

Messenger

Summerfield

WALDORF SCHOOL AND FARM

OCTOBER 26, 2017
VOLUME 30, ISSUE 2

The Love In the Air is Thicker Than the Smoke

By Don Basmajian, Fifth Grade Teacher

Every new thought needs the warmth and fire of enthusiasm in order to move into creative action. In the beginning of time, the Gods breathed love into the cosmic void. Love filled the world with different degrees of warmth and the dynamic creation of the world began. Love is the fuel for the formation of the world as well as for its continued existence.

Where do warmth and fire live in human beings? They live in our blood. We all experienced the destructive power of the element of fire. Yet, the element of fire lives in each of us. When our blood boils, we become angry and destructive emotionally. When we self-reflect or create a sacred space, we are able to tame the fire within. We can find balance when our heart is open.

During the fire, my family volunteered at different places nearly every day. Stepping out of the safety of our home and working beside people who have lost everything, we experienced that, indeed "The love in the air is thicker than the smoke." Every person asked the question to total strangers, "What ails thee?" Everyone had a story to tell about the fire, and listening to their stories was as therapeutic for us as it was for the storyteller.

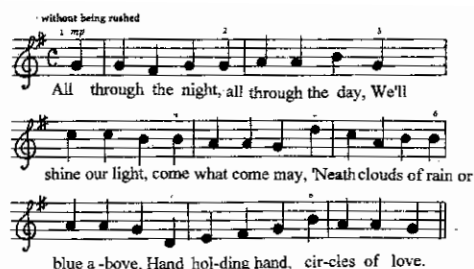
I did not hear one person curse their plight. All seemed thankful they were alive. The bonds in our community have grown deeper.

It can be a shattering experience to be evacuated or lose your home. Our home is our security. It is where we feel safe enough to let go of the body every night and enter the realm of sleep. And yet, in our community and, indeed, all over the world, there are so many people who've been displaced or do not have a home.

As a community, we are changed forever. The unthinkable trauma we all experienced did indeed open hearts, and the fire of love filled our hearts and deeds. Now the challenge is to keep our hearts open to each other.



IMAGES FROM OUR RETURN-TO-SCHOOL CEREMONY, TWO WEEKS AFTER THE FIRES BEGAN. STUDENTS, TEACHERS AND PARENTS GATHERED ON THE HIGH-SCHOOL LAWN TO OBSERVE THE SIGNIFICANCE OF THE EVENTS WE HAD ALL BEEN THROUGH AND TO SING THE FOLLOWING SONG TOGETHER:



PHOTOS BY STEPHANIE STEPHENS

Inside this Issue:

Jaimen McMillan Lecture	2
Sprites Night Goes Ahead	2
SWSF Donation Drive	3
Support in a Crisis	4
The Importance of Sleep	6
News from the Farmyard	8
2018 Arts Calendar!	11
Alumna Profile	12
Annual Giving Campaign	13
Marketplace	13

Important Dates:

DON'T MISS THIS TALK ON SPORTS & MOVEMENT

Jaimen McMillan Lecture

Thursday, October 26, 7-9pm

Morning on the Farm

Saturday, November 4

LS Photo Day NEW DATE

Tuesday, November 7

Grandparents Day

Friday, November 17

Winter Faire

Saturday, December 2

HS Open House NEW DATE

Saturday, December 9

Moving Through Childhood

THE ROLE OF SPORT AND FREE PLAY IN HEALTHY CHILDHOOD DEVELOPMENT

THURSDAY, OCT 26, 7-9PM, SOPHIA HALL

TICKETS \$25 AT THE DOOR OR VIA JAIMENMCMILLAN.BROWNPAPERTICKETS.COM

"I had the amazing experience of studying Spatial Dynamics with Jaimen McMillan for five years. As a person who loves movement and sports, I was in awe of how Jaimen was able to help me change my relationship to my body and enliven the space around me. He taught me new ways of seeing children that helped me enliven my teaching. I encourage everyone to come to Jaimen's lecture, Moving Through Childhood on Thursday night. It's not to be missed!" — Summerfield's Don Basmajian



Learn how parents and teachers can best support healthy development through movement. Jaimen McMillan, founder of Spatial Dynamics® and an internationally-recognized movement expert, will discuss the importance of free time in children's lives.

Remember when your friends wanted you to "come out and play?" Remember the days when sports were not everything and children's time was not so overbooked? When you went over to your friend's house, just to play? We sensed something important was going on back then, and we were right. Play rises above other activities. It is the creation of space in which new activities can take place... a world of untold possibilities. But in today's hectic world our children are in danger of losing the space of free play. As teachers and parents we

are faced with selecting and orienting our children's activities. How do we choose? What do we base our decisions on?

Jaimen is an engaging and innovative presenter. If you are curious about Spatial Dynamics® and how you can best support your child's education, this is the evening for you!



Eighth Grade Market Resumes!

The Eighth Grade's famous Gr8 Market at the bottom of the Sophia Hall stairs will continue every Thursday until Thanksgiving from 12:35-1:30pm. Come and see what treats are in store for you and support the eighth grade for their end-of-year trip!

Weekly offerings will vary, but here are some of the current items on sale that were processed by the eighth graders: low sugar wild blackberry jams, chunky organic apple sauce (a great staple for apple pies), farm fresh pesto, biodynamic tomato sauce that was processed by the eighth graders, Gr8 Granola, and backyard organic items like frozen apple juice, fruit leathers, lemonade and baked goods galore. Thank you for your support!

—Judy Reid, Eighth Grade Class Market Coordinator



Sprites Night To Go Ahead on Oct 28

Sprites Night will be a simplified community gathering for parents and children this year, without



scenes in classrooms and no bonfire, but with lots of warmth and the comfort of friends.

The event will be short and sweet, running from 5-7pm. We hope you will join us in community and enjoy our bounty of jack-o'-lanterns—containing the spark of light and leading the way to circles of music and storytelling.

We encourage everyone to dress up in costume, but please no scary, overly commercial, electronic, or otherwise inappropriate costumes.

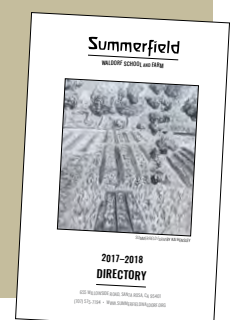
There will be a simple, free meal of chili and corn bread offered in Sophia Hall, compliments of many eighth grade families and our other parents, teachers and staff volunteers. We are requesting that families bring their own bowls and utensils to minimize the work involved in clean-up for our volunteers.

COMING SOON

Parent Directory

The Parent Handbook and Family Directory for 2017-18 is being printed this coming week.

Distribution will be at drop-off at youngest child's classroom. Look for volunteers handing out your household's copy!



