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LAKE CHAMPLAIN WALDORF SCHOOL

OUR VOICE | November 1, 2013

email newsletter items to: newsletter@lakechamplainwaldorfschool.org



"The Circus is Coming"

Save the date, Friday, Nov. 15, 1:30-3:00

Grades 2-8 have been exploring and learning various circus skills during their movement class with Mr. Moruthane, with the help of Circus Smirkus Artist-in-Residence Joan White-Hansen (known by the students as Ms. Joni). The classes have focused on exposing the students to many types of circus skills, while also learning problem-solving skills, risk taking and learning new goals in the spirit of persistence. "Try, Try Again, Try a New Way" are some of the lessons heard echoed in the community room during movement class. The circus performance will be a sharing open to our school community. Location to be announced soon!

Please note: This Circus Performance is REPLACING the curriculum assembly that had been scheduled for Nov. 5.

The First Grade Visits New Village Farm



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Remembering Joshua: share your stories and memories

So many of us have been touched by the tragedy of losing Joshua, and we want to remember all of the love and joy he brought to our lives. Please join us in sharing your memories. We will collect them and post them on our [Remembering Joshua](#) page on our website, and will share them in each week's newsletter. If you have a story about Joshua feel free to send it to [Melinda Haselton](#).

From Sueanne Campbell

Dear Families,

My heartfelt thanks for the out pouring of support and kindness I have felt from so many of you. This week has been a tender week for me trying to find my footing after Joshua's passing. The children in my class have been confused and sad and adjusting to a different configuration. We are feeling all the love around us though and sending love to Joshua and his family often. Today we celebrated Halloween in a quiet, together, kind of way. It was a good solid day. Joshua was going to be a pilot for Halloween. One of the children said it is sad that Joshua didn't get to be a pilot...and another replied, "he is an angel now. He is flying with his own wings". Out of the mouth of babes. They are so practical and connected.

I would like to invite who ever feels moved to, to par take in a prayer circle for the dead. Rudolf Steiner addresses the importance of staying connected with those who have crossed the threshold to the spiritual world. Our spiritual work here on earth is soul nourishment for those that have passed on. This gathering will take place in my kindergarten weekly on Thursdays at 6:30 p.m. We will sing, study and celebrate those friends and relations that have died. I am dedicating this circle of prayer to Joshua. If you have a loved one that might benefit from some nourishment please join us. Bring a picture and an brief story to share with whoever participates.

Joshua's death has affected so many people and has been so incredibly sad. I felt like I wanted to share some happy memories of Joshua.

¶ Last year in the beginning of the year Joshua had a imaginary CB radio that he held and talked into, static and all. He was getting up dates on happenings in the fire department and his rescue teams. He would know if they were getting calls and if they needed his help. One day he had all his classmates participating in his creative play. They had hoses and police cars and ambulances. Everyone was completely engaged. Joshua was playing in the loft going up and down the ladder. Suddenly, he came down the ladder, opened the door, went out of the classroom without asking me if he could. This was very unusual, the children never leave the room without asking first. When I got to the door to follow him he was

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on his way back in. I asked him what he was doing, he said that he was out on a rescue run and he was just returning. Of course he was. So I said, "next time when you have a run just let me know so I don't worry about you." "O.K. Sueanne," he replied.

¶ This year many of Joshua's class mates stayed for the extended day. Joshua went home each day at noon. But I could tell he was interested, and feeling brave enough to stay. His last week of school he was able to do just that. But he wanted to surprise the other children. So he had his mom call and leave a message that he was staying but he didn't want the children to know. Well, all morning he kept saying to his friends, "I'm never going to be able to stay for aftercare. What's it like? Do you bring your own lunch? Do rest? Do you play outside. I wish I could stay." He kept this going for three and a half hours, until it was time to say goodbye. I told him it was time to tell the children the surprise. When he did he had the biggest smile and then so did they.

More Joshua stories to come. I look forward to seeing next Thursday.

With love and light, Sueanne

A Very Special Win for the Wildcats

Last Tuesday was a great day in the annals of LCWS sports. The boys and girls H.S. soccer team traveled to Williston to take on a talented Trinity Academy for the final game of our season. It was a doozy. Trinity is a disciplined, well-coached team with a number of high skill players. In the past they have beaten us with relative ease, often posting a shutout. While this has been disappointing, the games were always learning opportunities used by coaches Mashobane and Tyler. This game was different on several levels.



