

# Messenger

## Summerfield | WALDORF SCHOOL AND FARM

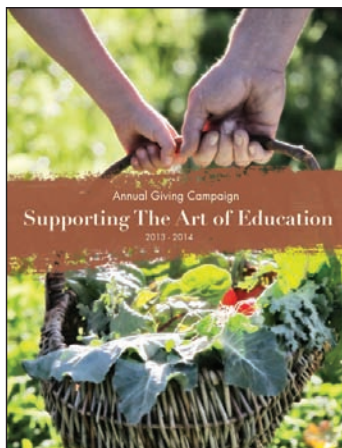
October 17, 2013

Volume 26, Issue 2

### Supporting the Art of Education

Welcome back to our Annual Giving Campaign (AGC)! This campaign has become part of Summerfield's culture, is a critical part of our yearly development, and contributes directly to the health and sustainability of our school. Over the past two years we have achieved 100% participation by all families, faculty and staff, and raised over \$200,000 (\$240K raised in 2011). Support from our community is a crucial part of sustaining the future of Summerfield—all of our participation is critical.

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### Being Prepared in an Emergency

As you may or may not be aware, Summerfield is in the final stages of implementing our Emergency Preparedness plan. Having reviewed the final plan in its entirety at a mandatory Back-to-School meeting in August, staff and faculty are ready in case of an emergency and will continue to keep the safety and well-being of the children in the forefront of their minds. The plan as a whole is reliable and effective.

The recent incident in a nearby neighborhood which initiated a lock-down situation at Summerfield provided the perfect opportunity for us to put our procedures to work. The process of actually “locking-down” became an opportunity for us to learn where we need to improve.

Though the recent lock-down was not a drill, it served as a reminder of how important it is to hold regular drills, including fire and earthquake, and we will continue to do so again this year. In addition, the school has emergency supplies, including a supply of food and water, as well as first aid supplies, rescue equipment, and other basic necessities that, should it ever be necessary, would enable all students, faculty and staff to reside on campus for up to three days. These supplies are inspected regularly and used during drills when appropriate. Also, it goes without saying that faculty and most staff are regularly certified in First Aid and CPR.

*(Continued on Page Two)*

#### Important Dates:

##### Sprites Night

Saturday, Oct 26, 5:30-8:30pm

*More info @ website*

##### High School Open House

Saturday, Nov 16, 10am-1pm

#### Can we save \$34K?

Last year Summerfield paid \$34,000 in processing fees for credit/debit card usage (approx. 2.5% approx of every transaction). We are hoping to lessen that amount significantly!

However, only *you* can decrease this unnecessary expense. Whenever possible, please make payments with check or cash.

It is *much* appreciated.

~ The Finance Department

# Quarterly Update from the Governance Council

*By Catherine Schlager, for the Governance Council*

Summerfield's Governance Council warmly welcomes two new members. Jamie Lloyd and Bob Flagg have joined Catherine Schlager (in her fourth year) to carry the GC work this year. We are still ably advised by Ignacio Garat, Business Manager, and our work is carefully documented by our scrupulous scribe, Cathy Torres, Registrar.

We would like to acknowledge the fine work done by last year's retired GC members Renate Lundberg and Chris Topham. GC work requires a selfless dedication to shepherding the life of the school in so many ways, seen and unseen. Both Renate and Chris spent many hours working through important questions affecting students, teachers and the entire Summerfield community. Our heartfelt gratitude is extended to them!

GC members are always open to hearing from community members. Any questions/issues you bring will find a home somewhere, either with the GC or in one of the other governing bodies of the school such as the Core Groups (High School, Lower School, Early Childhood, Administration or Farm) or the Board. Our approach to

governance at Summerfield can seem complicated at first, but please know that there is a place for everything to be heard!

Our year is off to its usually busy start as we address questions related to our revised lunch program, explore alternative fundraising possibilities for our eighth grade, prepare for mid-term school accreditation reports, oversee faculty evaluation plans for the year, guide preparations for Winter Faire, support colleagues who need additional counsel, plan for faculty trainings, guide the focus of our full faculty meetings, prioritize and support the work of the Care Group, and facilitate careful consideration of the school's approach to working with students who have learning differences.

Governance Council members rotate attendance at monthly Board meetings and each member belongs to a different section of the school (High School, Lower School and Early Childhood) which makes it possible for us to have a wider view of the workings of our dynamic school. From where we sit, Summerfield's 2013-14 school year is off to a fine start!

*(Continued from Page One)*

The parents' role in the plan is to be patient and informed. Depending on the emergency, you may not be able to get close to the school and may be asked to wait in a safe area near the school. If it is hazardous for students to be released, everyone will be kept inside the school until notified by the authorities that it is safe to leave. We will act with the safety of students in mind, and those in charge will always follow the directives of the police, sheriff and/or the fire department. In any instance where an unscheduled pick-up is necessary, you will be asked to follow the direction of our Student Release team which will be located at both the upper and lower pick-up spots. Our next task is to research the best way to inform parents when an incident occurs, be that via email, phone or text message.

We are pledged to making sure that we have the most effective procedures in place to keep us all as safe as possible. Please rest assured that the faculty and staff at Summerfield are doing their very best to be prepared for any emergency situation, and that the security and welfare of our students is our highest priority.

*~ Emergency Preparedness Team*

## Grandparents' and Special Friends' Day

**WEDNESDAY, NOVEMBER 27, 8:15AM-12:30PM**

### FOR EARLY CHILDHOOD THROUGH HIGH SCHOOL

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.

All grades participate in giving this gift and sharing more about what makes our school so unique. Invitations will be mailed at the end of October.



# Lassen Found

*By Rachel Cauntay, Sixth Grade parent*

I was nervous about the prospect of traveling into the distant wilderness with 23 kids who didn't belong to me. My sense of responsibility only escalated when, an hour after our arrival at the campground, the daylight turned a hazy gold, and smoke rose in the distance. We wondered if we would need to decamp and head home at any minute as helicopters and planes sounded into the night.

