

# Messenger

## Summerfield | WALDORF SCHOOL AND FARM

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Volume 25, Issue 3

### Summerfield Mustangs Win High School Soccer League for Second Year in a Row



*By Marshall Behling, Soccer Parent*

Congratulations to the Summerfield boys' High School soccer team who repeated as league champions in the Small School Bridge League by defeating Hanna Boys 2-1 in the championship game on October 25!

Summerfield lost twice to Hanna Boys during the regular season but stepped up both on defense and offence to win the championship

game. The team continued to demonstrate their never-tiring passion for the game and each other.

"I would rather hold back a team of charging horses than pull one donkey," said Coach Ignacio Garat. "Seeing the boys' commitment to their fellow players and to the game made it worth the effort."

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### Grandparents' and Special Friends' Day

*By Cyndi Yoxall and Andrea Jolicoeur*

We cannot wait to welcome our grandparents and special friends! This is one of our favorite days of the school year, and plans are well underway for this very special day held *exclusively* for Grandparents and Special Friends. The morning will be filled with student performances, classroom visits, and a farm tour. We will have items available for sale, such as t-shirts, mugs and bags, as well as a Giving Tree for those looking for other ways to give. We look forward to honoring the grandparents and special friends of our students, while educating them about our school.

Thank you to Valerie Raineri, Charmaine Stainbrook, volunteers, faculty, and staff for their care and dedication to this special event. Enjoy!

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### Important Dates:

#### Grandparents' and Special Friends' Day

Wednesday, 11/21,  
8:15am - 12:30pm

#### Advent Garden

Advent Spiral:  
Sunday, 12/2 & Monday 12/3

#### The Annual Winter Faire

Adult Shopping Event:  
Friday, 12/7, 5pm - 8:30pm

Family Holiday Faire:  
Saturday, 12/8, 11am - 4pm

#### Alumni Event

Wednesday, 12/26, 3-6pm,  
Sophia Hall

# Sprites Night: A Magical Community Experience



*By Lisa Hensley, Yellow Rose and Class Five Parent*

It was a beautiful, clear and sunny day when I walked onto the Summerfield campus the morning of Sprites Night. I was greeted by the many smiling faces of parents eager to work together transforming the campus for another magical Sprites Night.

Watching everyone joyously working together warmed my heart. By 5:30 that evening, it had gotten quite warm, but that didn't stop us from lighting our usual hay bale-encircled bonfire. I started out my evening helping Class Five with their skit, "The Frost is on the Punkin'." The enthusiasm of the fifth graders was contagious, and it was thrilling to watch them perform choreography that they had made up themselves!

Soon it was time to meet our

Spirit Guide for our journey along the Pumpkin Path. Seeing the amazing pumpkins carved by all our Summerfield students was another reminder of how our entire community contributes in some way to Sprites Night. Each scene, Class One through Six and the joint efforts of the Kindergartens, was creative, sweet and sometimes funny. Who can forget the adorable Lion and Mouse, or Ms. Pothof playing her guitar in the rocking chair. The "ooo's" and "ahhh's" released when Hugin placed the turnip he and his animal friends finally pulled out of the ground for his candle was a favorite moment. I'll admit, Class Seven's Haunted House was too scary for us to dare enter, but I hear tell that it was a killer experience!

During our journey through the scenes, the warm, sunny day gave

way to a beautiful sunset followed by the rising of a nearly full moon. It was so much fun to see folks laughing around the bonfire, listening to the live musical entertainment.

I capped off my evening with a delicious, warm and nourishing meal provided by Class Eight. As I enjoyed my meal I thought of all the Eighth Graders and their parents working together to cook, serve and clean up after all us Sprites Night attendees.

On Sunday morning when I arrived to clean up, I again was greeted by smiling parents eager to help restore our campus to its usual state. No one complained, everyone was happy and helpful, and the work was done in no time.

Yes, this was a truly magical and fun event for our children, family and friends. But more than that, it was an experience of working together as a community to create something extra special and I, for one, feel so blessed to be a part of it.

