDermott, Brian Gray, Beth Weisburn, and Renate Lundberg will lead us in exploring these questions about meditation and what it means to live an anthroposophical spiritual life.

MORE INFO: FRIENDS@STEINERBOOKS.ORG



Summerfield | WALDORF SCHOOL AND FARM

rsvp (707) 575-7195 ext.102
sallie@summerfieldwaldorf.org
www.summerfieldwaldorf.org

HIGH SCHOOL OPEN HOUSE

Saturday, November 8th, 2014 — from 10am until 1pm



discover . challenge
your passion imagine yourself
your future

Summerfield Community Business Profile

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

Persinger Architects

By Alexis and Angela Persinger

Persinger Architects and Associates was founded on the mission of providing and personalized service of a smaller firm, while delivering the exceptional design of a large firm. Wanting to provide clients with personal attention, architect Alexis Persinger left his position at a large, regionally successful firm to start his own focusing on personal service. This philosophy has built a strong foundation of client relations at Persinger Architects and Associates and continues to be a driving force for the firm.



We receive wonderful accolades around our educational projects, including both public and private schools, and boutique hotels. Bringing along an added economics degree from Cal, Alexis gifts our institutional clients an ally in which to harness creative government funding potential while capitalizing on creative remodeling, facility surveys, and master planning as coveted amenities.

Sustainability is very important to us, emphasized by Alexis' sharp acuity of passive design techniques and careful material consideration. The natural environment is always considered in our designs to minimize energy use, reduce heating and cooling loads, improve comfort and increase natural ventilation to create healthy, comfortable interior spaces. Our high end residential design projects receive close attention in this area specifically. Whether you are looking for boutique commercial, modern luxury, or classic institution, our 30 years of expertise will guide you through a wonderful design experience.

Alexis lives in Sebastopol with Angela, his wife of 21 years. Angela is a Sonoma County native and they have both children (Ava 9th, Adam 4th) here at Summerfield. Together as a couple, they have remodeled three homes including an historic landmark and a one-hundred-year-old Farmhouse, and built new construction from the ground up. They know what it means to "live" through it. Together they bring a loving approach to their family business here in West County. Offering the only traditional high school internship program available for students wanting to pursue engineering and architectural degrees in college, Persinger Architects helps numerous Sonoma county kids achieve scholarships and college assistance. This is an area that we feel particularly dedicated to in keeping design related career paths supported for the children in our communities.

Our new downtown Sebastopol office grand opening (next to Round Table/Sushi Hana) unveils over the holidays... please come visit!

MORE INFO: WWW.PERSINGERARCHITECTS.COM

SUMMERFIELD BIKE TO SCHOOL PROGRAM

Keep riding! Our unique BiketoSchool program is in full force for the 3rd year. Help eliminate cars on the road and in the lots, reduce emissions, and empower students to use bikes for transportation.

It's simple, all you need to do is track your rides to school. One of our donors will give \$1 per rider per day to our Annual Giving Fund—they will give for rides throughout the entire school year (one way counts!).

What a fun way to make a difference and earn money for Summerfield. Wallet-size ride cards are available in the Main Office to keep track of rides. Exclusive BiketoSchool t-shirts can be earned by riding all year!

~ Cyndi Yoxall and Caryn Shapiro Stone, the Development Office



Circle of Hands proudly offers:

Handmade Dolls & Wooden Toys,
Creative Games, Waldorf Art/Craft
Supplies & Workshops, Natural Gift
Accessories & Clothing, Classic Books

Tuesday to Sunday, 10am - 5pm

6780 MCKINLEY ST. #120, SEBASTOPOL, CA

AT THE BARLOW

707-634-6140 • www.circleofhandswaldorfshop.com

ADVERTISE IN THE MESSENGER! GO TO OUR WEBSITE, WWW.SUMMERFIELDWALDORF.ORG, FOR PRICES/SPECS, OR EMAIL, MESSENGER@SUMMERFIELDWALDORF.ORG.

TEXT ADS: MONTHLY, \$20; MINI, \$30; BOTH MINI AND MONTHLY, \$40. GRAPHIC ADS: MONTHLY, \$60; MINI ONLY, \$70; BOTH MINI AND MONTHLY, \$80.