The game began with a moving tribute to Joshua Moore involving the players from both sides in a large circle, offering thoughts and prayers for his passage. Additionally, it was final soccer game for a number of seniors who have played on the team throughout their high school careers, growing in skill and sophistication. Lastly, there was the outcome.

Looking stylish in their uniforms, the Wildcats began the game with stifling defense and breakaway attacks on the opponent's net. In contrast to past games that have mostly been played in our zone, this game was much more even.

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with several excellent tries and shots by our strikers. Toward the end of the first half **Dana Govett** buried a beautiful shot in the net, giving us a 1-0 lead. The passing that led to this goal was exceptional. In the second half, Trinity launched a series of strong attacks in an attempt to score. They were rebuffed by our defense with great footwork and crisp passing. Midway through the period we had a nifty breakaway with **Thomas Fortin** punching in our second score. This was preceded by several other excellent scoring chances, as the offense showed its grit. As the sun set and the temperature plummeted, Trinity continue to attack, and finally tucked a goal past keeper **Noah Ranallo**, who up to then had been impregnable in the net. Several minutes later the whistle blew and the game came to a victorious end for the Wildcats.

I should confess that I am an excitable spectator. I've never understood why people stand silently on the sidelines watching their kids play sports. Yesterday the gallery offered loud and colorful support for the team, led by a cadre of rollicking 10th-12th grade Anthroposophists and Willie the mascot. The team spirit and enthusiasm were palpable, as the players appreciatively noted afterwards.

The combination of winning for the seniors and honoring Joshua transformed this into a very special occasion. Way to go, Wildcats!!

- Tom Powell



Open House tomorrow!

Bring friends and family to our Open House tomorrow, November 2 from 10:00 a.m. to 12:00 p.m. The Open House will include:

- A presentation on Waldorf education at 11:00 a.m.
- Classrooms open for visiting all morning.
- Faculty from the parent and child program, kindergarten, grade and high school will be on hand to answer questions.
- Lantern making in the kindergarten.
- Refreshments.

If someone you know is looking at independent schools, pass this on to them. Contact Pam with questions 985-2827 ext. 12 or pgraham@lakechamplainwaldorfschool.org.



Early Registration for Life of the Child Ends TODAY!

You can still get our early bird discount until midnight tonight for our Life of the Child Conference, 'Discipline with Heart: Guiding Our Children'. The conference will take place November 15, 7:00 - 9:00 p.m. at Contois Auditorium in Burlington and November 16, 8:00 - 1:00 p.m. at the Turtle Lane Campus. [Sign up today!](#)

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Ticketing Information

- Early Registration (by November 1) \$49
- Conference Registration (Friday and Saturday) \$60
- Student/Senior/Teacher \$49
- Friday Night only \$20

Curious about Sharifa's book, *Heaven on Earth: A Handbook for Parents of Young Children?*



"Sharifa Oppenhiemer has given the world a great gift in the pages of this book. The important child-development information is exquisitely combined with the best 'How-to's' I have seen in any book for parents. Her book, is a ready guide that insures joyful, enthusiastic children who learn easily and contribute to their families and society for a lifetime. I have delighted in every page and feel this is absolutely a 'must read' for parents, grandparents, teachers, and perhaps everyone who will ever touch the life of a child."

— Carla Hannaford, Ph.D., biologist and international educational consultant; author of *Smart Moves: Why Learning Is Not All in Your Head* and *Awakening the Child Heart: A Handbook for Global Parenting*

Details from the Grade School Front Office

The new parent mail boxes have arrived in the grade school! Our very own woodworker, Christopher Ramos, has beautifully hand-crafted the wooden piece for our foyer. Please come take a look!

Parent-Teacher Conferences are Thursday, November 7 and Friday, November 8. Please be sure to [sign up online](#). Just let Brenda know if you need me the link again. Thank you.

If your child needs a make-up photo, Ambient Photography will be scheduling the make-up session soon. I will let you know when that is.

The 5-8 grade ski program is coming up. Look for an email soon with all sorts of information about the program...including how to be a chaperone!

Thank you, Brenda

Focus on Philanthropy

The Time is Now:



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A Campaign for Our Whole School!

ALL GIFTS SUPPORT BOTH CAMPUSES: Every student and family at our school will benefit from these changes. The Board of Trustees, Capital Campaign volunteers and the Faculty and Staff have taken great care to ensure that the funds raised will transform both campuses.

