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## LAKE CHAMPLAIN WALDORF SCHOOL

OUR VOICE | March 28, 2014

email newsletter items to: [newsletter@lakechamplainwaldorfschool.org](mailto:newsletter@lakechamplainwaldorfschool.org)



### Maple Magic Pancakes

The kindergarteners have been delighting in the magic of maple sugaring season. Here is a recipe for pancakes that JoAnne's students recently enjoyed. It makes enough for a family of three or four.

Soak the following overnight at room temperature: 1 cup any combination of oat, rye, and whole wheat flours in 2TBL cider vinegar (or lemon juice or whey) and a cup of water, or in 1 cup yogurt. (Soaking grains makes nutrients available that are otherwise locked in by the coating of the seed.)

The next morning beat into the soaked mixture (it will seem dense and stringy) the wet ingredients:

- 1 TBL maple syrup
- 1 well beaten pastured egg
- 3 TBL coconut oil melted
- 1 tsp vanilla

Add coconut milk or any other liquid (apple juice, water, milk) as needed to make an easy pouring batter.

Finally add the dry ingredients:

- 2 tsp baking powder
- 1/2 tsp baking soda (if yogurt was used in first step)
- 1/2 tsp sea salt

Let batter sit a few minutes to allow for baking powder and soda to act on the batter. Cook on a griddle or in a pan.

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It is easy to adapt this recipe by adding fruits or substituting coconut flour for wheat for a gluten-free pancake. Try serving with ghee, cultured butter and fresh hot maple syrup.

A Maple Sugar Blessing:

*"Oh Forest,*

*We give thanks for your sweet water.*

*We are grateful for the promise of Spring,*

*We give thanks for a place of peace and beauty for all the children.*

*Ho!"*

Thanks to the Forrest and Frances Lattner Foundation for their support of the Nourishing Foods Initiative, which supplied this recipe.

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## Third Grade Native American Block

In their Native American Block, the 3rd graders are learning about traditional games. They been in the foyer practicing a Native American relay: here teams compete by blowing feathers across a finish line first, without ever touching the feather. See also the Spinning Plate Race, which looks a lot like Duck-Duck-Goose!



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## Congratulations!

Congratulations to the following 12th grade students on their college acceptances!

**Oliver Creech - Sarah Lawrence**

**Thomas Fortin - Eugene Lang - The New School**

**Vincent Gauthier - Hobart William Smith**

**Amanda Debellis - Mt. Holyoke**

**Jenna Perrapato - Bard**

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Congratulations also to 10th grader **Brendan Fontanez** who was accepted to the **Young Writer's Conference** at

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Champlain College--a residential writers' weekend for high school students which takes place this May.



## Parent Interview: Abby Still

### What is your work?

I am an art teacher for Davis Studio and Burlington City Arts.

### What does a really good day at work look like?

A really good day at work starts with clean clothes and ends covered in paint and clay.

### What is your favorite thing about your job?

Witnessing the creative ways in which children think and helping to nourish their individual artistic interests.

### What do you do for fun?

I enjoy running, hiking, sewing, ceramics, cooking, gardening, rearranging furniture in my house, and making messes.

### Who are the members of your family?

I live in Richmond with Lily (7), Eli (5), my partner, Rob and our cat, Sophie.

### What is your favorite thing to do with Lily and Eli?

Just about anything outside. I love an adventurous day in the mountains with them but I also adore a slow ramble through the yard searching for worms. And in the winter, I sure do love snuggling on the couch and reading books.

### What are you reading right now?

Currently I am preparing curriculum for summer camps so my reading is on many different topics such as, the history of Lego's, native Hawaiian culture and art, animal habitats, fashion design, contemporary mixed media painters and sculptors.....

### What is your favorite thing about living in Vermont (or your neighborhood)?

I love that Vermont has a slower pace of life and that the community I belong to shares similar life and family values.

### Where would you most like to travel and why?

I would love, love, love to travel to India. I am fascinated by their culture and as an artist, I am inspired by their textile designs, architecture and use of bright, bold colors.

### What is your idea of a great child-free outing?

During the day: A hike up Mt. Mansfield with friends or yard sale hunting

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In the evening: A pair of high heels, a glass of red wine and live music.