But, come morning, the sky was blue and we headed out for our first hike. The trailhead looked out over a verdant valley with a small stream running through it. A mile and a half in, the rotten egg smell hit us, eliciting cries of disgust. We soon arrived at a bleached limestone crater (sulphur-stained rust and mustard) named Bumpass Hell. A boardwalk zig-zagged us uphill, past bubbling clay ponds and steaming fumaroles. Signs instructed us to stay on the trails, warning that every year people are scalded by the boiling, acidic water.

Similarly other-worldly was Lake Helen, where our hike ended. Pulling off socks and shoes, some waded into the snowmelt, clear as glass; a hardy few longed for swimsuits. Returning to camp, the fishermen set out towards the stream flowing along the edge of the campground. I watched from the opposite bank as four boys cast their lines, silently searching the sparkling water. An hour later, a flurry of activity began when a group of children rushed back to camp, having disrupted a yellow jacket nest. The other students huddled around as the chaperones pulled out the first aid kit once again—already we'd had one cut finger, one pulled hamstring, and one severe bout of altitude sickness among us. Staggering to dinner afterwards, some students wondered aloud whether they were “cursed.”

It was satisfying to work as part of a team of chaperones. Only in the tent did I find myself a solo agent, trying to convince three girls to disregard the state of their feet (filthy with campground dirt) at bedtime. I encouraged them to “become one with the dirt,” but this advice fell on deaf ears. One tent-mate, who had forgotten to bring a pillow, did bring what turned out to be the most coveted item in the tent—Wet Wipes. The nightly “Washing of the Feet” ritual was their tribute to faraway civilization. Dirt-stained Wet Wipes piled up on the tent floor.

On our last day, 21 students hiked seven miles, stopping for lake swims along the way. Thanks to one chaperone and her student helper, a fully-prepared meatloaf-and-potato-dinner awaited us upon our return to camp. Afterwards, we gathered around the campfire one last time to watch students perform songs and skits.

We visited the Shasta Caverns on our way home. “I just couldn't resist that part,” a smiling Ms. MacKinnon had explained to the chaperones weeks before the trip, barely containing her enthusiasm. “First they'll hike up a mountain, then get to go inside one.” The cool, damp air of the caves was a relief from the relentless heat outside. Our guide led us past suede-textured rock into rooms lined floor-to-ceiling with stalagmites and stalactites, naming the banquet of drip rock before us: “cave bacon,” “cave spaghetti,” “cave popcorn,” “cave peanut brittle,” and “soda straws.”

Stepping from our vehicles into the Summerfield parking lot Friday night, we were bedraggled and giddy from a mixture of exhaustion and delight at being home. There was the feeling that we had survived something together, stepped outside our comfort zones, each in his or her own way, and were united by it. We had ventured into the great beyond and returned satisfied with what we had seen, now ready for the comforts of home.





# SWSF Winter Faire Festival

*By Andrea Joliceur, Lower School Secretary*

Join us on Saturday, December 7, for Summerfield's 28th 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 are growing. Just a week after the younger children have taken the solitary path to the light at the middle of the Advent Garden, Winter Faire provides an opportunity for our community to gather and celebrate the holiday season.

The whole family is invited 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 small children, a raffle, carolers and musicians. Although there will be no Friday



PHOTOS BY MIGUEL SALMERÓN

night shopping this year, we will still be featuring a fabulous array of vendors, many from our own Summerfield community, bringing their mostly local, handmade goods. Circus Waldissima will perform, with students from fourth grade through high school showcasing their unique talents in motion, song and colorful costumes as they dazzle us with daring acrobatics, dance and trapeze arts.

Many generous parents and community members have already stepped up to assist with leading different areas of the Winter Faire effort, but many hands make light work and more individuals are still needed. Our goal is to have a team leader and an assistant team leader for each activity, with a team of support to make each task simple and easily accomplished. Together we can make Winter Faire a special and memorable event for our children as well as for prospective parents. You are invited to attend planning meetings, held every Tuesday at 8:40am in the High School Art room, or look for the sign-up sheet on the door of the main office closer to the event for general volunteer jobs. Also needed are donations of items for the raffle. Contact Kosima Grundy, Event Coordinator, or myself (andrea.j@summerfieldwaldorf.org) with any questions.

## DON'T FORGET TO RENEW YOUR SAFEWAY CLUB CARD WITH ESCRIP!

It's time to renew (or register!) your Safeway Club Card with eScrip so your purchases at Safeway will earn money for Summerfield (4% of your purchases—credit cards excluded!) Your Club Card will become inactive with eScrip on November 1 unless you renew your commitment by going to eScrip.com and clicking on the "Yes, Keep Earning at Safeway" button. Sign up your friends and family as well!

For more info contact Development office at [escrip@summerfieldwaldorf.org](mailto:escrip@summerfieldwaldorf.org).



## Ancient Civilizations

*by Laurie Hartsook,  
Fifth Grade teacher*

The fifth grade concluded their block on the ancient civilizations of India and Persia with a delicious feast. Each child brought in an authentic Indian dish. They dressed in traditional attire with sari cloths, kirtas, bindis and bangles. Sitting together on the floor, they were serenaded with the wonderful sounds of the tabla drum and sitar, played by a talented parent. Our senses were filled with the tastes, sights, feel and sounds of another world.



Our field trip to the Sonoma Ashram gave opportunities for seva (selfless work, in the garden) as well as sadhana (reflection). We were blessed with the presence of the ashram's spiritual teacher, Babaji. He spoke of his time in India as a student eating mangos under the mango tree. "Did you eat any?" asked a fifth grader. He answered "Oh yes, hundreds of mangos!" The next day all the children vividly recalled his stories that cleverly wove humor and life lessons. "My favorite is the one about the monkey catcher," said one. "Yes", said another, "the monkey didn't know how to let go."

Our diverse fifth grade curriculum will lead us to many places, but India remains in our heart.



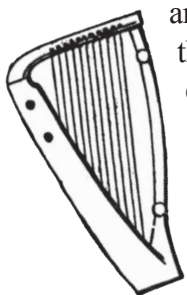
# When is the Right Time for Music?

By Adam MacKinnon, Editor

Most of us arrive at a Waldorf school having already accepted that our child won't have homework in Kindergarten. We may not entirely understand why when we first 'sign on' but hopefully, we all come with open hearts and minds ready to learn. After all, the learning process at a Waldorf school is very much for the parents as well as the children!