## Bike To School Program

Make a difference in the community—ride to school! Bike to School Program punch cards are now available in the Main Office and High School Office! Keep track of your rides to school and earn \$1 per day for Summerfield's Annual Giving Fund, thanks to an anonymous donor! Once full, cards can be turned into the main office. Earn a prize when you reach 100 rides. Sponsorship opportunities are now available. Thank you to Elevegear for being the first sponsor of our new program!



## Alumni Event

Once again Tim Allen, Class One teacher and alumnus, is coordinating our Annual Alumni Event on Wednesday, 12/26 in Sophia Hall. This fun event draws up to 250 alumni, allowing them to gather, celebrate and share their stories. If you are interested in volunteering for this lively event, contact [development@summerfieldwaldorf.org](mailto:development@summerfieldwaldorf.org). You will have a great time!

# Eugene Schwartz: The Media and the Message

*By Adam MacKinnon, parent*

A large and appreciative audience came to Sophia Hall on the evening of November 3 to hear one of the great names in Waldorf education, Eugene Schwartz, wax lyrical on the topic of Media.

But this was no ordinary Waldorf speech on the perils of media in education. Far from it. Chris Topham introduced Eugene by citing his many recent accomplishments in the field of technology, including his soon-to-be released iWaldorf app. He was perhaps the first Waldorf practitioner to allow his classes to be videoed, and has pioneered online resources for teachers and parents with his website, [millennialchild.com](http://millennialchild.com).

He outlined his goal for the evening: to understand why children are so attracted to technology (and so good at it!), and what responsibility that confers on us as adults.

Eugene took us back to the 19th century and the insights and work on technology of Hawthorne,

Babbage, Lovelace, and Crookes, and demonstrated (with the help of a Crookes Tube) the earliest origins of modern television, based in discoveries originating in spiritualism, séances, and the search for the dead. Ironically, the images produced in the vacuum of a Crookes Tube, although giving the illusion of movement, are in fact lifeless, and that turns out to be one of the biggest concerns with media as a whole.

Eugene described the significance of how the newest technological devices, such as the iPad, are manipulated by touch (perhaps our most primal sense), but that they no longer even rely on pressure. The mere movement of the fingers across a screen produces immediate effects, actions that even an 18-month-old can do. But is that teaching them they can rely on their senses... ?

The biggest gift we can give our children is to allow them to have clarity about what is real, by being able to trust their senses. Further, children witness a world in which more and more things



happen without any recognizable human presence to make it happen. No wonder it's confusing! And that is why Waldorf places such emphasis on meaningful work to help build self-esteem—hence the kindergartens are filled with children sweeping, washing, raking and digging.

He also spoke about imagination, and the importance of why Waldorf teachers use story to allow children the space to create their own inner pictures. The extent to which we can develop our own imaginative powers determines our capacity for freedom of thought.

*(Continued on Page Ten)*

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*(Mustangs Win Soccer League, Continued from Page One)*

The championship game was typical of the high energy and passionate games the Summerfield team played throughout their winning season. The defense held off multiple attacks and was aided by rookie keeper Jenner Glessner, tenth grade, who kept the Mustangs in the game with a dozen key blocks. Summerfield's goals were scored by the two twelfth graders on the team, co-captains Danny Ramos and Sawyer Lloyd. Both goals were assisted by brilliant crosses from Cameron Nelson, eleventh grade.

The Mustangs were invited to play for the first time in the small school champion's tournament at Kezar Stadium in San Francisco because of their winning record. The game was witnessed by 50-plus cheering Summerfield supporters and students on Halloween night under the lights and rain. The Mustangs played Leadership High School, a 400-student school in San Francisco, to a 0-0 tie after two overtimes. Leadership outscored Summerfield in a shoot-out and advanced to the second round of the tournament.