## Montreal/Burlington Weekend Getaway Auction “Swap” Donation

Waldorf schools throughout the country have started the practice of two schools helping each other out by offering an auction item getaway to each other's city. **We have just gotten word that the Rudolf Steiner School of Montreal would like to do a Weekend Getaway “swap” with us for our auction.** A parent in their school has offered a lovely apartment in Montreal for us to offer in our Spring Benefit auction. **To reciprocate, we are looking for a member of our community to offer a “place in the country” (yes, Burlington would be considered “country”!) for their school fundraiser auction.** It's an easy donation, and fun and pleasurable to have a connection with a Waldorf community member from another culture. You get to specify the available dates, which should be at your convenience, and nothing else is required (we'll just need to know how many it sleeps). If you can make this offering for our biggest fundraiser of the year, or if you just want to explore the possibility and ask questions, please contact Sharon in the Development Office at [srichards@lakechamplainwaldorfschool.org](mailto:srichards@lakechamplainwaldorfschool.org) or 985-2827 ext 14.



## Arigatou gozaimasu!

"Arigatou gozaimasu" means "thank you very much" in Japanese and that heartfelt message goes to **Serge and Susan Mason Lazarev** for the exquisitely elegant Japanese dinner they painstakingly cooked for nine of us at their home last Saturday evening. We sat on floor cushions or small benches around the low table and were treated to dish after dish after dish of wonderfully and authentically prepared Japanese fare - simple, whole and vibrant food with ingredients collected between here and Manhattan. My mouth still waters for the homemade sea vegetable salad, lotus root, and unfiltered sake.

It was a rich experience of food and community!

Kim Guidry



Susan and Serge's exquisite table.

## Everyone Around the Table:



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## Healthy Family Meal

Saturday, April 12, 9:30-12:00

Free childcare provided

Join us for discussion about the values of a family meal, the logistics of getting everyone to the table, and ways to build a culture of conversation and sharing that makes mealtime fun! Participants will leave the workshop with practical ideas and useful strategies for bringing the family together. Free childcare will be provided for the majority of this workshop; we will be inviting children to join us for a portion of our time together. Please RSVP to Pam Graham: [pgraham@lakechamplainwaldorfschool.org](mailto:pgraham@lakechamplainwaldorfschool.org)



**Jason S. Frishman**, PsyD, will facilitate this workshop as part of our parent education series. Jason is a kindergarten parent, a Licensed Psychologist who works with individuals, families and groups, as well as the co-owner of FolkFoods, a food company based in Burlington that sells healthy, vegetarian packaged goods and prepared meals. Jason combines his interests to offer workshops, family consultation and parenting groups focused on family, food and the stories we tell about these important elements of life.

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### SAVE-THE-DATE

## Mayfest returns May 3rd

Our beloved family event returns May 3rd from 10:00-2:00 with pony rides, face-painting, delicious food, music, and maypole dancing. An unforgettable way to welcome spring for young children and their families. Bring your friends!



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## LCWS and National Screen Free Week

Screens are great for work, communication, and entertainment—but they can come at a cost to families. With phones and laptops ever present, work easily spreads into our home life, texts and calls distract us at dinner, and it's all too easy to use videos and apps to distract our kids when we need to get things done.



Screen-Free Week (May 5-11) is a national effort organized by the Campaign for a Commercial-Free Childhood to encourage families to pull back and reassess their connection to technology. It's an invitation to reconnect face-to-face with family and friends, to be in nature, to take up hobbies and activities, and to spend time alone.

We'll be sharing information about this great campaign in all the places you find your school news: the newsletter,

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Facebook, and in the hallway of our school.

In the meantime, if you would like to help inspire families to spend time together, and encourage kids to dream, read, and pursue their passions, we can use your help! Want to be a part of making National Screen-Free Week happen at the Lake Champlain Waldorf School? Contact Abigail Diehl-Noble at [adiehnoble@lakechamplainwaldorfschool.org](mailto:adiehnoble@lakechamplainwaldorfschool.org)

## A Special Gift Idea

This year the tenth grade has a special gift idea for mothers, grandmothers, aunts, and others. Dan's Chocolate Truffles come in six great flavors and small packages—just enough for a great treat!

Chocolates will be on sale at the grade school after school from April 4—or you can ask any tenth grade student to take your order!

All funds go to support the class of 2016 in our senior class trip. Our Kroka-led expedition to Ecuador will be a once-in-a-lifetime immersion in a different culture. We appreciate your help in making this trip possible!

Nancy Hilton, 10th grade



## Shout-Outs!

We are experimenting with a new section of the newsletter that allows readers the chance to express gratitude toward other members of the school community. If you'd like to give anyone a shout-out, please send a short blurb to [newsletter@lakechamplainwaldorfschool.org](mailto:newsletter@lakechamplainwaldorfschool.org).