And what about Music? The Kindergarten teachers recently organized a parent evening and invited Kris Boshell, Extra Lesson teacher and professional musician, and Debora Friedman, Lower School Music Coordinator, to help explore the Early Childhood music experience.

The first and most important thing to note is that music surrounds us from our very beginnings as a human being. We hear and love the sounds of our parents' voices before we are born, and our own first sounds have the rhythm and cadence of music. In Waldorf Early Childhood classes, songs, notes, and rhythms are taught exclusively through imitation. "We are not correcting, analyzing, explaining or discussing the rich music curriculum with the children. Instead of having a music period, we have music classes all day, every day. Some are more formal, such as circle time, and the rest



are woven throughout the day marking every transition and activity," explains Miss Sarah of Yellow Rose. One of the most effective methods the

Kindergarten teachers use to get their charges' attention is to sing their instructions, and one of the very best things we can do for our child at home is to keep on singing simple songs to them through the early childhood years.

In the early years, children learn best by imitation, which they do with their will, not with their thinking. Most or much of the young children's energies are going into developing their bodies, and if we ask their head to do too much intellectual thinking at this stage, there's a cost. Yes, they can learn through instruction... but it takes them away from what they most need to be doing at this age, creating their own foundation for the future. For parents who are feeling pressure to rush their children into musical instruction, the Waldorf approach can be a relief, offering reassurance that formal instruction will happen in good time.

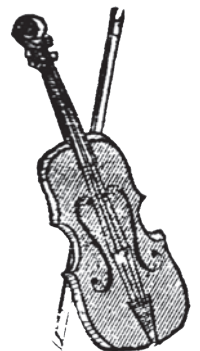
At Summerfield, the children are bathed in music—from Roots and Shoots through pre-school and kindergarten, song is a crucial part of every day. And that path continues in the grades, with daily singing in class and playing music on recorders—just the five-note



pentatonic scale in first and second grade, then the full diatonic scale recorder and lyre harp in third grade. Children also begin to sing in rounds in third grade.

In fourth grade, children start on cello or violin, and in fifth can move to a wind instrument as well. They begin to sing parts: first soprano and alto, then adding tenor and bass as voices change in puberty. In the later grades, they also have the opportunity to join class orchestras and ensembles, with the focus on teaching everyone to enjoy music and have a chance to participate and develop musically.

This is the time of their development when they can make rapid progress, as they can comprehend and not just imitate. They can develop their skills individually and then have the wonderful experience of working together in a group to create new and beautiful harmonies.



## 5 WAYS IN WHICH WE AS PARENTS CAN SUPPORT MUSICALITY IN THE YOUNG CHILD

- Simple musical 'instruments' for the child to explore freely
- Rhythm in daily life
- Beautiful tones in speaking, singing—pure, soft, without vibrato
- Poetry and rhyme
- Hand-clapping games, jump rope, finger games, with rhymes and song

# What have the Greeks Ever Done for Us?

Interview by Adam MacKinnon, Editor

Barely a month into the school year, the Summerfield sophomores delivered a stirring production of *Alcestis*, written by the Greek playwright Euripedes, about a loving wife who volunteers to die for her husband.

*The Messenger* interviewed Kevin Simmons, HS Drama teacher, about why we study and perform Greek tragedy in the high school.

**Messenger:** Why is drama so important in education?

**Kevin:** Drama as a whole allows a child to meet him or herself on a true level. Part of the reason for the focus on drama in the Waldorf curriculum is that it gives an experience of encountering a sense of self.

**Messenger:** What was new or special about this production for the students?

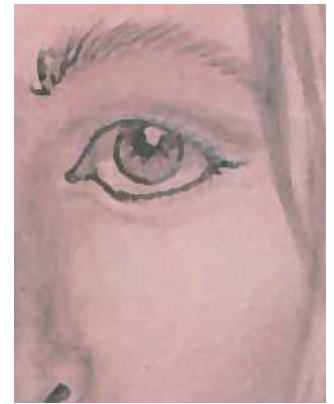
**Kevin:** It's the first play they've done in their time here at Summerfield where they've been responsible for the whole production—sets, lighting, costumes, everything.

**Messenger:** Why do Waldorf students study Greece in Tenth Grade?

**Kevin:** In the Tenth Grade, a year when strong anti-social forces emerge, there's a sense of fluidity and turbulence in the child's inner life. And the curriculum meets that with some of the strongest work we do, in answer to those strong emotions. In studying the Greeks, we consider the consequences of breaking taboos, our responsibilities and our freedoms, and we examine free will vs. fate.

**Messenger:** How does this meet them developmentally?

**Kevin:** These students have just come through a year (Ninth Grade) that's all about discovering the Self, and then in Tenth Grade they're ready to begin to look outward, to seek an awareness of the Self in society. Greek drama is an almost elemental study of what it is to be human. It gives them a context to tackle these big questions and, at a time in their lives when they're looking for meaning, it shows them models of survivable extreme behavior. That gives them a place of "safe-danger" and, coming at the start of the year, has proven to be a very unifying process for the class, a high point of cooperation.



'BARNYARD STUDY'  
DRAWINGS BY EIGHTH  
GRADERS, EXPLORING  
COMPLEMENTARY COLORS  
OF ORANGE AND BLUE  
IN PASTEL

Catch this exhibition  
in Sophia Hall — runs  
for one more week only!

CHICKEN DRAWINGS ALSO  
ONLINE IN OUR GALLERY AT  
[SUMMERFIELDWALDORF.ORG](http://SUMMERFIELDWALDORF.ORG)



# Farm Harvests

By Farmer Dana



Thank you to everyone who shops at the Farm Stand. We have had a very abundant harvest this year. Our root cellar is stocked full of onions, winter squash and potatoes, thanks to the busy third grade who has been harvesting every Tuesday on the farm.