A Light in the Darkness

THE SUMMERFIELD COMMUNITY STEPS UP TO HELP

By Lisa Hensley, Administrative Assistant

In a time of devastating crisis and upheaval, there are those that will inevitably stand and ask, "How can I help?" The thought of friends, family and fellow community members losing everything to the wildfire that ravaged our county two weeks ago has been too much to bear. That feeling swelled up, and a donation event was quickly organized by Summerfield staff and faculty in an effort to provide clothing, shoes, toiletries, diapers, blankets and more to our community members in need.

As the Summerfield campus was closed, the Sebastopol Charter School graciously opened its multipurpose room for our event on Sunday, October 15. Greeting us bright and early that morning were Marin Waldorf parents driving seven cars, full to the brim with donations. Their enthusiasm to help our community was touching beyond words.... especially as I was unpacking their carefully labeled bags and kept uncovering hand written notes that read, "You're going to be OK" with a smiley face.

Many parents, teachers and students arrived eager to help set up as more and more donations arrived by the minute. A few unexpected surprises came to us as well, including a group of high school student musicians, led by teacher Jason Gross, who played wonderful music throughout the day. And warm pots of soup showed up at the hand of parent Marcela Ronan to nourish our volunteers. When the setting-up was complete, we welcomed members of our community who had lost their homes to come and "shop" for anything they needed. We had also received many generous donations of gift cards that we were able to hand out. The recipients were overwhelmed with gratitude.

So generous were the donations we received that day, that when the event was over we were able to keep a truck load for future needs while sending several other truck loads on to other donation sites. It was a heart-warming day in the face of tragedy to all come together, unified in the desire to help those in need, and to see and feel the generosity of time, energy, donations and love.

I am honored and proud to be a member of such a warm and caring community that strives to ease each other's struggles in such beautiful ways. Thank you to Cyndi Yoxall, Andrea Jolicoeur, Michelle Bovard, and Caryn Stone for organizing the event. Thank you to all the volunteers who came to help, to all who dropped off donations, to the musicians who kept us joyfully entertained, to Marcela for keeping us fed, and to Sebastopol Charter School for lending us the space.



Eighth Grade Wreath & Evergreens Sale

Starting Wednesday, November 1, and continuing through Monday, November 13, the Eighth Grade will be selling festive evergreen wreaths, swags and garlands for your holiday decorating needs. These make wonderful gifts for family, friends, office and business associates, and they can be shipped anywhere in the U.S.!



This year, the wreath sale is a fundraiser for the Eighth Grade's end-of-year class trip. Look for the wreath sale tables at both bus stops beginning Wednesday, November 1. Please contact Johan Niklasson at 707-318-5685, or Mary Felton at 707-537-5192 if you have any questions.

Order and shipping forms are available on our website at summerfieldws.org/wreaths: Please return these to any eighth grader, to the envelope outside each classroom, or to the Main Office.

Thank you so much for your support!

~ Eighth Grade Parent Volunteer Wreath Team

Evergreens Available this Year:

- 18" Mixed Green Wreath (with cones & red bow): \$25
- 24" Evergreen Swag (with cones and red bow): \$25
- 18" Wreath sent via UPS as a gift: \$45- \$50 (incl. s/h)
- 24" Swag sent via UPS as a gift: \$45- \$50 (incl. s/h)

Supporting Our Children

HOW WE CAN HELP CHILDREN AND TEENS (AND OURSELVES!) AFTER EMERGENCIES

By America Worden, M.F.T., and current HS Teacher, alumna & former LS/HS Counselor

As we all emerge from the events of the last few weeks into a new reality of life in Northern California, here are some suggestions on how we can best support our children. This piece was included in last week's special edition digital mini-Messenger newsletter.

MODEL SELF CARE

Children look to the actions of adults around them for how to behave and respond, and this is especially true in times of crisis. In order to stay connected to our children and ourselves in the midst of uncertainty, self care is absolutely necessary. Parents need to remember to breathe, to reach out for support, to allow the various waves of feeling to surface, to take breaks from the news and the screen, to eat well, drink lots of water, move one's body, rest and sleep, as well as other personally supportive practices. In the midst of stressful situations, self care is both the most important and often the most difficult way of creating resilience.

HELP THEM UNDERSTAND

It is tempting as parents to protect and shield children from knowing about emergencies around them. However, when we ourselves are concerned, scared, grieving, etc, children pick up on this. In the absence of being included in conversations, they will create their own versions of events based on what they overhear and can imagine. It is helpful to give them age-appropriate information, always with an emphasis on safety and how adults are working together to help. For the littlest ones, it's best to focus very simply on what's happening right here and now around them rather than describing farther away events, and to be mindful of what they are overhearing.

TRUST THEIR UNIQUENESS

Children and teens respond to crisis in sometimes unpredictable or unintuitive (to others) ways. Their actions (and play for little ones) are windows to their inner experience and can guide us in helping them. This requires humility and openness in order to avoid over-analyzing and making false assumptions. Thinking in questions rather than answers (ex: maybe, it could be, it seems like) helps us stay open and flexible. For example, a disruptive child may be feeling disrupted internally, and perhaps a child exerting control needs to feel a certainty about something. Could a child withdrawing be feeling alone or un-seen? Just like all



PASTEL BY FIONA MACKENZIE

inner work, it takes time to heal from major emergencies, and the movement of healing is often non-linear. Trusting the unfolding of each child's unique process gives them strength.

HELP THEM EXPRESS

In order to feel connected and understood, children need to be encouraged and guided in expressing their feelings. Again, modeling for them by sharing some of our own feelings (sad, worried, confused, hopeful, tired, etc.) can help them follow our lead. (It is not helpful, however, to lean on children and teens for emotional support for ourselves.) This does not have to be verbal. Feelings can be drawn and painted, transformed into movement (making the face or motion of your feeling, putting on some music and dancing together) or sound (with instruments, or just your voice, e.g. "grr! ah! wee!" etc.), rather than using words. Sad, mad, scared, glad and all of their derivatives are important for balance and health. It is important not to encourage "positive" feelings over true feelings. An attitude of curiosity about each child's unique experience will help us meet them where they are. Once they feel heard and accepted, they will come to balance organically.

INVOLVE THEM IN ACTION

Including children in conversations about what might be helpful and how to help is empowering for them. They often have creative and wonderful ideas—even if they are farfetched or fantastical, helping them to live into their imaginings helps them to process their particular responses creatively. Meaningful work is very therapeutic for children feeling overwhelmed and powerless. Jobs to do to help are empowering and give a sense of participation and belonging. Simple things like sorting, folding and packing aid items, creating toys, hats, cookies, painting, etc., for other children impacted (or themselves) are wonderful.