# Portrait of a Soup

Every Monday morning a group of five third graders takes a shopping list and a basket to the Farm Stand to purchase organic vegetables to prepare Tuesday Hot Lunch in the Third Grade. The students calculate how much they need of each ingredient, weigh the produce and add up the total amount owed. The next morning they arrive at 8am to start the dough to bake five loaves of bread and, while their classmates work on the farm, they prepare a hearty soup for the whole class (and the farmers). The Third Grade has helped harvest the potatoes, onions, and squash, and the children know how much work and care for the plants has gone into this crop. When the young farmers return to the classroom and sit down to eat, they feel and express a deep appreciation for the food that was prepared for them by their peers, with the help of dedicated Third Grade parents. The Farm provides the students with a real life experience of many aspects of the Third Grade curriculum: farming, cooking, measuring, and money, but more importantly it offers them an experience of breathing—the rhythm of harvesting, nourishment, composting, covering the soil with a cover crop for winter and, in the spring, planting for a new harvest. This is a blessing that will continue to nourish them long after the soup bowls have been washed and put away, and long after they have graduated from Summerfield School and Farm.

Blessings on our Farm,

~ Saskia Pothof, Class Three Teacher



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## Annual Giving Campaign (AGC)

By Cyndi Yoxall, Development Coordinator

This is my third Annual Giving Campaign working in the Development Office, and I am still surprised by the spirit of our community. Every envelope that comes through our office and every pledge that is made allows me to take a moment to think about what it means to hold each other as a community. I am still amazed by the emotion I feel when I see the generosity and spirit of the parents, Board, faculty and staff that make up Summerfield. It's this part of our culture that makes our organization so vibrant, so strong and so special—and we could not operate without this support.

Thank you to all families who have already pledged or donated to AGC. Donations and pledges are flowing in, and our mailing list is even drawing support from outside our current group of enrolled families. Our Annual Giving Class Reps are working closely with their classes and AGC leader, George Triest, to communicate the importance of this campaign. It takes all of us to sustain the future of Summerfield and the future of our children—all of our support is critical. If you have not already done so, please join us in making a pledge or donation, giving what you can to preserve and expand this unique place that has brought us together for a common purpose.

Thank you, again, for your generosity and spirit, and for living a giving life.

## Mark Your Calendars!

### Queen of Hearts Dance

Saturday, February 9, 2013

The date has been set for our off-site dance fundraiser, to be held at The Arlene Francis Center in Santa Rosa. Once the holidays are over and you are looking for a fun night out, expect an evening for adults, including dj music, food, beverages and a raffle. Start planning for a babysitter and get ready to put on those dancing shoes!

### Farm to Feast 2013

Saturday, June 1, 2013

Mark your calendars for the largest fundraising celebration of the school year. This afternoon-evening event will, again, accommodate up to 300 people and will take place on the Farm. You can anticipate pre-dinner wine tasting, live music, an auction, dinner, and dancing. Donated items for our auction are welcome anytime throughout the year.



# Feel the Magic of the Season at Winter Faire

King and Queen Winter warmly invite families to attend the Winter Faire on Friday and Saturday, December 7 and 8. This magical event is sure to delight family members of all ages.

## Winter Faire Shopping:

On Friday, from 5 to 8:30pm, join in an adult-only evening of holiday merriment including sipping warm soup and shopping with local artisans. You'll find unique, hand-made items crafted with natural elements. From Puppenstube dolls to upcycled children's clothes and rain gear; to wooden cradles; to books and crayons available through Sails, Summerfield's own school store. You'll find whimsical items your children are sure to love! Other vendors will sell jewelry, cutting boards, wooden boxes, holiday ornaments, candles, cheeses, soaps and other high quality items to fill the holiday wishes of the loved-ones in your life. Shares parent Annalyce LaSource, "I did all of my holiday shopping at last year's Winter Faire."

## Winter Day Faire:

Return on Saturday with the whole family. The Summerfield campus, often described as looking like a quaint European village, will be decked out in evergreens and ringing with the bells of holiday music. Step close to the bonfire, dip a candle, make a potpourri sachet or a woolen angel, hear a seasonal story with regal King Winter and receive a gift from his Queen. Visit the enchanting Fairy House Museum by artist Marc Feyh with works by artist Sharon Eisley. Enjoy a marionette puppet show in the lovely kindergarten classrooms or a daring afternoon performance by Circus Waldissima. Eat a scrumptious lunch and sip hot cider while listening to talented students and staff play instruments and sing. Gather your family close and breathe in an old world style holiday moment that is sure to fill you with joy!