Last month we harvested about 10,000 onions. We grew three types this year: the Rosso di Milano are a red Italian heirloom that are large and sweet and best roasted. The Patterson are a small to medium yellow onion that will keep through the winter (sometimes until spring) and are a great all-purpose onion. Also this year we grew a crop of Cipollini onions. These onions are so sweet, I saw some of the third grade eating them raw as we were harvesting them. Add a couple of these onions the next time you make French onion soup.

We also had a great crop of potatoes this year. We grew mostly all-purpose yellow roasting potatoes, as well as a great crop of Peruvian purple potatoes. Purple potatoes reportedly have more antioxidants than traditional potatoes and can be used in the same way—give them a try and let us know what you think. Finally we had an extra large harvest of the Bodega Red potato. It started three years ago when Alyssum and I received eight small potatoes from a woman in Bodega who was part of a

seed saving project and, ever since, we have been growing and replanting them. We are happy to report we now have more than 200 lbs! The Bodega Red is one of the only potatoes to have come directly up the Pacific Coast (instead of through Europe like all other potatoes) and was thought to be lost until recent years. It grows very well here in Sonoma County and is very prolific and easy to dry farm.

Last week, the third grade harvested the field corn. This year we decided on growing an heirloom dent corn from central Italy. Peeling back the husk, the corn is a deep golden orange. We will soon be grinding cornmeal again and, as the nights get chilly, a pan cornbread or pot of polenta is a welcome addition in the kitchen. Please look for the cornmeal in the coming weeks and let us know what you think about this new special variety.

And finally our bumper crop of butternut squash made it in to the root cellar. A line of singing and laughing third graders extended out of the root cellar passing each squash hand over hand into the cellar where they will be stored for the rest of winter.

It is such an abundant time of year, and what a beautiful thing it is to create an entire meal from the abundance and hard work of a community. We will be featuring a recipe each week at the Farm Stand, where you can pick up everything you need for your meal grown on the Summerfield farm.

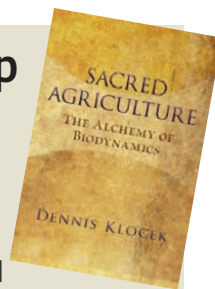


## Study Group

By Farmer Dana

The Farm Guild will be heading indoors to start our winter study group. We will be taking up a new book on Biodynamics this year. *Sacred Agriculture* by Dennis Klocek covers his views of Goethean observation, alchemical language, and the classic four elements, as well as insights into what led Rudolph Steiner to the Biodynamic Preparations. Familiarity with Biodynamics or Anthroposophy will be helpful though not required.

Please RSVP to [dana@summerfieldwaldorf.org](mailto:dana@summerfieldwaldorf.org). I will be ordering books on October 23, or you can order yours from [Steinerbooks.org](http://Steinerbooks.org) if you would like to have it sooner. We will be meeting in the handwork room Thursday mornings, 8:45-10:15am.



## Greek Yogurt Now Available

We're so glad everyone is enjoying the yogurt! There have been some jars that have been "thin" so please bear with us as we are just now trying a Greek yogurt culture which will be thicker and creamier. Just to clarify, we are not going to be straining off the whey in the traditional fashion but we will be using a Greek culture. Also please, please, please return your jars to help keep our costs low. If you have bought yogurt in the past and not returned your jars, maybe consider buying the farm a case of wide-mouth quart canning jars.

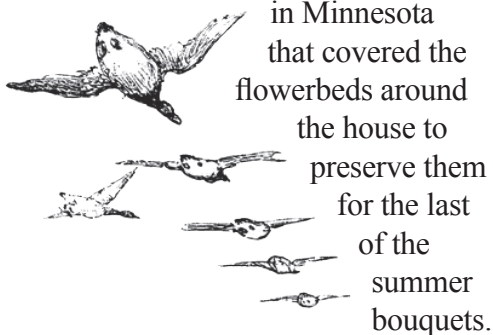
~ Farmer Dana



# October Tales From the Farmyard...

By Farmer Dan

How amazingly autumn once again slips into the world with her endlessly remarkable bounty of colors and smells and moods. The smell of woodsmoke wafts over my kitchen table from the neighbor's early Sunday morning fire, slipping through the open door and transporting me effortlessly back to autumns in Vermont and Minnesota, Oregon and England, and so many places in between. It envelops me, permeating the folds of my old cashmere sweater and mingling with the aroma of strong coffee while evoking elusive memories. "It is almost chilly enough for the ponds to freeze over," the geese flying overhead cry out as they raced south to the Gulf of Mexico this morning, the same kind of a morning that used to nip the fragile basil and leave a soft fur of ice on the old bedspreads

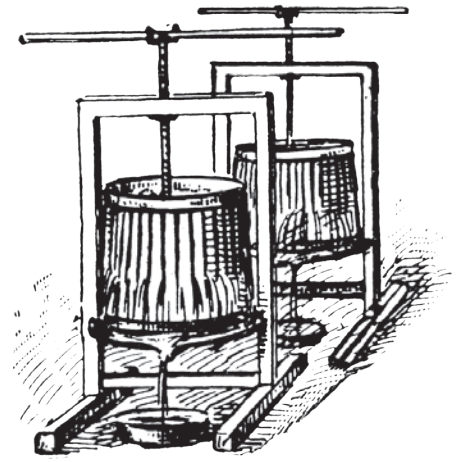


in Minnesota that covered the flowerbeds around the house to preserve them for the last of the summer bouquets.

As the school year's unfolding coincides with the harvest, stories from and about the children begin to ripen as well. Kibby MacKinnon, our sixth grade teacher, shared one of special delight. It seems her little son Willsy had spent some afternoons in Aftercare where the children were discussing God, so that evening while brushing his teeth for bed Willsy was doing some theological reflecting out loud to

his patient mother. "Is God a boy or a girl?" he wondered, and "Is God big or little?" and before he could get out the next question his mother interrupted and said, "It's time now to finish brushing your teeth and get into your bed," to which he replied, "God said I don't have to brush my teeth!" Nice to have a hotline to God when needed... Then, too, there was the child who began our gardening class with these reminders to Farmer Dan: "You can always trust me to get my farm work done, Farmer Dan, but never trust an atom. They make up everything," followed with an additional reminder to "never play cards in the Serengeti. There are too many cheetahs." Finally, with a glint in his eye he left me with this departing insight: "Remember, seven days without a pun make one weak." He must have saved up all summer.