RHYTHM AND RITUAL

Rhythm and ritual are healing. Families that already have daily rhythms will find continuing them very stabilizing. If



rhythms have been disrupted or unpracticed, children will benefit from anything we can introduce that is rhythmic and predictable (the same order for bedtime or mornings, etc.; certain songs or activities repeated every day). Rituals of

care are so helpful, whether it is making and drinking tea together, a small walk, gentle back rubs, hair brushing and braiding, etc. Repeating these daily is even more calming and centering. Things that quench fire (water and earth) can be soothing on a subtle level (foot soaks, watering plants, digging, sand play, etc.)

SUPPORT THEIR BODIES

In emergencies, the ancient wisdom of our bodies acts to respond, and our bodies often end up holding huge amounts of energy. Somatic responses (headaches, tummy aches, wide eyes, trembling, etc.) are very common in children who are overwhelmed. Helping children to breathe (big playful inhales and exhales are fun for little ones) and move helps their bodies let go. So does listening to their communication (verbal or otherwise), creating art, listening to favorite music, dancing, rocking them— anything that moves them into their bodies. Other ideas for moving physical energy are: singing, rhythm instruments (anything can be a drum!), jumping, stomping, wrestling or pillow fights (for these last two, with anxious children, it helps to make sure the time is limited, ex: “for two minutes” and the limit honored), and movement games.

STORIES AND EXPERIENCES OF SAFETY

It is common for children (especially children directly effected) to experience a lot of anxiety about permanence when confronted with fires, in particular. The possibility of loss is in their imagination and can lead to anxiety about saying goodbye (even for short periods of time), fear of losing beloved things and beings, and fear of immanent fire or threat even when they are safe. All of the above ideas will help work with this. So will stories of resilience and confronting fear that have calming resolutions (for little ones, you can make up a story about them or a beloved pet/toy facing some adversity, asking for help and receiving help, and coming to safety through being honest and brave. Older children and teens benefit from actual stories of people overcoming or working creatively, of which there are hundreds of wonderful examples in our communities right now). Again, trying to talk them out of their anxiety will not help them move through it: they need to have an experience of safety, which will work an inner transformation to return them to balance.

CONNECTION

Lastly, reach out to others! Connecting with loved ones and friends is deeply healing and balancing for all of us. Help and love are rising up everywhere to meet the challenges we are facing individually and together— let us continue the beautiful work among ourselves.



Grandparents' & Special Friends' Day

EARLY CHILDHOOD THROUGH HIGH SCHOOL

FRIDAY, NOVEMBER 17 — 8:15AM-12:30PM

Every year we invite grandparents and special friends of our community to our school to offer our gratitude and give them a glimpse into the wonderful world of Summerfield. We look forward to sharing more with them about what makes our school so unique.

Invitations are mailed only to grandparents on file, so please let us know if there's a special friend you'd like to have receive an invitation, or if there's a grandparent we might have missed!

Please note, this event is for grandparents (or special friends) only.

~ Cyndi Yoxall & Caryn Stone, the Development Office

School Photo Day Rescheduled!

The new date for Lower School (Grades 1-8) is:
Tuesday, November 7.

This will also be the make-up/retake photo day for Early Childhood and the High School.

Reminder: Sari recommends wearing dark autumn colors and solids. For the optimal portrait, please avoid wearing bright colors, white t-shirts, or anything with logos/branding.

The Importance of Sleep in Childhood

By Adam MacKinnon, Editor

A group of interested parents, faculty, and community members gathered in the library of SunRidge School last week to hear the wisdom of world-renowned early childhood educator Helle Heckmann, founder and director of Nøkken, a Waldorf daycare centre in Denmark for children between 1 and 7 years old, that has served as an inspiration for Waldorf kindergartens and nurseries worldwide. Our thanks go to Kalen Wood and SunRidge School for so generously co-sponsoring and hosting this lecture after the Santa Rosa fires closed the Summerfield campus for the week.

Helle opened her talk by describing the first seven years of early childhood as the most fundamental for all of society, “If we can grow healthy self-esteem within our children then they will be able to go out and ask “What can I do for the world?”, instead of “What will the world do for me?”

She mentioned that, as she travels the world, observing and mentoring early childhood teachers, she notices more and more that many children arrive tired at school, which affects their ability to cope and learn—so how much are they sleeping?

Acknowledging the events of the past ten days [the fires in Northern California that overwhelmed parts of Santa Rosa], Helle observed that the fire happened while everyone was asleep: can you imagine anything more frightening to a child? All of us have to recover from this traumatic event and find our way back to regular sleep. Once life returns to something like normal, she said, parents find that when each day arrives, how that day goes depends on how we have all slept, both children and parents. Our ability as parents to handle the challenges of the day (especially those of looking after young children) are made so much more difficult with poor sleep. When that happens, it can be hard to be the parents we would like to be.

HOW MUCH SLEEP DO CHILDREN NEED

Helle is always asked how long should children sleep. She acknowledged that, of course, it's different for every child but, for most children under 7 years old, between 11-13 hours is needed, and nearly as much until they are 9. “You cannot sleep too much but you can sleep too little!”

Her view is that, if you have to wake up a child, it's a sign that they haven't slept enough. They get up, they're bad-tempered, they don't want to eat. Then there is a rush. And most importantly, children need time in the morning to relax and poop! If they don't get that opportunity, it has a huge influence on their ability to meet socially with others in their day ahead.

Nowadays, with modern life, so many parents have work situations where they come home later and later, and this affects when their children go to sleep. Helle urged parents to consider the impact. Even if they keep the children awake after 7pm in order to spend time together, it's often not 'good time' anyway—the children are overtired, and perhaps the family ends up sitting

in front of media together.

As parents, we need to ask ourselves if we are ready to sacrifice our freedom or wishes in order to see our children in the evening, at a time which is not good for them.

It's the job of kindergarten teachers to work with parents to help sleep happen so that the child is in the mood to fully meet daily life in the kindergarten.

BEDS

The topic of beds came up in a question, and Helle wanted to stress that a small child needs a small bed: “You will find that they scoot their head up to the top of the bed—it's like they are back in the belly. It is good if there are sides to the bed; that makes a child feel secure. If they kick off the night-clothes, then a sleeping bag is good. A sense of boundaries actually makes them feel more secure.”

DAYTIME SLEEP

And then there is the question of rest in the middle of the day: “If a child is spending 8, 9, 10 hours in an institution they need a rest!” But a five- or six-year-old must not sleep for 2 hours in the middle of the day or it will be hard for them to fall asleep in the evening. So, it needs to be short—and it can be a rest, it doesn't have to be sleep. Helle said that the best time for the rest to happen pedagogically is between 12pm and 1:30pm but that presents a challenge for most American kindergartens which tend to start later and run close to 1pm. And then parents have the challenge that either the child has gotten overtired and cannot sleep once they are home, or the child falls asleep in the car on the way; then, in the wrong setting, children can be difficult to wake up and are more likely to get into something closer to 'night sleep' rather than 'day sleep'. If the child is already home, it is of course much easier to set the schedule. But it is manageable at school; teachers need to create a ritual around it. It does not have to be dark, but children do need space to lie down with a pillow.