UPDATE ON CHALLENGE MATCH: Members from the Four Pillars of our School (alumni, parents, grandparents and the Board of Trustees) have offered an incredible challenge: if the school community can raise \$300,000, they will donate an additional \$200,000. We have a wonderful start, with \$6,000 raised. Please consider making your gift or pledge today!

GIVING A LITTLE EACH MONTH CAN ADD UP TO A BIG GIFT:

"I see the new high school sitting there empty, in need of teen spirit, and can't wait for my children to be there. I want to help make it happen. Giving a large lump sum doesn't work for my budget, but now, being able to give in small monthly payments has allowed me to give what I wanted to the campaign." ~Roberta Nubile

Contributing monthly is a great way to optimize your gift, especially for a big gift-of-a-lifetime Capital Campaign contribution. Some donors are making 30 a month (or a dollar a day) for three years, to make a total donation of over \$1,000! Others are gifting annually with a stock or securities transfer to the school, or by check. **Your gift, of any amount, helps our school to reach our goals.** The easiest way to sign up for installment gifts, by credit card or by checking transfer, is through our secure website:

[Donate or Pledge Now](#)

AND IN CASE YOU DIDN'T HEAR THE FANTASTIC NEWS....

Anonymous Donor Increases Turtle Lane Gift to \$650,000

The anonymous donor who pledged \$500,000 to the campaign to fund the major renovations and expansion at the Turtle Lane Campus has increased the pledge to \$650,000! We are thankful for this support of the expansion at Turtle Lane. The renovations will include: expanded and enhanced space for gym, movement, practical arts, music, plays, assembles and performances. Outstanding!

Ninth Grade Main Lesson

Over the last four weeks the ninth grade have been studying the history and design of masks as a part of their Tragedy and Comedy block. As they learned about drama and the role of masks in different cultures, students created their own plaster masks, refined them, designed and decorated them using found and given materials. The final masks were colorful and individual.



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"The arts in general—and fantasy in particular—
is constantly accused of being both frivolous and dangerous.
Both are true.... This stuff is safe. And fun. And lightning.
And afterwards you might not be the same."

Meet Alexander
For a reading, and book signing
sponsored by Flying Pig Bookstore
SATURDAY, NOVEMBER 2
4:00 pm
RSVP at (802) 985-3999

**Fantastic Futures:
The Power of Fantasy to Inspire Change**
an evening with National Book Award Winner author William Alexander

Monday, November 4, 7:00 pm
AT THE LAKE CHAMPLAIN WALDORF SCHOOL
100 TURTLE LANE, SHREVEPORT, VT
This lecture is sponsored by book loving grandparents.

William Alexander, winner of the 2013 National Book Award for Young People's Literature, is the best-selling author of *Goblin Secrets* and *Goblin's Song*. He's a young and highly acclaimed middle-grade writer in the cleanpunk genre (a combination of fantasy, science fiction, and realism). He earned his English Master's degree at UNH and is a Waldorf alum.

Tickets are \$5 at the door. Contact [AdieHlnoble@lakechamplainwaldorfschool.org](mailto:adiehlnoble@lakechamplainwaldorfschool.org) (802) 985-3999 for more information or to RSVP.

Get a signed copy of Goblin Secrets!

Don't miss the only chance to get a signed copy of *Goblin Secrets* by award-winning children's author, William Alexander. On Saturday, November 2, at 4 p.m. Alexander will be reading from his work and signing books in an event sponsored by the Flying Pig bookstore. RSVP at (802) 985-3999.

And don't miss Alexander's lecture on the power of fantasy to create change. If you believe imagination is a part of the solution to our problems, you will be inspired by this talk. Monday, November 4, 7 p.m. at the Turtle Lane Campus. \$5 at the door, RSVP to adiehlnoble@lakechamplainwaldorfschool.org.

Halloween at LCWS

Our two annual Halloween events were a great success! Thank you to the incredible volunteers who worked together to

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make two memorable events enjoyed by all. Thank you again to [Sparkle Stories](#) for making the Forest of Magic and Mystery such a magical experience for our younger children. Enjoy the photos below!