Meanwhile, the third graders went apple picking and filled an entire pick-up truck with fruit which they subsequently transformed into golden cider for the Michaelmas pageant. The first and second graders cut and dried twelve gallons of apples for winter snacking. The hale and hearty fifth and sixth graders forked a spring and summer's worth, a substantial mountain, of cow and sheep manure out of barns, which the high schoolers then sculpted into compost piles for feeding the fields next spring. Next came potato-digging, followed by a huge onion harvest, all produce safely tucked out of reach of the coming November rains. This week's work will bring in a plentiful field's



worth of butternut squash just in time for fall pie-baking, and then we will begin laying the fall cover crop over fields for their winter's replenishing nap. And of course all the students are eagerly looking forward to pumpkin carving with their high school buddies for Sprites Night.

Last week also brought us the visit of a special wise friend, Dr. Johanna Steegmans, an Anthroposophical doctor from Seattle who brings much wisdom and grace to teachers and parents regarding her many years of observations of children. As a parent or teacher, she introspectively asked, "Are you willing to look into your child's/ students eyes with a foregone willingness to learn and change?" How we think about a child is crucial to his/her development and when we pack schedules full, when we do not simplify our parenting and the rhythm of the busy school day, the child often simply can no longer "digest" all we have put on his/her plate, so to speak. Food, sleep, media; constantly asking the child "What do you want?"—such things shape the child's developing "sense of life," and our job is to constantly weigh if what we offer is too much or too little, e.g. running for a glass of water every



time the child is thirsty. This brings up the pros and cons of feeling hungry vs. being satiated, or a sense of comfort balanced with what is built when the child inwardly realizes, “I can wait a little bit; I can do a little more.” Johanna’s suggestion for avoiding tummy aches included proteins in the morning, a larger noon meal, and easier-to-digest carbohydrates for dinner to foster better sleep. Hot water bottles on a tender tummy with oatmeal soothes gently.

While considering ramifications of diet, back in the 1920’s Rudolf Steiner was already very concerned that the foods people were eating were becoming increasingly “lite” in the vital life forces necessary for healthy spiritual and moral development, hence the lectures in his book *Agriculture* addressed these insights and concerns. Out of these lectures was born the Biodynamic Agriculture movement. Summerfield Farm, the farm our children help us maintain, grows food Biodynamically-certified with the vital life forces so necessary to sustain our healthy development. Without more esoteric explanations, I ask that before you rush off to Whole Foods or Oliver’s, please stop first at our own SWSF Farm Stand for some specially enriched produce that has a homeopathic capacity to give your precious body a nutritious kick in the pants, as well as tasting better and having a much better keeping quality. Here also, FYI, is a brief little list from the *Nutrition Action Health Letter*, a non-profit in Washington DC, of the most nutritious veggies, fruits, grains, and beans based on fiber, vitamins and six other essentially vital criteria: Of 47 ranked veggies, the top 5 in order are kale (outstrips all veggies by a large margin), spinach, collard greens, turnip greens, swiss chard (broccoli and carrots are in the middle); of 49 ranked fruits, guava is #1, followed by watermelon, kiwi, papaya and grapefruit (apples about 1/3 down the long list); of grains, #1 is quinoa, then amaranth, buckwheat, bulgar, barley, wild rice, millet, brown rice... of beans, #1 is soybeans, then pinto, chickpeas (garbanzos), lentils, black-eyed peas; and, to keep you in suspense, I have run out of room for ranking meats.

Finally, the Native Americans who inhabited the land where our lovely school now sits included acorns as a staple in their winter diets. This, you may have noticed, is a banner year for acorns, so if you would like a lovely fall project to try with your children, here is one that is very enjoyable with kindergardeners to adults. Simply wander around under the oak trees, preferably at Summerfield where the land has been treated with Biodynamic preparations, and gather a bowl or bag full of acorns, making sure there are no holes in them, even small ones, as those are worm holes. Then, simply do the following to make a truly delicious Acorn Gingerbread:

## Farm Thank You!

The farm would like to thank Cal Flora and Harmony Farm supply for providing the farm with two fruit trees and native grasses, trees and shrubs. Cal Flora specialize in native plants and propagate most of their stock on-site. Please visit them on Fulton Rd. They are a great resource for drought tolerant and pollinator friendly gardens.

~ Farmer Dana



### Acorn Processing:

- 1) gather unblemished acorns, not too small
- 2) dry overnight in a warm oven
- 3) crack with hammers, or even stones, to separate the “meat”
- 4) place in large bowl, cover with water, let sit for 30 minutes, taste, do again if not mild enough
- 5) dry again overnight
- 6) run through hand mill or grinder to flour-like consistency

### Acorn Gingerbread:

- |                      |                    |
|----------------------|--------------------|
| 1 1/4 c. acorn flour | 1 1/2 tsp clove    |
| 1 1/4 c. wheat flour | 2 eggs             |
| 2 tsp baking soda    | 1 1/2 c. sugar     |
| 1 1/2 tsp salt       | 1 c. molasses      |
| 1 tsp cinnamon       | 1 1/2 c. olive oil |
| 1 tsp ginger powder  | 1 c. boiling water |

Preheat oven to 400 degrees; sift all dry ingredients; whisk all wet ingredients; add dry ingredients to wet, then slowly add boiling water until batter is smooth; bake 35-40 min

In closing, a thought from Rumi, perhaps while contemplating your child: “Birds do not resemble eggs. Think how different the hatching out is.”

With warmth from the farmyard, Farmer Dan

*(Continued from Page One)*

For many years one of our dedicated parents, George Triest, helped lead this campaign as a volunteer chairperson. After putting four children through Summerfield, he is no longer a SWSF parent—his baby, Rose, graduated this past June—and we miss the family already! This year we are blessed to have a new parent Volunteer AGC Chair, Suzi Redlich. Suzi has stepped up to guide an outstanding team of parent leaders in each class, having been a class rep herself for several years. She is passionate about supporting the AGC. 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 Scottish accent and beautiful spirit, she is well versed in the reasons and importance of giving.