A huge shout-out to **Stephanie Lewis**, mother of 12th grader Nancy Lewis. Every week for the last seven years Stephanie has gathered the items that community members submit to Our Voice and formatted the submissions so that they could be published in the newsletter. Thanks, Stephanie, for your years of behind-the-scenes service! --Kristin DeVoe-Talluto



Stephanie Lewis and Nancy

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## Waldorf in the News

The Waldorf curriculum has always advocated a kindergarten day of social play, movement, and purposeful work as the best preparation for formal academic learning—which should begin around age seven. This is in strong contrast to the direction of education today. In many preschool settings, three- and four-year-olds receive direct instruction in literacy and math. Now [recent research at Cambridge University](#) confirms that this early push brings no benefits in grade school and beyond. Early instruction may even have a high cost, since it takes away valuable time for learning social and emotional skills through dramatic play—something that can best happen between the ages of 3 and 6. The aim of the Waldorf curriculum is to bring everything children need, at the time they need it. Why would we rush to teach what can be learned most effectively, and joyfully, in a few years' time?

For more Waldorf news, you can read the [April issue of Inform](#), the AWSNA newsletter.

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Thank you for the many ways you support the Lake Champlain Waldorf School.

Pledge!

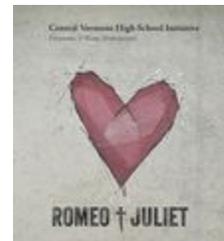
Donate!

## Community News

**Come see the 8th grade quartet.** The 8th grade quartet will be playing at the Art of Giving event on April 10th from 6-7pm at ArtsRiot on Pine St. (next to Speeder and Earl's). There will be music, food, and 20 local artists will be selling paintings, sculpture, glass and photographs by silent auction to benefit the Vermont Children's Trust Foundation. Come support our school's musicians, local artists, and the work of the Vermont Children's Trust Foundation. The website for more information and to get tickets in advance is: <http://www.vtchildrenstrust.org/events/art-of-giving/overview.php>

**Free Performance of Romeo and Juliet by Waldorf Students.** Students from the Central Vermont (Waldorf) High School Initiative are performing Romeo and Juliet at Burlington's Main Street Landing, April 1, 7:00 p.m. FREE.

**Invitation to a free show on April 21st.** TIm Jennings and Leanne Ponder are among today's most outstanding performers of the traditional oral tale. They invite members of the Waldorf School Community to participate as audience as they make a video of some of their [favorite folktales](#) on Monday evening, April 21 (the day after Easter), in the studios of Burlington's Center for Media and Democracy (Channel 17.) Seating is limited to 35 adults, teens, and children. Admission is free, but by reservation only-- better move fast! [Contact them](#) for details.



## Classifieds

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**House Sitter Wanted for April School Break.** Need house sitter to care for our home and pets. Please contact Tange Barbour via email, [tangebarbour@gmail.com](mailto:tangebarbour@gmail.com).

**Easter Chocolates for Sale.** You may remember my fundraising last year for my Service Trip abroad with the People to People Program. I am once again hoping to participate in a Service Adventure this summer with Vision's Service Adventures, going to Guadeloupe in July. To do this, I am once again selling my homemade chocolates and truffles for Easter. Watch for me at the Shelburne Supermarket, or you may call to order, 825-1948, and I will drop off at school. Thank you! Nancy Lewis

**Violas for Sale.** 15" viola with case, very good condition \$350. 16" viola, hard case included, very good condition, \$500. Call for details. Nancy Lewis, 802.825.1948.

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## Upcoming Events At A Glance

March 27: Simplicity Parenting Series: Filtering Out the Adult World, Turtle Lane Campus, 7:00p.m  
April 1: Re-enrollment forms due  
April 12: Everyone Around the Table: Routines, Rhythms and Stories for a Healthy Family Meal 9:30-noon  
April 16: Senior Project Evening, Ferry Rd Campus  
April 17: Simplicity Parenting Series: Simplicity Parenting to Go, Turtle Lane Campus, 7:00p.m  
April 18-25 : NO SCHOOL, April Vacation  
May 3: Mayfest, Turtle Lane Campus 10:00-2:00  
May 15: Spring Benefit Family Concert, St. Michael's College Chapel, Colchester  
May 16: Grandparents' and Special Friends' Day, Turtle Lane Campus  
May 17: Spring Benefit Gala, Coach Barn at Shelburne Farms  
June 4: Last Day of School, K-12  
June 5: 8th grade graduation  
June 7: 12th grade commencement

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**TO SEE THE SCHOOL CALENDAR** [click here.](#)

There are four, layered calendars (All School, College Guidance, Middle and High School Sports), which you can turn on or off. Click on the drop-down arrow next to the "Agenda" tab.

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