Helle spoke of her wish that schools had the flexibility to bring their start time forward and then to be able to have lunch early enough to leave time for a rest at school before dismissal. She believes that the rhythms of younger children would be better served by creating an environment where they can eat earlier.



HOW DOES FOOD FIT IN

Helle then spoke about the relationship of food and eating to sleep: “We obviously want children to eat properly at mealtimes, which is very important for their organs and which in turn impacts their nighttime sleep. So, we must make sure they do not eat too much for snack. And consider having snack as early as 9am or 9:30am to help those children who haven’t had time to have a proper breakfast. The snack should be more vegetables than fruit—what’s most important is that you provide things that need to be chewed. Chewing helps them with their digestion, and helps children with language development. Chewing things gets them to shift down into their organs. Many children today get spoiled with easy food and become lazy in their eating habits!”

So, with an earlier snack, it’s easier to have a midday sleep (or rest) right after lunch: “Eat, Clean (a Little), then Rest—before the children get the urge to play again—if you let that happen, they will not be interested in sleep!”

THE PROBLEM OF MOVEMENT

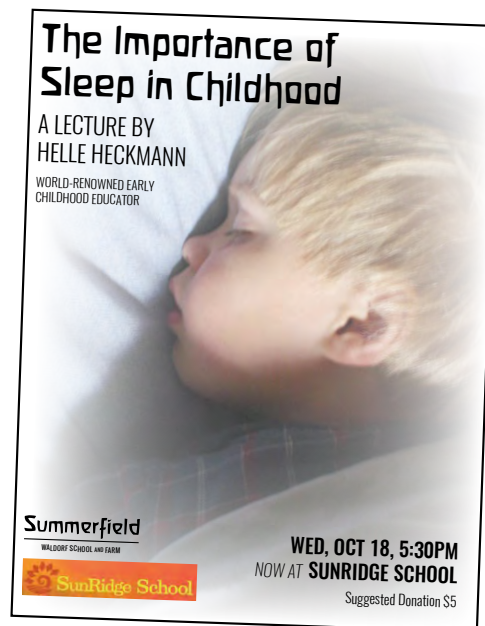
She spoke of how so many of today’s children spend far too long in the car and, for some, too long sitting down in their play, too. If a child gets used to that, they will choose it as their preferred option, instead of playing by moving around. And one of the biggest challenges we see is that so many children have a lack of will-forces because of a lack of movement.

What can we do as parents and teachers? “We have to provide more opportunities for children to move. Boys need to walk maybe 9-10 km a day to really feel in their bodies. If you move, you have truly met the world in a different way. And when you move, your breathing goes all the way down in the belly. When that happens, a child is ready to receive ideas and meet others socially. How do you as a parent offer so much movement to your child? Well, it’s worth remembering that if you only walk 1km, some children will move 20km just by running back and forth in front of you!”

She continued, “Walking really is the best movement a child can do (not soccer, not ballet). 80% of our thinking capacities in the brain are formed in the first five years. If you want stupid children make them sit. If you want clever children make them walk!”

Helle then told us of a kindergarten in Sweden that came up with a novel approach to generate more movement: they built their school in a forest forcing parents and children to walk 2.5km just to get to the school. They felt this was the only way to ensure that the children got enough movement every day.

And what about adults? “We should walk at least 30 minutes every day. One of the biggest benefits of all this movement... is that you and your children will sleep much better.”



HOW TO PUT CHILDREN TO BED

Helle shared that the easiest way to put children to bed is for them to have a rhythmical day—rhythm truly is your friend!—getting up, eating, going to bed at the same time every day makes an enormous difference. It offers safety and security. To sleep well, you have to feel safe and secure. Showing children what to expect at every time of the day gives them that feeling of security. And if you can involve your child in the rhythmical activity, especially cooking and cleaning, you reinforce their connection to the patterns of the day. You forge real links to the hearth of the home, to your family culture around food, and to the making of food with joy. (“Children need to have work

and see adults doing the household work: it’s essential for their own self-esteem.”) One study in Denmark showed an average amongst parents of just 2.4 minutes of real connection with their child every day—a stunning but believable statistic when one thinks of how wedded we are now to our personal device that is always with us. “So, take back that precious time with your child, involve them in the homemaking activities that nurture your family, and turn off your phone/device altogether at least from dinner to bedtime. This will make such a difference to the child. The absolute worst thing to do is to have media (any media) in the two hours before bedtime.”

She urged us to try to “Eat by 5:30pm, and be done by 6pm. From there to the bathroom, and from there to the bedroom. But don’t turn on the light. Have a candle or a yellow light (nothing that’s the equivalent of midday light). Keep your bedtime ritual to about 15 minutes: tuck the child in, read the same book, sing a song, say prayers if that’s your culture, and have a goodnight kiss. Then leave. And that’s it.” The key is to keep it simple, reliable, and predictable. And pay attention to your child’s sleep rhythms. It takes most children about 1/2 hr to settle down and fall asleep. That’s not unusual. It begins with a light sleep, then develops into REM sleep, and then a deep sleep. The pattern varies for each child but typically, whatever the pattern, it repeats maybe 5-6 times during the night. During that pattern, your child might speak out loud or seem like they are almost waking. But usually they’re not. If we can learn to hold back and not wake them at this time, that will be best. Sleep is just working its magic, helping them process their day and store up their forces for tomorrow.

To conclude, one of Helle’s striking examples was the citing in the *New York Times* of a multi-year study that looked at the sleep habits of 200 children and found that the children with an average of one hour’s less sleep each night exhibited similar signs as kids with autism and other disorders. The issue of sleep is increasingly recognized world-wide as a key indicator of health and well-being.

LEARN MORE ABOUT HELLE’S WORK AT SLOWPARENTING.DK



October Blessings From the Summerfield Farmyard

By Farmer Dan

Winter squash is stacked colorfully in the screened drying shed, and Wendell, our farmyard rat terrier, dutifully patrols the perimeter to keep mice and rodents away until the students return, after a long, emotional two weeks away, to transfer the precious squash to their winter resting place in the root cellar. In spite of all that has gone on since last writing, we continue to help the land rest and replenish while it prepares to bloom, once again, come spring. All during my childhood, it was ingrained deep within me that the land is incredibly resilient, very reliable, and the source of deepest solace when events in the world are troubling. After school hours, a deep peace often settles onto the farmyard, seeping up from the earth, softening aging bones, soothing the heart, and cooling the burning mind. Alice Walker put it this way:

"I get energy from the earth itself and I get optimism from the earth itself. I feel that as long as the earth can make a spring every year, I can. As long as the earth can flower and produce maturing fruit, I can, because I am of the earth. I won't give up until the earth gives up."