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/Camps

8-week Mindfulness Class + Mentoring 4 teens

To understand basic principles, develop a personal meditation practice, apply in daily life. Series starts Wed. Oct 22, 7-9pm \$200 for 8 weeks (skip Thanksgiving week). Try the first class Wed. Oct 22, 7-9pm \$20. Location Sebastopol. Led by Aimee McConneloug, Somatic Practitioner. (707) 328-1785, earthembody@gmail.com.

Now Enrolling: 1Revolution is happy to announce our 2014-15 School-Year programs

Including weekend, afterschool, and school break offerings for youth ages 8-17. Our community-centered experiential education model promotes connection to self, group, and nature while building developmental competencies. Please visit www.1rev.org or email/call paul@1rev.org, 707-338-6501.

Singing and Piano Instruction

Led by experienced teacher, a SWSF founding parent and original creator of the school's instrument music program. My studio is located in Santa Rosa. Please visit my website marybeardmusicstudio.com. Contact me at marymezzo@sonic.net or 707-546-8782.

After-School Mandarin Language Class at Summerfield

Led by Mandarin teacher from Rudolf Steiner College, Mondays 3:30 - 4:30pm, beginning October 20th. Sliding scale donation. RSVP to Yea-Yunn, yeayunn@me.com.

For Sale/Rent/Needed

Needed: Part-time nanny for 2 Summerfield students

We live in Guerneville with daughters aged 4 and 7. We need help with pickups and after-school care 2-3 days a week (flexible). Contact Jessica - 415-810-5537 or jess@angrymoose.com.

Jonathan Marmelzat, Music Instructor: Winds, Piano & Guitar

Offering individualized music lessons focusing on repertoire for enhanced enjoyment of playing and appreciation of music theory for students of all levels and ages—children to adults. Instruments available for sale, rent or rent-to-own. Contact: Jonathan Marmelzat, 824-1784, 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.

HOLISTIC FAMILY DENTISTRY

Dr. Marie Mallory, D.D.S.



Trained in Germany and in the U.S., Dr. Mallory delivers preventive, restorative, cosmetic, endodontic and orthodontic dentistry with gentle impeccable care for children and adults.

*Healthy Alternatives ~ Quality Supplements
Mercury/Metal Free*

76 DOCTORS PARK DRIVE, SANTA ROSA ~ 542-7800

BY APPOINTMENT: MONDAY - THURSDAY, 8AM - 1PM, 2PM - 5PM



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

John S Woo DDS MS
Orthodontics

Braces, Invisalign, Sleep Apnea Appliances, Nightguards

Ph: 829.5513
220 Petaluma Ave, Suite C
Sebastopol CA 95472
SebastopolOrthodontics.com
Second office in Petaluma Ph: 762.0211

Initial Examination
is
Complimentary



Parent of
Rachel 5th Grade &
Samantha 9th Grade



Gina Martinelli, Real Estate Broker & Investor
Over 25 years experience
2nd Generation Realtor & Investor
3rd Generation Sonoma County Resident

707-888-9999 ginam@myco.com

Get Access to EVERY Home Listed
for Sale as it Comes on the Market at:
www.myco.com

I donate 10% of every commission to SWSF
I've Donated Over \$28,000 to SWSF!
BRE License #01007201

- Get a FREE Assessment of your Home's Value
- FREE Relocation Guide to Familiarize you with the Area
- Short Sales & Foreclosures Included



osmosis DAY SPA SANCTUARY

REFRESH, REVITALIZE AND RENEW...
with our detoxifying
Bath as Medicine Package

90-min Lymphatic Massage
Cedar Enzyme Bath
30-min Sound Therapy

Only \$249 during the month of October (a \$299 value)

707.823.8231 ♦ osmosis.com

Visit us online at
www.summerfieldwaldorf.org

The Michaelmas Pageant



The clouds stayed away long enough for our play. Students from grades two through twelve performed another wonderful **Michaelmas** pageant, then joined their families for a hasty, but tasty, community potluck... before the deluge began! Photographer Cynthia Raiser Jeavons captured these beautiful images while the sun shone.