## Volunteers/ Supplies Needed:

Organizers welcome volunteer help and donated supplies.

Volunteers are invited to join in the planning meetings and are needed to help set-up, facilitate, and clean-up during the event weekend. Volunteer positions include ticket sales, decorating, classroom set-up, and more.

*See the Main Office door to sign up today.*



**The Snowflake Children's Gift Shoppe** especially needs gift wrap, ribbon, craft items, and gently-used nice gifts valued at \$3 and under. No video games, please! Greenery, Christmas lights, and other decorations will also help bring the whole event to life. Look for the Snowflake Shoppe gathering box in front of the Main Office.

*Contact event coordinator Emma Mann ([mann@sonic.net](mailto:mann@sonic.net) or 541-7166) to find out how you can help.*

## An Opportunity to Sing at the Winter Faire—Please join us!



Calling all singers for the Winter Faire! Sing in the season with celebratory songs that we will practice and share at the Winter Faire on December 7 and 8. We will choose music to meet the ability of the group and include some easy-going rounds, new and familiar songs, and harmonies. Please call Barbara Rosen, long-time singing director at Summerfield, at 823-2830, or Red Rose parent Cheryl Koskela at 481-

4533. We meet on Friday mornings from 8:45-10am, in the Music/Aftercare Room, right after dropping off children at school. Thank you. We look forward to the music we will create together! ~Barbara and Cheryl

# News and Musings From Summerfield Farm

By Farmer Dan

“Riddle me this,” asks the sphinx. “What was never born but dies again and again and can be found in child, stone, or stars?” And history answers the riddle with the paradoxical image of “that which does not change” in a constantly changing world.

For a moment, while reflecting on the children’s work on Summerfield Farm, with the election coverage temporarily silenced by switching off the radio, the Farm brings to mind permanence, seasonal rhythms as old as the earth as itself, en-souled with a blue fire that, instead of leading us out of this world with lofty thoughts, continually and reassuringly leads us back *into* it, with grounding feelings. The Australian belief that “an unsung land will die” gives one reason to sing of the beauty of our land, a beauty steeped in mystery that gives all of us courage through our sacred attention to our land that is “many souls deep.” The physicist Sir Arthur Eddington humbly stated at the end of his life, while looking out over his land, that “Something unknown is doing we don’t know what,” and it is our responsibility to care for what we love, however limited our understanding of it is.

A lively three-year-old recently came running over to me wide-eyed, on the third grade playground, and asked me very point-

edly, “Farmer Dan, how did you get out of the Farm?” Good question! How



did I get off the Farm with all that’s been going on—harvesting over a thousand pounds of potatoes with determined third graders, cutting down the golden and flaming red broomcorn to dry for broom-making, gleanng the pumpkins and winter squash for the Sprites Night carving, and baking holiday pies. Twelve gallons of dried apples are securely stored in our cupboards for winter snacking, cut up by lively first and second graders, and just today the winter blanket, a cover crop of oats, peas, bell beans and vetch was laid down by third graders casting out an entire acre of seeds by hand and harrowing it under before the approaching rains forecast later in the week.

One particularly special addition to the Farm has been Aspen Ann, Farmer Dana and Allysum’s five-month-old daughter—such a tender sight to watch such a little one experience her first autumn season, her tiny hands helping her mama arrange flower bouquets for the High School Open House, while gazing out from her little pouch that’s strapped to her mother’s chest—witnessing the curious delight in her shining eyes as her first-ever cool drops of rain wash down her rosy cheeks during the first season’s rain.

Our industrious third and fourth graders also each had a turn recently to try milking our dear old Jersey cow, Josie. Gracious parents came early before daylight to heat up a warm breakfast for the budding farmers in the farm ovens, and the children, yawning and still warm from their beds, quietly crossed the farmyard to the milking parlor

for their turn. Everyone succeeded in getting at least a few squirts from the swollen udders, some into the tin pail and some on their shoe tops. None, however, were able to squirt a strong, white stream directly into the mouth of a barn cat standing up on her haunches as my grandfather was so able to do!