The fields are gradually emptying out after a fruitful growing season. The third graders robustly harvested a greenhouse overflowing with white and red onions in early September, laying them out to dry. After a couple weeks of drying on the steel mesh shelves, onions were carefully sorted and bagged them up in fifty pound bags and hauled over to hang in the root

cellar by sixth and seventh graders. Some 60 bags full, or in the neighborhood of well over a thousand pounds, were stored for school lunches and Holiday dinner tables. Next came an army of wheelbarrows going after the potato crop. Again the third graders set to work on the burgeoning rows, filling four heaping loads which again dried for several days before rambunctious seventh graders sorted, bagged, and carried them onto pallets in the root cellar, with several rows yet to be harvested.

As Michaelmas approached, off we went again. Third graders, with many gracious Moms ferrying them to Occidental, picked up a huge load of apples, a mix of Gravenstein and Romas, for pressing for the Michaelmas festival and for using to can applesauce and make fruit leathers in the farm kitchen with the eighth grade for the eighth grade fundraiser. The third graders also just about shook the teeth out of their little heads shaking fresh cream into butter for slathering onto fresh Village Bakery bread to be served after the Michaelmas pageant. (Our apologies that the apple cider and buttered bread ran out before everyone got a taste—we plan to make much more next year for the crowd!) For a little treat, we then bobbed for apples, a wonderfully hilarious event with most children putting their whole heads under water to snap onto their apple—those with the biggest mouths were

the best at it! Next came the field corn, a colorful, richly hued deep red and orange variety used for corn meal (polenta and muffins or cornbread) that again the third grade tornado ripped through in no time, picking and husking it all



PHOTOS BY MIGUEL SALMERON

and getting it safely into the corn crib all in one double class period.

The same afternoon, the fifth and sixth graders followed up by cutting and hauling all the cornstalks to the winter compost piles to ready the field for discing and cover-cropping. So what's left, you might ask? Three main things still to do, including harvesting all the remaining winter squash, harvesting a large field of dry, white Huddersite beans, and then seeding and harrowing the cover crop onto the fields before the rains return. While the harvest chores are dutifully underway, the fifth and sixth graders have also mucked out the main cow barns before the winter rains begin, and we are about half-way through the sheep pen. Finally, a class or two will get the nitrogen-enriched chicken and duck pond manure piles moved and layered into the winter compost piles before attention is turned to the overgrown student gardens sorely in need of help. All this must happen before, and sometimes during, the early fall rains.

Soon it will be pumpkin carving week, so schedules are being prepared for the high school students to carve with first, second, third and fourth grade buddies, always a jovial and heartwarming event. See if, by any chance, this year you can possibly pick out your child's lit-up jack o'lantern along the pathways at Sprites night without having him/her lead you to it—quite a challenge! We often lightly bake the pumpkin seeds with a little tamari sauce





and a sprinkle of salt for snacking during the carving, so you might like to try that if you carve at home.

While there are ashes in the farmyard as I write, these too will merge into the soil, bringing balance between the alkalinity and acidity for healthy growth in the days ahead. Rudolf Steiner often wrote about the beneficial life forces that the Biodynamic growing method he pioneered, fortifies our food with. He was very convincing about the power of our meeting the setbacks in life with powerful Michaelic strength, especially during the darkening days of autumn. He was convinced that evil Ahrimanic and

Luciferic forces can and will be overcome in the stream of cultural evolution as long as we stay vigilant and put up a good fight against them.

After 21 years in the Summerfield Waldorf community that continues to push forward, to struggle and celebrate, to come to each other's aid, and to cap off our successes with raising children who will make a positive difference in the world, it remains refreshing to come to work every day and to know that yes, we can, and will, and are making a difference. As Viktor Frankl wrote, "What is to give light must endure burning."

Peace to all as we move forward together.

Warmly, *Farmer Dan*

Remembering Heidi



Heidi Ostroff, mother of Hannah in the fifth grade

• June 7, 1969 - September 15, 2017 •

Heidi blessed our community with her radiant smile.
She will live on in the hearts of those she touched.

—Don Basmajian, Fifth Grade Teacher

THE TENTH GRADE PRESENTS...

The Madwoman of Chaillot

By Jean Giraudoux

Adapted by Maurice Valency

Directed by Leila Allen

Join us on Wednesday,
November 15 at 7pm, in
Sophia Hall, for a delightfully
comic play. Can the eccentric
"Madwoman" save the world
from greedy politicians and
make life beautiful again?



Dia de los Muertos

On Thursday, November 2, Dia de los Muertos will be celebrated at Summerfield with ofrendas, songs and stories.

The ofrendas will be adorned with *papel picado* and sugar skull *calaveritas* brought from Mexico and donated to the school by Señora Nora Hidalgo. Decorations of candles, *cempasuchil* flowers and marigolds, also called *flor de muertos*, as well as photographs and cards for the dead, adorn the ofrenda.

Children are invited to bring a photograph of people and pets who have crossed the threshold to their class teacher starting Monday, October 30. Please help us to return these precious items to you by clearly labeling the back with their name and grade.

New Board Members

The SWSF Board of Directors is made up of a maximum of 17 members, 8 of whom are elected by the faculty, and 9 of whom represent the corporation (all of the parent community are eligible to be corporation members by signing up).

Departing Board members are Glenn Berger, David Bloom, Kibby MacKinnon, John Mutz, Dawn Ross and Donna Stusser.

Jefferson Buller, Skeydrit Bähr, Sharon Fitzgerald, Saskia Pothof, and Catherine Schlager are the newly elected members of the Board this year, and they join Luke Bass, Gina Martinelli, Eric Rossin, Laura Sternik, Erika Stuart, Chris Tara-Browne, George Wells, Daniel Westphal, Lisa York Wilde and Paul Zehrer.

Board officers for 2017-18 are: Jefferson Buller (President), Gina Martinelli (Vice-President), Luke Bass (Treasurer), Dan Westphal (Secretary), Erika Stuart (At-Large).

Board meetings take place every third Monday at 6:30pm in the High School Math Room, and are open to the school community.

Seeking Winter Faire Musicians

We are looking for musicians and singers to perform holiday-inspired music in Sophia Hall where our meal will be served. Winter Faire is Saturday, December 2, from 11am-3pm. If you play/sing, are part of a group that would like to perform, or have a student(s) that could perform, please let us know! Contact coordinator, Lisa Hensley at 707-575-7194, x103 or lisa@summerfieldwaldorf.org.