SUZI REDLICH AND FAMILY

Over the past few years, we have distributed over \$700,000 annually in financial aid and emergency assistance to our families from our general fund. This enables us to continue to serve families from a diverse population, as well as keep current Summerfield families here when possible. AGC dollars also contribute 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.

One of our goals to ensure our sustainability is raising \$230,000 in Annual Giving tax-deductible donations to the general fund. We can all do our part by contributing to this goal by December 13. 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 (which is a promise to pay later) to be paid by May 30, 2014.

What better place to donate than the institution where you entrust your most valued possession?

*~ Cyndi Yoxall, Development Coordinator*

Thank you to the following Annual Giving Class Representatives: Sarah Brinkman, Kristin Humphreys, Jesse & Joanna Jacobs, Luke & Elena Bass, Eric Iskin, Vipassana Esbjorn-Hagens, Jennifer McKenzie, Robin Prusky, David Traversi, Ivo Austin, Addie Mullinex & Glenn Berger, Dan Young, Elsa Clyde Garcia, Jeffrey Westman, Suzi Redlich, Liz Evans, Linda Tropeano, Tracy Saucier & Sonja Rohde.

## MARK YOUR CALENDARS FOR UPCOMING EVENTS

### **Alumni Event, Dec. 26**

*(Day after Christmas):*

A fun celebration just for our alumni and faculty to maintain old connections and build new ones. This event takes place on campus over the winter break and includes food, beverages, music and a nostalgic display of old photos and memories.

*Coming in 2014....*

### **Off-site Dance Fundraiser in February**

Last year we held a Queen of Hearts themed DJ dance party at the Arlene Francis Center in Santa Rosa. To make this event happen again, we will need a group of volunteers to plan this fun event! We are looking for a lead volunteer. Contact [cyndi@summerfieldwaldorf.org](mailto:cyndi@summerfieldwaldorf.org).

### **Farm to Feast 2014 Auction and Dinner on the Farm**

*Saturday, May 17, 2014*

This event will take many hands in many areas. It is our largest fundraising event of the year and is SO MUCH FUN! Last year this event sold out a month in advance, and we raised \$203,000 through our auction and event. Mark your calendars now for this special afternoon/evening, adult-only event on the farm. Questions? Contact: Cyndi Yoxall, Development Coordinator, at [cyndi@summerfieldwaldorf.org](mailto:cyndi@summerfieldwaldorf.org) or 575-7194 ext. 105.

## **City-Country Learning Garden** *By Cyndi Yoxall, Development Coordinator*

Donate your used rainboots! Summerfield's partnership with Sheppard Elementary School in the Roseland School District continues! With the guidance of Ronni Sands, a group of our high school students are helping to support the development of their school garden program for the fourth year in a row, acting as gardening teachers, helping to build garden boxes, planting seeds, and working as mentors. We are collecting rain boots for second and third grade students—any donations are welcome! Please bring them to the Development Office. We are trying to collect donations by October 30. We also have a City-Country Learning Garden Fund for anyone interested in donating to the project.

# A Perfect Day to Celebrate Life

by Tracy Saucier, School Secretary



LESLIE YOUNG AND TRACY SAUCIER

It was a clear, warm, balmy day and the walnut tree embraced the Summerfield community that it grew up with. We had gathered there on the farm to honor Leslie Young's decades of service to Summerfield. After volunteering for nine years while her children were attending the school, Leslie became part of the staff and worked for 23 years, retiring in June 2013.

Summerfield's past and current teachers, faculty and parents all gathered at the farm, the heart of the school, to celebrate Leslie. The party began with delicious food and sweet music. Lowell, Leslie's youngest son and owner of Peter Lowell's restaurant in Sebastopol, made his elegant organic pizzas while guests brought tantalizing pot luck dishes. The guests arrived to hot pizzas popping out of the wood burning oven while Tom Lanphar played poignant songs picked for Leslie. Lisa Hensley put together a board for guests to share photos and stories on that Leslie would later take home. The area was buzzing and, like the bees, people hovered around enjoying connections with old friends and new, sharing the sweetness of the day.

While guests ate their lunches under the walnut tree, Tim Allen facilitated an open mic storytelling session. Don Basmajian opened the sharing with an acrobatic demonstration; placing Angelina on his thighs, leaning back and allowing her to appear to "fly." Don noted that he was the "base" and Angelina the "flyer", and asked who got the most notice (of course it is the flyer who everyone sees). He continued that Leslie has been a "base" for the school for longer than he had been at Summerfield; that she had carried the spiritual life through the festivals, and been integral in involving the parent community. And that she had done it out of a true sense of service with joy! Person after person echoed these sentiments: how available Leslie always is; how supportive; how enthusiastic; how capable... At the end of the sharing, Leslie was gifted with a beautiful rose bush to plant in her amazing garden to remind her of our love and gratitude.

Dessert was served while Chris Topham, Roland and Thalia Baril, and Tom Lanphar played together, their sweet harmonies drifting across the farm. Songs were touching and, especially for Leslie, included Tom's version



LOWELL SHELDON (FOREGROUND)

of *Maggie's Farm*, newly titled *Ain't Gonna Work on Summerfield Waldorf School and Farm No More*. At the end of the party, many hands were busy cleaning up and Truth Almond said to me, "What a perfect day to celebrate Life!" It was a Summerfield family affair.

## Michaelmas Work Day

By Farmer Dana

The farmers would like to extend their gratitude for all the hard work that took place on Michaelmas. Students were ready to go, tools in hand, at 8am.

We formed and layered a *huge* compost pile that will sit until the fall of 2014. We even layered in two truck loads of thistles that were dug up by another group in the lower pasture.

We cleared out an overgrown bramble of unproductive blackberries. Later we will be planting native shrubs and grasses to replicate the oak savannah that once covered the Laguna de Santa Rosa.

Another group renovated our old drying shed. New hardware cloth and redwood lath was put all around and the building looks new again! We will be drying flowers, herbs, seeds and garlic there in years to come.

The largest group of all worked on our apple orchard. They removed the grass from under the apple trees so we can compost them this winter and sow a cover crop of white clover.