The day before Halloween, one of the seventh graders, when asked what their favorite treat of all was, surprised me when he answered, “fruit, and fresh, cool water.” While having tea with the Rosebuds at the picnic tables on the Farm (a weekly ritual), toasted sunflower and pumpkin seeds were shared for snack, and one little boy announced that he preferred meat. The teacher kindly suggested that the toasted seeds would be tasty on a burger bun, and he agreed. So one never really knows what surprises come out in a farmyard environment.

*(Continued on Page Seven)*



Valerian



# Farm to Feast Buy-In Parties

By Cyndi Yoxall, Development Coordinator

**Thank you to all Farm to Feast Buy-In Party hosts!** These private parties were successful, fun, and community-building—bringing us closer together while raising money for Summerfield. Parents are already asking for more!

While you can expect more party offerings at Farm to Feast 2013, here's a look back at what was offered this year:

## **Ladies' Night Out: Bunco and Martinelli Wine at Martinelli Winery**

30+ fantastic women gathered to roll the dice while sipping Martinelli wine and enjoying delicious treats. Thank you to hosts Gina Martinelli, Catherine Bartolomei-Smith and Charmaine Stainbrook, and Martinelli Winery!

## **Guys' Night Out: Poker Palooza at Casa de Oro**

24 men spent a fun evening playing cards, eating well, and sampling scotch. Hosted at the home of one of our Summerfield families, the absolutely beautiful venue included a game room and patio built for entertaining. Prizes were given to both the winner and loser of the night. Thank you to hosts Marshall Behling and family, Craig Stainbrook, Glenn Berger, Jefferson Buller and Ignacio Garat.

## **Needle Felting with Monica Ashley at Summerfield**

Monica shared her time and talent, introducing the magic of needle felting to party-attendees in the beautiful Early Childhood Village. The morning included coffee, tea and pastries, and guests left with a unique creation of their own. Thank you to host Monica Ashley!

## **Nuno Felting Workshop**

Our own receptionist Tracy Saucier led this class through the unique process of creating a wearable art piece! The class was held here at Summerfield and included a delicious butternut squash soup and snacks. Every guest chose and created their own design, crafting a beautiful nuno-felted scarf. The class was both invigorating and relaxing. Thank you, Tracy!



## **Jam Making on The Farm**

Sallie Miller led this group on a summer morning on Summerfield's farm: fresh coffee, berry picking and the ins and outs of making (and eating) jam in the Summerfield farm kitchen. Thank you, Sallie!

## **Al Fresco Dining Experience at GrowKitchen**

20+ guests and their children experienced a whole-animal roast dinner, paired with wine from Coturri Winery. The group participated in the preparation of the roast and enjoyed a lovely dinner outside, overlooking the gardens. One of the guests wrote a letter of gratitude and shared, "We made new friends, deepened new acquaintances, and were reminded again and again and again how blessed our children are to be a part of this community." Thank you to hosts Jeffrey and Line Westman (and boys), and Coturri Winery.

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*(Continued from Page Six)*

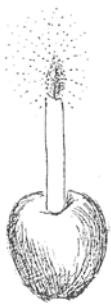
Fall is such a lovely time of year on the Farm. During the child's first seven years in a Waldorf school, the teachers bring a curriculum imbued with the message that the world is beautiful, and the second seven years reinforce that the world is good. To that end, the American poet Annie Dillard wrote the following closing verse:

*Every day is a god, each day is a god, and holiness  
holds forth in time. I worship each god, I praise  
each day splintered down and wrapped in time  
like a husk, a husk of many colors spreading, at  
dawn fast over the mountains split.*

*Thanksgiving blessings to all from Summerfield Farm,  
Farmer Dan, and all who carry the farm-work together.*

# What is Advent?

By Leslie Young, Lower School Secretary



The natural world appears to be dying... but is it really? If we look carefully, we see the buds on the trees beginning to swell—so even late November and December can be a time of Life! Nature's forces are working inside the earth to bring us the beauty of spring.