WELCOME TO OUR NEWEST FACULTY MEMBER

Noelina Gómez

HIGH SCHOOL SPANISH TEACHER

Noelina brings to her teaching enthusiasm and experience in working with language. She came to the United States from her native Peru, decided to learn English at Santa Rosa Junior College, and then moved on to complete a double major in English Literature and Spanish at Sonoma State University with a minor in Linguistics and Chicana and Latino studies. She now teaches Spanish at Sonoma State and has worked as an ESL Outreach Coordinator at SRJC. Noelina lives in Rohnert Park with her husband and eighth grade daughter. ~ Molly Sierra, on behalf of High School Core Group



Looking For Snowflake Shoppe Coordinator

The Snowflake Shoppe is one of the most popular activities at Summerfield's Winter Faire. It's a magical place where children can shop for Waldorf-inspired goods for their loved ones (without their parents!). Each child is escorted through the shop by one of our elves, and his/her selected purchases are carefully packaged for the children to place under the Christmas Tree. We are in need of someone to lead the Snowflake Shoppe this year, which includes working with students and volunteers to set up the shop, running the shop during the Faire and cleaning up the shop after the Faire is over. A stipend is available for this position. If interested, please contact Lisa Hensley at lisa@summerfieldwaldorf.org.

~ Lisa Hensley, Administrative Assistant

Winter Faire Vendors

We are still taking applications for vendors. Especially welcomed are local, hand-made items from the Summerfield community!

Applications are available in the Main Office and on our website and are due by October 30. Please contact Kristi Hruzewicz if you are interested in being a part of the Summerfield Winter Faire:

kristi.grotting@gmail.com.

Parking Lot Security

Always take valuables with you—leave nothing in your parked car.

The 'smash & grab' hazard is a problem in Sonoma County, and SWSF is no exception. Although we have seen no increase in incidents at our school, unfortunately every year there are some that happen, day or night.

We are investigating options for parking security enhancements, but the best security is to take your valuables with you!

~ Governance Council



The 2018 Summerfield Arts Wall Calendar!

By Adam MacKinnon, Editor

We are pleased to announce that the 2018-19 Summerfield Arts Calendar is nearly ready—albeit a little delayed by recent events.

At times like these we all need to be reminded that the world is beautiful, and find our way through the slow process of healing ourselves and our community.

The artwork in our 2018-19 Calendar is all by students, with every grade represented, and is truly a balm for sore eyes.

This year, we have decided that all profits from the Calendar will go into the newly-established Fire Disaster Fund, to support our families in need.



The 15-month calendar covers January 2018–March 2019, and every grade from kindergarten through twelfth is represented by a featured monthly image, with additional artwork highlighted through insets in the monthly grids and capsule pictures that illustrate introductory pages outlining the Waldorf art curriculum.

Teachers shortlisted recommended paintings and drawings from their classes, which were

photographed and returned in time to go home in student portfolios. The quality of art in the school is so high that unfortunately many fine works were not able to be included. It was a hard task to narrow down the choices, but we feel the final selection truly honors the outstanding creativity of our students of all ages.

The calendar goes to print in the next couple of weeks and we expect to have copies for sale by mid November. The calendar sells at \$18—with \$2 off for pre-orders received by November 10—and, for orders of 10 or more they're just \$15 each.

THE CALENDAR IS IN FULL COLOR, PRINTED ON 30% POST-CONSUMER WASTE RECYCLED PAPER. THE SIZE IS 12"x9" (OPENS TO 12"x18") FOR JANUARY 2018-MARCH 2019, WITH EACH MONTH HAVING A TRADITIONAL MONTH GRID.



WWW.SUMMERFIELDWS.ORG/2018WALLCALENDAR

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 10 FOR A PRE-ORDER PRICE OF \$16

THE CALENDAR GOES TO PRINT SOON... PLEASE PRE-ORDER ONLINE TO HELP US GAUGE DEMAND!

Alumni Profile

CEILO GARAT, SWSF ALUMNA, CLASS OF 2013

Interview by Caryn Stone, Development Associate

Please tell us about your current work with Teach for America.

I am currently a 7th grade history teacher at Gompers Preparatory Academy in San Diego, CA. GPA is an independent public charter school in partnership with UCSD, serving students residing in the Southeastern Chollas View area, one of the lowest-income neighborhoods of the city. The student body is 95% Latino/a and mostly Special Ed and English Language Learners. GPA also has a history of being one of the worst performing schools in the area, with high rates of gang involvement in the student body, dismal test scores and a revolving door of teachers. In the last decade, however, the unwavering support of teachers and community members has transformed the school and has led to a 100% graduation rate and 95% college acceptance rate. As a school, it is our desire to support students towards their college dreams, knowing that every day offers us the chance to improve their lives and their community.

I was able to join the education field so early after I graduated college because of the program Teach For America, a nonprofit that is working to ensure that, one day, all children will have access to a great education. Teach For America is a diverse network of leaders who confront educational inequity through teaching and work with unwavering commitment, from every sector of society, to create a nation free from this injustice.

How did you get involved in the program?

I first heard about Teach For America through one of my older brothers, who joined the Corps in 2010. I was in high school at Summerfield at the time and heard all of his stories of being a teacher at a Title I school in downtown Los Angeles. I witnessed how Teach For America opened his eyes to the socioeconomic, racial and educational inequity that students are facing in the US today, and was filled with the urge to join the program before I had even finished high school. My brother was also eager to have me experience what he had gone through and pushed me to apply to TFA as an early applicant. I applied in April of my junior year of college and, by June, I had been accepted into the program in the San Diego region. My school



placement, however, took about another year to be established.

Where did you go to college, and what did you study?

I went to Loyola Marymount University in Los Angeles and studied Psychology and Sociology.

Did you always know you wanted to be involved with social justice?

Yes, I have always known that I needed a career in social justice, one that would allow me to be actively working to create social change. In fact, one of the main reasons why I chose to attend LMU is because its mission statement talks about a life of service through education. I remember reading the phrase “educate yourself for others” and knowing then that I wanted to go to that school because it perfectly aligned with my views on education.

How did your experience at Summerfield impact your career choice today?

My time at Summerfield completely shaped the way that I am today. For starters, it provided me with a space and a community to establish my roots in and develop a strong sense of self. It gave me an abundance of opportunities to figure out my passions so that when I went off to college, I felt like I knew myself well enough to pursue what I wanted to do, regardless of the challenges and obstacles that came my way.

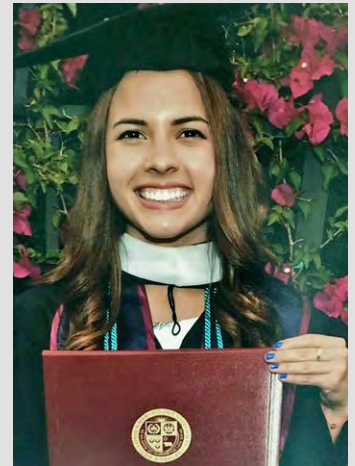
Do you feel that your education at Summerfield prepared you for college and your career?