The Forest of Magic and Mystery



The Haunted Circus on Ferry Road



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Parent & Child Classes: Early Registration Ends November 5

The next 10-week session for our Parent & Child Classes begins the week of December 2. The classes, crafted for children up to three years, are held in Shelburne at the All Souls Interfaith Gathering. Please share information about this program with any interested friends. The descriptions of the different age groups and the registration form are on [our website](#). Early registration ends November 5. Please contact Pam Graham at 985-2827 ext. 12 or pgraham@lakechamplainwaldorfschool.org if you have any questions.

WALDORF

PARENT & CHILD CLASSES

INFANT TO 3 YEARS OLD • LED BY EARLY CHILDHOOD SPECIALIST KIRSTY GOURLAY



Explore the magic and wonder of the first 3 years of childhood

Lake Champlain
WALDORF SCHOOL

Fall sessions begin the week of September 12

- **MOON GARDEN**
Newborns – Beginning walkers
- **SUN GARDEN**
Beginning walkers – 20 months
- **STAR GARDEN**
20 months – 3 1/2 years

Observe, move, and interact with your child in a nurturing and playful environment. Learn about creating supportive rhythms, developing imaginative play, and cultivating the earliest sparks of compassion. Classes meet weekly for 10 weeks and include:

- Circle time with songs and movement
- Stories told with puppets
- Organic whole grain snack
- Child development conversations and sharing
- Natural crafts and activities for parents

PRE-REGISTRATION REQUIRED
www.lakechamplainwaldorfschool.org
 Shelburne, VT • (802) 982-2827 x12
Early registration ends August 1

Martinmas Muffins

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Note about planning ahead: These muffins are started the night before they are baked.

These muffins are intended to provide a nourishing snack for children and parents at Martinmas that meets several dietary restrictions:gluten-free, dairy-free, egg-free, and nut-free,while also using whole food ingredients. We make our own gluten-free flour blend with no additives. We then soak the flour overnight in order to make the grains more digestible. These muffins are best eaten warm and fresh. They freeze and reheat wonderfully.

Ingredients:

- 1/2 cup sorghum flour
- 1/2 cup cornmeal flour
- 1/2 cup brown rice flour
- 1/2 cup arrowroot powder
- 1 cup coconut milk
- 1 Tbs. apple cider vinegar/rice vinegar
- 1/2 cup applesauce
- 3 Tbs. maple syrup
- 1/4 cup melted coconut oil
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1 cup chopped apples
- 1 tsp. cinnamon
- pinch salt

Soak flour/arrowroot mixture in coconut milk plus vinegar overnight on the kitchen counter or for 8-24 hours, stirring well and covering with a plate or kitchen towel. After 8-24 hours, mix together remaining ingredients and stir into soaked flour mixture (it will be hard to stir at first - keep at it!). Bake in a pre-heated 425-degree oven for 15-20 minutes or until muffins are golden. Remove from muffin pan to cool. Makes 12 muffins.

To make your own gluten-free flour blends see "Gluten-Free Girl."

Thank you to the Forrest and Frances Lattner Foundation for supporting the Nourishing Foods Initiative.

Website Feature of the Week

We are so excited about our new website and want to help you navigate and find things easily. Each week, we will share another feature so we can all get familiar with the structure of the site, and enjoy the many features that help us tell the story of our school.

Meet the Faculty

Get to know more about the amazing teachers at our school. Faculty and staff profiles are located in the '[Our School](#)' section of the website. You will see links for the different branches in the left navigation.

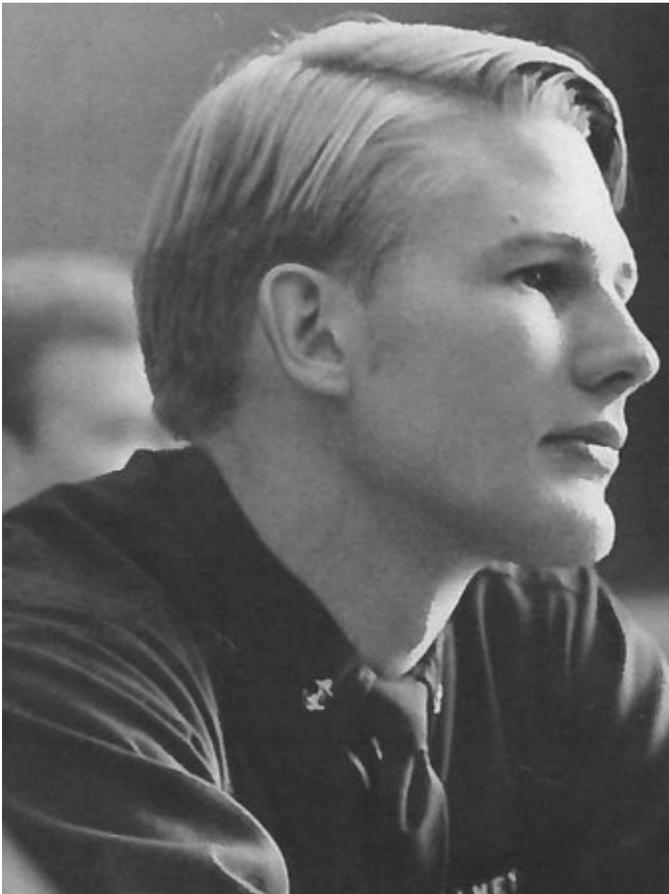
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[Early Childhood Faculty](#)
[Grade School Faculty](#)
[High School Faculty](#)
[Subject and Specialty Faculty](#)
[Administration](#)