So must we, too, try to bring inner growth and light into our lives even when the scenery and world events around us seem to drag us down. In our search for meaning and spiritual rejuvenation, some of us turn to family and friends, some to tradition and ritual, some to religious guidance. At Summerfield, we strive for the tolerance to freely celebrate what each finds uplifting and holy.

The Advent Garden is a special seasonal observance the school makes possible for kindergarten through second grade children and their parents, with an additional opportunity for other community members to participate. A parent can observe in the child's "walk", with apple and candle in hand, the walk of destiny, the apple representing the physical body and the candle flame as the light of the soul. We, of course, do not articulate this image to the children, but it is an experience that works inwardly on the child and serves, as well, to illuminate a deeper truth for the adults present.

For the dates and times your kindergartner through second grader will be walking the spiral, see the mini-messenger, or go to our website, [www.summerfieldwaldorf.org](http://www.summerfieldwaldorf.org).



## Community Advent Garden Coordinator Needed

Someone is needed to coordinate the community Advent Garden on Sunday, December 2, from 7-8:30pm. This responsibility entails buying 50 apples (you'd be reimbursed), making the apple candles, and being there for an hour and a half to shepherd participants in walking the spiral of greens. Please let me, Leslie, know if you are interested (575-7194 x 101). If we don't find a coordinator, the community garden will not take place.



## Community Invited to Walk the Advent Spiral, 12/2, 7pm

*Brightly, brightly, deep within,  
a star is glowing...*

The children in our kindergarten through second grade get to do it— and yes, the rest of us can participate as well! Upper grades students and their parents, as well as other community members and friends, are invited to light a candle and walk the evergreen spiral path, accompanied by beautiful lyre music, in the Eurythmy Barn on Sunday, December 2nd, from 7 to 8:30pm. Just enter the Barn and be seated, observing a quiet meditative mood while you await your turn. Donations will be gratefully accepted to cover the cost of candles, apples and musician. A note about the timing of the Garden: We encourage you to come early... if at 8pm, there is no one in attendance, we will end early!

*(And p.s. if no Coordinator appears, this portion of the Garden will be canceled—see previous article.)*



## American History Night with the Eighth Grade

Let's go back in time and re-live American History through the people who shaped the destiny of our country!

Please join the Eighth Grade in Sophia Hall on **Thursday, December 13**, as the students each portray a character from the time of the American Revolution through the Civil War. Included will be music and poetry from this time period—your family is sure to be entertained and delighted!

# Plein Air Impressionism in the High School

*By Kathinka Keip, High School Art Teacher*

Several decades after Monet's Impressionism in France, the Plein Air Impressionism movement—also called Impressionism of the Belated Indian Summer—developed in California. The high point of the period was between 1910 through the late 1920's. The students taking this trimester-long painting elective worked mostly outdoors, studying the immediate campus surroundings, as well as our beloved Laguna de Santa Rosa on the weekend. The focus and mood of the class was on the light of the California landscape.

*View more paintings online in our photo gallery: [www.summerfieldwaldorf.org](http://www.summerfieldwaldorf.org)*



## Class Four does some Local Exploration

Class Four spent four weeks exploring our local surroundings in our Local Geography block. We created maps of the classroom and of the School. Leslie Young from our Main Office shared with us how our School was first home to the Native Californians, then later became a farm and then a horse ranch.

Class Four finally ventured into our own Laguna de Santa Rosa. From the docents at the Laguna Foundation, we learned how the laguna is a wellspring of life—from egrets to river otters, from tule reeds to live oak trees. We learned how the Pomo people used the abundance of these resources. We created tule necklaces, observed water creatures, and played the migration game. What a special place to grow up!