And Kyle Collins (HS Science Teacher) had a group working in the Bio Garden—it looks better and better every year. Finally, a group laid the foundation for a new garden between the High School and Lower School.

## Chest Freezer Needed

The Farm is looking for a chest freezer for the Farm Stand. Space is limited, so ideally it would be 4-5 ft long. A glass top is a huge plus.

Please email Farmer Dana: [dana@summerfieldwaldorf.org](mailto:dana@summerfieldwaldorf.org).



# Reflections on the Mystery of the Node

## ELEVENTH GRADE “PLANT CULTIVATION”

By Ronni Sands, High School Garden Teacher

This fall the eleventh grade investigated the node on a plant, the intersection of stem and leaf, and a vital place of reproduction.

These can be seen as horizontal lines at intervals along the stem and, during the growth cycle, these nodes are where leaf and flower production repeats itself. We can enhance this growth process by removing older parts of the plant, and see new growth beginning at the node right below our cut.

This is called “dead heading.” We also took cuttings from perennial plants, inserted them into a soilless medium of perlite and vermiculite and, by keeping them hydrated, the node will now use its growth forces to make roots. Once a new plant is established, it can be transplanted into soil and later into the garden.

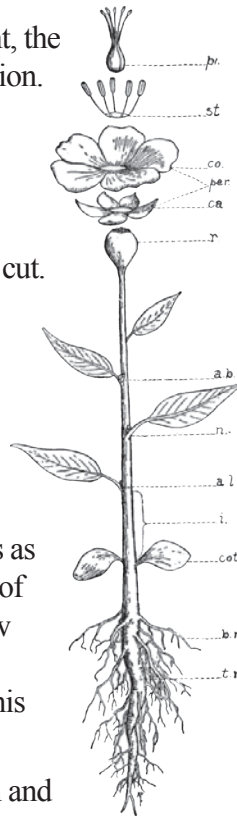
We studied and practiced many other propagation methods as well: seeding, division, and layering, all with the intention of increasing our quantity of plants without a cost. The willow plant is the easiest to reproduce by cuttings, as it contains within itself rooting hormones, and our success rate with this plant was the greatest.

The next successful cutting was the fig. With a sturdy stem and many nodes, it maintains its vitality. Many of the now producing fig trees in the Permaculture Garden were started as cuttings five years ago and this year we are reaping an abundant harvest. We also propagated strawberries by catching the runners in small pots of soil, letting them root, and then cutting them away from the mother plant and planting them out in the garden. Lastly, we dug up clusters of plants that were too close to each other and separated them, giving them more space and independence.

Lavender is another plant that seems to be doing well as a cutting. Slow growing herbs like chamomile, thyme, and parsley have been started from seed in the greenhouse and will have all winter to develop in size and be ready for spring planting.

Seed-saving is also an important activity to ensure next year’s crop. We carefully gathered seeds from cosmos, coreopsis, black-eyed susan, sunflowers and marigolds and now have an abundance for sharing. We direct sowed winter crops, such as turnips, carrots, and radishes, which have sprouted and will give us an early spring harvest. Leafy greens, like kale, collards, chard, tatsoi and arugula, sprouted quickly from seed in the greenhouse and were transplanted out.

Our strawberry and raspberry crop seem to be an all time favorite with the students, and they have had a long season of giving. Nothing is more vital than food consumed the moment that it is picked and, as we all know, teenagers are always hungry. The bounty of nature is forever returning and with the work of the students, we can have a thriving food forest right outside their classroom door.



## GREEN TIP

Here’s a regular feature from the Green Team, a mixed-grade group of high-schoolers who are thinking about their place in the world. At this age, they’re ready to develop a sense of social responsibility, and this often manifests in a deep concern for the environment. This year, they want to encourage many small acts that can make a big difference.

### OCTOBER GREEN TIP:

*“If every house in the country were to switch one incandescent light bulb to a compact fluorescent the pollution reduction would be equivalent to taking 1 million cars off the roads. If the color of the light is bothersome, put it in a closet, laundry room, or a less used space.”*



## Alumna Update:

### Andrea Kenner (Class of 2001):

Andrea graduated from New York’s Fashion Institute School of Design and has worked in all areas of the fashion industry, including design, before returning to her Sonoma County roots this summer, and opening her own retail boutique, Tamarind, located in the Barlow, in Sebastopol. Growing up she had many artistic influences, particularly from attending Summerfield. Even though she always knew she wanted to be a fashion designer, she has come to realize that her experience at Summerfield has played an integral role in who she is today as a creative thinker and artist.



# HS Open Week

By Adam MacKinnon, Editor

Every year, high school begins with Open Week, in which the ninth-twelfth graders choose a trip to take that will challenge them, providing a test of endurance and cooperation that mirrors the journey they will take in the year ahead.

One of the trips is kayaking on Tomales Bay. Teacher Renate Lundberg describes what it brings the students: “The students learn to overcome this first feeling of anxiety mixed with excitement as they see the open water of the bay in front of them. Packing the boat requires care and a good memory of what’s where, because invariably one needs something that is stowed far away in the tip of the boat. Once on the water, they need keen observation and quick and decisive action to assess and react to shifting currents, wind and waves.”

Here are some of the students’ impressions from the trip:

*[On the first] evening, we went on a hike to a beach where an artist used to live. This artist, named Clayton Lewis, lived on his own and would occasionally row across the bay, pick up a small group of students, and take them back across to his beach for the day. Sometimes he would even teach them to fish. Clayton lived here for a few years, and then moved out sometime in the late 1900’s. His house and the few buildings surrounding it are old, but still standing.*

*The next day we packed up, said goodbye to the last bathrooms we would see for a few days, and set off. During the rest of the trip we would be using a portable toilet called the “groover.” The second day was the longest. We paddled about 5 miles. On our trip we saw a lot of animals: Seals, jellyfish, starfish, birds, and we even stopped by to look at the oyster beds. Our guides were very enthusiastic, and they taught us a lot about the bay and all its creatures. The second camp was full of jellyfish! That night most of the students went on a night paddle to see the bioluminescence. — Alexandra Langley, Ninth Grade*