Summerfield permitted me to attain an incredible education that emphasized the development of the whole person. Attending school at Summerfield also prepared me to face challenges with optimism and a willingness to try things without fear of failure. Being able to apply that, in a college setting, allowed me to be successful, even when my classes were difficult and I was balancing school and work.

As I immerse myself in the educational system today through my current career, I feel grateful for my experiences at Summerfield and feel even more of a calling to ensure that all students have access to a great education. Summerfield made me a witness to incredible teachers and a type of education that really developed a love of learning. Not only will I never forget about my secondary school years, I will try my hardest to replicate the life lessons I learned at Summerfield in my own classrooms.

Do you see yourself continuing to teach?

I am not sure where the next few years will take me. My commitment to the Corps will end in two years, and I can either continue to teach or move on to graduate school. I do intend on pursuing a PhD in Clinical Psychology eventually, but I do not know when that will happen.



Annual Giving Campaign

We are part of an extraordinary community. I have been reminded of this over and over throughout the 8 years I have worked at Summerfield. As Development Director, I have had the privilege of witnessing this first-hand and receiving the gifts from so many of you that not only keep our school operating, but also keep our school magical... a small piece of the world where time slows down, children can be children, and families can come together to strive for harmony, sense of community and purpose. Each year I am personally and deeply touched by the many contributions that keep our gates open and support our mission. It's the reason I love my job and the reason I love being a parent at Summerfield.

Yet, I have never seen such dedication, warmth and generosity of heart, spirit and money as I have over the past two weeks. Never in my life have I experienced such gentleness, care and offerings of gifts than during the Northern California fires that affected us all. And I am moved beyond words. As we move forward to help one another and rebuild what we've lost, I see a community of people who are kinder, gentler, softer and stronger than ever before. Your many offerings of housing, clothing, food, music, therapeutic services and money are overwhelming in the most beautiful sense.

As we begin this year's Annual Giving Campaign, please keep in mind that it is this deep sense of giving and taking care of our community that makes it so special. And now more than ever, it is also an important part of our financial stability that makes it so critical. Summerfield is a 501(c)(3) nonprofit—as an independent school we do not receive state funding and our tuition does not cover the operating cost of running the school. We must raise at least 10% of

our budget each year to cover costs, and Annual Giving is a crucial way to do this.

We respectfully ask all families at Summerfield to give what you can to our Annual Giving Campaign, with the goal of reaching 100% participation and raising \$250,000.

As we move through the coming months, helping others in need and keeping our generous hearts wide open, we must also continue to give what we can to ensure the sustainability and strength of Summerfield. This is imperative right now. Together we will overcome the challenges that lie ahead.

And to all families who were greatly affected, please know we are with you—we are in it together. The Summerfield community's commitment holds strong—we will lift each other up and care for those in need.

Thank you to each one of you for being part of the Summerfield community and for living a giving life!

— Cyndi Yoxall, Development Director

And a big THANK YOU to our AGC Volunteer Chair, Ray Hsu, and the wonderful, dedicated AGC reps in each class: Mimi Greco (Rosebud), Tonya Stoddard (WRK), Kristi Grøtting Hruzewicz (RRK), Scotty Brown (1st), Lisa Olauson (2nd), Eric Iskin (3rd), Molly Jones (4th), Joe Cicero (5th), Lisa Olauson (6th), Ray Hsu (7th), George Martinelli (8th), Michael Yearly (9th), Kevin Williams (10th), Jennifer McKenzie (11th) and Carrie Wooldridge (12th).



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

Training

Center for EDUCATIONAL RENEWAL



Center for Educational Renewal opened its program in 1990

on the beautiful, 40-acre campus of Summerfield Waldorf School and Farm in Santa Rosa, California. We enjoy a setting that is integrated with nature and a vibrant Waldorf community! Program Director Don Basmajian has been a Waldorf Class Teacher and physical education teacher for over 40 years. He brings his every-growing love of teaching and the Waldorf curriculum to our teacher training students. Our students deepen their understanding of Waldorf pedagogy, human development and Anthroposophy. An in-depth study of the arts and the curriculum serves as the foundation for our students' self-transformation. In addition to coursework, students complete annual classroom observations and student teaching. Graduates are prepared to become professional Waldorf teachers at the early childhood, lower school and high school levels.

New course begins June, 2018! ednew.org Four years, part-time, September - May, Wednesdays and Fridays, 3:30pm-6:30pm; Two-week Summer Intensive each June.

Classes/Events/Workshops

The Art of Handwork: Wednesday mornings in the Handwork Room

Our very own master handwork teacher, Lisa Wilde is offering a weekly handwork group from 8:30-10am for parents beginning Wednesday, Nov 1. Come and enjoy the magic our children experience as Ms. Wilde presents different handwork projects based on the interests of the participants, using a variety of materials and techniques; such as felting, plant dyeing and weaving. Classes are \$10. Drop-ins and all skill levels from beginner to expert are welcome. Participants may also bring their own handwork projects and get advice or just work with the group.

Discover Eurythmy

Come and experience what eurythmy is. This fall class is being offered by former HS eurythmy teacher Renate Lundberg, with accompaniment by Colleen O'Malley. Says Renate: "We will move, learn and laugh together while at the same time finding deep meaning in simple new insights. There will be glimpses into why the students do eurythmy through all the grades. This course is for young and old, experienced with and new to the subject. Bring questions and requests!" *Where:* the Eurythmy Barn at Summerfield. *When:* Wednesdays, 7-8pm, remaining sessions Oct 25, Nov 1, 8. *Cost:* \$30 per session. *Sign up:* rerolundberg@gmail.com/707-328-7132.

Circle of Hands: 6780 McKinley St. #120, the Barlow,
• 707-634-6140 • circleofhandswaldorfshop.com



Woodland House Workshop: at Circle of Hands with Sharon Eisley on Saturday, Nov. 4, 10am-2pm, \$105. Appropriate for creatures 5-500 years old, but ages 5-10 must attend with an adult (for no extra cost). Make an enchanting fairy, elf or sea creature home out of bark, branches, moss and shells—all supplies are included (and you can add in your own found treasures). This class is very popular and space is limited, so sign up early! Call us at 707-634-6140 or register & pay on our website: www.circleofhandswaldorfshop.com/collections/class/products/november-woodland-house-workshop-november-2017

MacKillop Construction

Diamond-certified complete building & remodeling services for Sonoma County homeowners. Specializing in whole house remodels, kitchen and bath, decks and additions. Over 30 years experience. A Summerfield family!



mackillopconstruction.com • (707) 205-7260

Your family is growing

Thinking about buying a bigger home?
Contact me: 707-326-6373.
sandrine.realtor@gmail.com

Sandrine Daligault
Century21 Alliance
BRE:02036042



Natural Beauty...