*Some paintings reflecting the children's appreciation for their local surroundings [can be seen on our website](http://www.summerfieldwaldorf.org).*

## Second Cup of Coffee: Shared Conversations about Parenting Strategies on Tuesday mornings

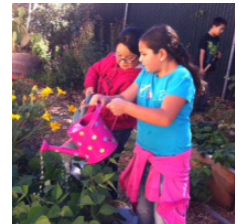
Drop off your kids and then join Rick Concoff (and other Summerfield faculty) and parents for an informal discussion relating to parenting our children—specifically teens and pre-teens—and supporting them and their education during these critical times. The group will meet on the 2nd and 4th Tuesday of the month from 8-9am in the Music/Aftercare Room, beginning 11/27. (The second session will be on Tuesday, 12/11, and then resume after Winter Break.) Topics will vary from session to session.

Thanks for joining for these conversations. Parents of students of all ages welcome. Parenting a teen actually starts when the child is very young. No charge.

*Visit Rick's website, [www.parentingpanicbutton.com](http://www.parentingpanicbutton.com), for more information on an array of parenting topics.*

## City-Country Learning Garden Update

Donated rain boots and seeds were delivered by our high school students and faculty, as they worked for two days building, planting, guiding and teaching the students at Sheppard Elementary. And two Summerfield families are making a hand-washing station for their garden a reality. The Stainbrooks donated a used sink and a SWSF grandparent will help build a table, and deliver and install it. Thanks to Korbel Winery, whose wine barrels were donated for the garden, and thank you, again, to Petaluma Seed Bank for providing heirloom seeds. Thank you to all the donors to the Garden Fund. We appreciate everyone who donated boots—we will continue to collect them throughout November, if there are more out there. We are blessed to have Ronni Sands, Gardening Teacher, who has headed up the City-Country Learning Garden, along with Kerry Arredondo, second grade teacher at Sheppard.



(Eugene Schwartz, Continued from Page Three)

Eugene, ever the radical voice, closed with a controversial thought: perhaps these children of the next generation were meant to arrive now, at this time, in this media-saturated world, with the skills to cope with and to utilize this new technology. It's up to us as parents and teachers to further our own understanding of how media works, and also allow our children childhood. Space for imagination, leading to the ability to think freely, is what will enable them to face, enter and even ensoul, the world of the media for the betterment of humanity...

## Summerfield Community Business Profile

By Cyndi Yoxall, Development Coordinator. Every other month, we'd like to highlight one of our family businesses that are featured in Summerfield's Business Directory (latest edition coming soon!), as a way to showcase the abundant resources and skills in our community.

### GrowKitchen ~ Center for Fooducation

A Brief Interview with Jeffrey Westman, Owner

#### What do you hope to achieve with GrowKitchen?

My goal is to reinvigorate our natural instincts for good nutrition through the teaching of artisanal and hand-crafted kitchen and garden skills. So much of GrowKitchen is about bringing people together to deepen their relationship with food, their family, their community and their natural surroundings. I'm looking to provide food craft training steeped in tradition and focused on experiencing a "strong sense of place" in everyday eating.

#### Can you share some of your passion/inspiration?


I am paraphrasing from a reflection by Joyce Goldstein: ...modern society does not lack passion for good food and tradition, they just lack life experience, a sense of food history and the memories of a grandmother who cooked from her heart and heritage. I hope to gather much of that grandmotherly wisdom and heritage, and document it for the benefit of those who have not had the same good fortune as I, spending my childhood in my grandma's garden and kitchen.

#### How to you plan to move forward?

Through deep and meaningful cooking classes, community gatherings, and intimate food experiences, I hope to touch enough lives to help the modern person put more soul and love back into what they do in the garden, the kitchen, and at the table with family. I will put my digital media skills to work: the power of modern technology and communication can be put to use as a means of rescuing and re-enlivening food history and heritage from around the country and the world.

More info: [Jeffrey@westman.com](mailto:Jeffrey@westman.com) or 707-477-5367.