*One of my favorite parts of the trip was going on the night paddle. Although going paddling in the middle of the night where there is no way to dry off without changing into some rapidly diminishing clean clothes may not sound exactly fun, this particular event was, for lack of a better term, radical. It turns out that Tomales Bay is one of the few bodies of water in this area containing bioluminescence. When you dipped your paddle into the water to propel yourself, the water around actually lit up. You could swish it around, creating swirls, and the occasional fish would swim by, appearing as a little dart of light. It was all very fascinating.*

— Jake Gimpel, Ninth Grade

*I really enjoyed the bioluminescence... I’ve tried to put the experience into words, but it’s very hard to explain. It feels as if you are floating on a bedazzled ocean that only lights up from movement. You see hundreds of blue streaks whizzing under you from fish, your paddle sends a sparkly blue splash into the water, and your hands can make designs.*

— Sam Hunt, Ninth Grade



PHOTOS BY CYNTHIA RAISER JEAVONS



# Summerfield Community Business Profile

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

## WHOA Farm

By Wendy Mardigian & Eddie Gelsman

Work Horse Organic Agriculture (WHOA farm) is the non-profit 501(C)(3) Charitable organization owned by the Mardigian-Gelsman family. WHOA Farm grows organic fruits and vegetables that are harvested and delivered directly to free health clinics in our area for patients attending weekly nutrition education appointments. Those patients receive a bag of freshly picked vegetables and fruit every week. In addition, WHOA Farm delivers freshly harvested produce to



Ceres Community Project in Sebastopol every Monday, in bulk, to be used in their preparation of meals for families in the county. Also, food is delivered weekly to St. Vincent de Paul's kitchen and Petaluma kitchen both serving meals daily to impoverished families.

WHOA Farm's mission is to provide organic, healthy food for people in Sonoma County who would not otherwise be able to afford it by aligning with health institutions who can distribute the food with the purpose of improving peoples' standard of health.

Work Horse Organic Agriculture also extends its mission to have a lighter carbon footprint by using draft horses to plow and cultivate the soil, and practicing responsible farming through sustainability for the land and WHOA Farm as a legacy for future generations.



MORE INFO: [WWW.WHOAFARM.ORG](http://WWW.WHOAFARM.ORG)



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## SAILS


the school store located in the main office

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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



## Circle of Hands/Barlow opening

Grand Opening festivities will take place on Oct. 25th and Nov. 2nd. On Fri. 10/25, from 6-8:30pm, we'll host an Adult Reception with wine, cheese & dessert. On Sat. 11/2, from 11am-2pm, we'll have a Family Party with snacks & children's activities. Please come visit our beautiful new shop! 634-6140, [circleofhands@sonic.net](mailto:circleofhands@sonic.net), [www.circleofhandswaldorfshop.com](http://www.circleofhandswaldorfshop.com).

**The Farallon Recorder Quartet** will perform at the Sebastopol Center for the Arts (282 S. High Street) on Friday, Oct. 25th, at 8 p.m. The international quartet will be joined by a player of vihuela and baroque guitar, in a program of Music from Renaissance Spain and the New World. Tickets are FREE for students accompanied by paying adult (\$20 adult, \$15 senior). For reservations: [tishberlin@sbcglobal.net](mailto:tishberlin@sbcglobal.net) (mention our school).

## Classes/Training/Camps

### Waldorf Teacher Training at Summerfield!

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

### Preschool for your Little One

Seedlings Playgarden is currently accepting applications. We are a small home-based preschool program offering lots of imaginative play, daily outdoor exploration (including Ragle Park), baking, singing, and much more! We are open Mon-Thurs 9am-2pm. Please call Juli Langley at 823-5917 or email [seedlingsplaygarden@gmail.com](mailto:seedlingsplaygarden@gmail.com) for details. LifeWays-trained, experienced, licensed—references available.

### Make a Waldorf Doll

Workshop with Christine Schreier of Puppenstube on Wed., 10/23, 9am-3pm, at Circle of Hands in the Barlow. Make a medium-sized bunting doll with your choice of skin & hair color. \$80 fee, includes all materials. Call 634-6140 or email [circleofhands@sonic.net](mailto:circleofhands@sonic.net) to register. [www.circleofhandswaldorfshop.com](http://www.circleofhandswaldorfshop.com). See flyer for more info.

### Mask-Making

Workshop with Ulla Milbrath on Thurs., 10/24, 9am-3pm, at Circle of Hands in the Barlow. Create a mask of brocade & silk, trims, feathers, glitz & beads for your transformation into animal or special character. \$100 fee, includes all materials. Call 634-6140 or email [circleofhands@sonic.net](mailto:circleofhands@sonic.net) to register. [www.circleofhandswaldorfshop.com](http://www.circleofhandswaldorfshop.com). See flyer for more info.

## For Sale, Rent, Needed

### Looking for House to Rent for \$600-\$800

Single mother and 4 year old daughter looking for housing in West Sonoma County, close to Sebastopol. My daughter lives with me half time and we are both conscientious, considerate, respectful, pretty quiet, clean, friendly folk. We are open to sharing a room in a house or having a small place of our own. Please contact Felicia Channing: [zabeldy@gmail.com](mailto:zabeldy@gmail.com) or 707.327.8287.

### Family Seeking Nook of Land

Papa, Mama, and almost 4 yr old SWSF rosebud are seeking a quiet private nook of land to rent on someone's beautiful acreage or farm for our 19' camper. We would be there 2/3 nights a week into mid-spring. no facilities needed. The Whealdons 707-937-6211. 707-813-7465.

## 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](mailto:jonathanmarmelzat@hotmail.com).

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## THE DIRECTORY IS READY

The school Directory has been handed out—to High School students in their Main Lesson, and to all other families in their youngest child's classroom folder. We sincerely apologize for errors or omissions (and you will find a few). Please notify Cathy Torres of any corrections or changes ([cathy@summerfieldwaldorf.org](mailto:cathy@summerfieldwaldorf.org)) and she will distribute updated information to Class Parents.

**Summerfield** | WALDORF SCHOOL AND FARM

*Messenger*

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Visit us online at  
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**HIGH SCHOOL OPEN HOUSE**  
Saturday, November 16, 2013 10 am to 1 pm

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