Nourish your skin from the inside out with Gemma Organics Anti-Aging Youth Serum

"This product is liquid gold!"
Keri E., Professional Esthetician

"I literally glow each morning after applying it." – K.D.

Free Priority Shipping
for the
Summerfield Community!
Use promocode:
summerfield
GemmaOrganics.com



GEMMA ORGANICS



Services Needed/Offered

The holidays are fast approaching. Add some spice to holiday festivities and company events!

Let Snap Pix Photo Booth make all your events fun and memorable.

- Unlimited booth use throughout your rental
- Customized banners to fit your theme
- Fun props (boas, hats, masks, and more)
- Digital copies of all the photos taken throughout the event
- On site attendant

Visit us at www.Snappixphotobooth.com or call 415-570-7627.

Alumni Couple Seeks Sebastopol Rental

Greetings! We're two young professionals looking for a 1-2 bedroom house. August is a Summerfield alumni, working as an agricultural consultant. Sarah is the asst. kitchen manager at OAEC & private chef to Summerfield families. If you know of any rentals, please contact August at augustjyork@gmail.com—call or text, 707-480-7815.

Rick Concoff Violins

Quality string instruments for rent or sale at below-market prices. Rent to own as well. Accessories available too! Call Rick at 707-477-9196 for an appointment.



Visiting Day

Saturday, November 18, 2017 9am-Noon



Create Space

For a Natural Childhood

Study with us to Become a Waldorf Teacher

Consider Waldorf Renew Yourself	Location First Bay Waldorf School 1800 Clark Road Berkeley, CA 94709	Registration required www.bacwt.org info@bacwt.org (415) 879-6400
------------------------------------	---	---

FAMILY PRACTICE ACUPUNCTURE

JENNIFER MONIN, L.AC., M.S.

Acupuncture, Herbal Medicine, Yoga

Specializing in Women's Health, Pediatrics, & Facial Rejuvenation

Now Accepting Insurance

Waldorf-trained, Summerfield mom with 20 years experience
WWW.JENNIFERMONIN.COM
JENNIFERMONIN@GMAIL.COM
415-706-2314



persinger architects and associates



We make your dream a reality.

6940 Burnett Street, Sebastopol
www.PersingerArchitects.com (707) 829.0700

Sebastopol Strings Academy

Group lessons in Beginning cello, Intermediate cello, and Elementary piano for string players. Maureen Caisse. 707-206-1566. sebastopolstringsacademy.com.

Singing and Piano Instruction with Mary Beard

I am an experienced teacher, a Summerfield Waldorf founding parent and original creator of the school's instrument music program. My studio is located in Santa Rosa. Please learn more at marybeardmusicstudio.com. Contact me at marymezzo@sonic.net or 707-546-8782.

Childcare and In-Home Help

Waldorf mother of a 7 year child offering childcare services and/or light help in the home (cooking, cleaning, etc) during weekdays when my daughter is in school. Please contact me for more information if you are interested. I have worked for a few different families in the area for the last four and half years. Felicia Channing 707-327-8287 or zabeldy@gmail.com.



Plan for the fall, it's planting season!

Larose Gardens, gardens done with a woman's touch. I design, enhance and maintain gardens of all styles and shapes. Experience in residential, commercial, organic farming and drip irrigation. 707-824-4602 or anagardens@aol.com.

Floral Acupuncture

Floral Acupuncture™ treatments plus parent & child flower essence sessions with Deborah Craydon, author of *Floral Acupuncture*. Flower essence practice for 19 years with Waldorf parents and children. See *LILIPOH* Magazine- Summer 2017 issue to read Deborah's article: "Liquid Color" - using her Flora Corona Colored Light Elixirs with children. Call 707-757-5435 or cell: 530-215-9757.



Laguna Farms

Laguna Farm CSA would love to provide fresh, sustainably grown produce to you and your family. We are located just south of downtown in Sebastopol where you can come to our farm-stand, pick up your produce and see how we grow. Produce and juicing boxes

start at \$20 with optional add-ons or delivery. www.lagunafarm.com use coupon code "newcsa" for \$5 off your first box. Enquiries: 707-823-0823.



Vipassana

Esbjörn-Hargens

Downtown
Sebastopol office

Individual and
Couples Therapy

20 years
experience

Specializing in: Transformation for Individuals
and Couples; Depression; Anxiety

vipassanaesbjornhargens@gmail.com
707.823.1400 | www.integralhumanbeing.com

Vipassana Esbjörn-Hargens Ph.D. | Psychologist | PSY#20879



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



Waldorf Parent

Healthy hair begins when it's free from stress.

Reduce the chemical overload. www.originalmineral.com
O&M'S AMMONIA, RESORCINOL AND PPD-FREE COLOR

Rebecca Reedy Hair and cuts

email me rebeccareedyhair@gmail.com
book with me www.schedulicity.com
learn about me www.rebeccareedy.com



Heathers Custom Meats offers monthly meat CSA boxes to Willowside Waldorf Families. Our ranch is just down the road from your school. We use natural and humane practices to raise our beef cattle that are grass fed and grass finished on our organic pastures. Purchase 20 pounds of meat each month for \$175. Arrange for convenient pick up at the school when you pick up your children. CSA subscription club members get great benefits including discounted per pound price of \$8.75 for great ground beef, steaks and roasts, added value items such as home-made preserves and pastries, locally-made seasonings and recipes, plus free admission to our annual Spring Open House event. Call Heather on 707-843-9936 or email heather@heatherscustommeats.com to sign up!

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



Parenting

Requires Enormous Effort

Rejuvenate

Your Mind and Body



osmosis.com | Freestone | 707.823.8231



ADVERTISE IN THE MESSENGER

Summerfield's *Messenger* newsletter is published once a month during the school year, and has a distribution list of 1,000 people! If you are interested in advertising in the *Messenger*, please visit our website at www.summerfieldws.org/messengeradvertising, or email messenger@summerfieldwaldorf.org for more information.

VISIT US ONLINE AT

www.summerfieldws.org

CULTIVATING *Joyful* LIFE-LONG LEARNING



Our Kindergarten Program provides children with a nurturing, beautiful space filled with imaginative play and wonder. Come experience the magic of Summerfield Waldorf School and Farm!



Morning on the Farm

For children 5 and under,
and their parents

Sat., Nov. 4th, 2017 | 9:30 - 11 am



Walk Through the Grades Tour

For adults only, please

Weds., Nov. 15th, 2017 | 9 - 11 am

RSVP: ADMISSIONS@SUMMERFIELDWALDORF.ORG
or (707) 575-7194 ext. 102

Summerfield

WALDORF SCHOOL AND FARM