**John S Woo DDS MS**  
Diplomate of the American Board of Orthodontics



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\* No charge for initial consultation & a 10% discount  
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Dress-Up & Silks  
Lunch Baskets  
Art & Craft Supplies  
Woolens & Rain Gear  
Children's Furniture



# The Messenger Marketplace

## Services Offered/Needed

### **Sidereal Astrology Birth Chart Readings**

Bring harmony and balance to your life through self-knowledge. Chart plus reading \$150. Contact Ann Wiant-Lyon by email: [stellafiora@mac.com](mailto:stellafiora@mac.com), or phone: 707-486-9285

### **Waldorf Mother Looking for Part-time Work**

I would love to offer my services in childcare, personal assistance, domestic or administrative work. Please contact me for further information at 415.533.3627 or [drawingyouastory@gmail.com](mailto:drawingyouastory@gmail.com).

### **Looking for Nanny**

Nanny needed to entertain my 7 month old son while I work at home and/or at my office on Tomales Bay. \$10-15/hr, 20 hr/week to start with possible full-time work in the future. Call or email Emiko Condeso 707-364-3274, [tracyemiko@gmail.com](mailto:tracyemiko@gmail.com).

### **Looking for Doggy Care**

Wonderful small dog looking for a part-time care-take in exhnage for companionship. Handsome one-year-old boy, Coton de Tulear bree, 17lbs. Excellent disposition, loving and fairly well trained to voice commands. Potty trained for a litter box. Call Lance @ 323.639.0531

## For Sale, Rent, Needed

### **Czech out My Kraut!!!**

Would you like to try some delicious sauerkraut? Made with love by a true Bohemian! Sign up for a weekly or monthly CSK (Community Sponsored Kraut) Pick up here on campus. I have been making a wide variety of styles and also take requests. Some examples of Styles I've made recently: Plain Red or Green Cabbage; Dill; Garlic; Beet and Carrot; Kimchi with Daikon, Ginger, Carrot, and Spices; Cumin and Cilantro; Kosher Salt; Sea Salts and more. I currently have some sauerkraut made from the biodynamic cabbage I purchased from the Farm. It goes quickly, so call soon. The price is \$9/Quart \$6/Pint. I will take off \$1 for returned jars. Coming Soon: as per the request of many in our community I will be hosting a SauerKraut making class. Please contact Sita with any questions or to sign up! 228-0118 or [sitaprem@gmail.com](mailto:sitaprem@gmail.com) (I check my email a couple times a week.)

### **Winter Holiday Rental in Mount Shasta—Empty Nest, Art Studio Optional**

Family-friendly 2 bdrm., 1 bath furnished home, sleeps up to 6. Full kitchen, W/D, wireless, hot tub. Quiet neighborhood in town; walk to ice rink, park and library. 15 minute drive to Ski Park and Nordic Center. Art Studio optional: with sink, cement floor, large work table, heat. NO SMOKING, pet negotiable. \$600/wk. (+ \$50 for studio), Available Dec. 20-Jan. 4. For more info/photos contact: Jill Gardner 530/926-3189, [bear@finestplanet.com](mailto:bear@finestplanet.com) or Karen Cabron, 707/569-4105, [karencabron@gmail.com](mailto:karencabron@gmail.com).

### **Quality Wind Instruments for Purchase, Rent, Rent-to-Own**

Private instruction, winds, piano, guitar. Jonathan Marmelzat, 824-1784 or 575-7194, x324, [jonathanmarmelzat@hotmail.com](mailto:jonathanmarmelzat@hotmail.com).

### **Rick Concoff Violins**

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

### **Spiral Coop, a New Food Coop Coming to West Sonoma County, [www.Spiralfoods.coop](http://www.Spiralfoods.coop)**

Visit our virtual farmers market open now until December 20<sup>th</sup> at <http://spiralfoods.coop/node/57>. Here you can order wonderful, local produce and skin care products. Consider joining this local initiative by opening a store front, cafe, or commercial kitchen—you can have a share of the market for a \$25 payment today, and a promise to pay a total of \$300 in the following years after the store is open. No need to be a member to try the on-line purchasing program.



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## Grandparents' and Special Friends' Day

WEDNESDAY, November 21st, 2012 from 8:15 am - 12:30 pm

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EARLY CHILDHOOD THROUGH HIGH SCHOOL - ESTABLISHED 1974