Have questions about finding things on the website? Please contact Melinda Haselton
mhaselton@lakechamplainwaldorfschool.org.

In Memorium

Bob Ramey, beloved father of Megan, Cameron and Kyle and husband of Bette Ramey passed away October 12, 2013. Bob was once a vital member of our school community, as his children attended our early childhood programs and grade school during the 1990's. Bob often came to lend a hand during work parties, especially when the school was in its early construction phase. He had a great sense of humor and was warm and friendly to many. It was a tribute to Bob's memory, to see many LCWS families present at his memorial service. Bob had a tender heart as seen in his devotion to his family and his love of Robert Frost's Poetry. His favorite being: Stopping by the Woods on a Snowy Evening.



Stopping By Woods on a Snowy Evening -Robert Frost

*Whose woods these are I think I know.
 His house is in the village though;
 He will not see me stopping here
 To watch his woods fill up with snow.*

*My little horse must think it queer
 To stop without a farmhouse near
 Between the woods and frozen lake
 The darkest evening of the year.*

*He gives his harness bells a shake
 To ask if there is some mistake.
 The only other sound's the sweep
 Of easy wind and downy flake.*

*The woods are lovely, dark and deep,
 But I have promises to keep,
 And miles to go before I sleep.*

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Five miles to go before I sleep.

Community News

JoAnne Dennee is moving house!

We are forming a crew to help clean the new house just after she and Larry move in, as well as a crew to finish cleaning the old house. This will largely involve cleaning windows and screens, dusting and mopping floors, on Thursday November 7th and Tuesday November 12th. We're also going to make meals for the days just before and after the move. Would you like to help? Sign-up and more information at this link:

<http://www.signupgenius.com/go/10C0C4AAEAC2EA2FF2-house>

Or feel free to email me or call me if you have any questions, or want to help at a different time!

lsewellmccann@gmail.com Thank you! Lisabeth Sewell McCann

All Souls Gathering

Please join us for a quiet All Souls Gathering to honor those who have passed across the threshold. LCWS eurythmy room, Friday, November 1 at 5 p.m. For more information please contact Martha Loving (434) 865-5330 or

emailmartha@lovingcolor.org - Martha Loving

Happiness and Meditation Workshops:

Susan and Ginny Sassaman will be offering two workshops on how to bring more happiness into your life. Learn about

[Happiness day in Montpelier](#), Saturday, November 16th. Learn about [Happiness and Meditation in Burlington](#),

November 17th.

Healing the Grief of a Recent Loss

Joey Corcoran and Susan Sassaman will offer a Healing Grief weekend workshop in November at All Souls Gathering in Shelburne. If you've said a final goodbye to a loved one, you may know it can be a surreal time. The workshop provides a safe, intimate group setting. Guided yoga with music adds to both reflection and hopefulness. Friday Nov. 22nd, 6:30-8:30 and Saturday, Nov. 23, 9:30-5:30. Cost: \$130. Pre-registration necessary. Contact Joey for a brief phone interview: 802-654-7600, Ext. 4, joey@mindfulrest.com.

Joseph and the Amazing Technicolor Dreamcoat

Come see Lyric Theatre Company's "Joseph and the Amazing Technicolor Dreamcoat"! Support Lyric and enjoy a wonderful show! 8th grader Avery McLean and 6th grader Beckett Pintair will be performing in the children's chorus. Flynn Center for the Performing Arts Thursday November 14th through Sunday the 17th. For tickets: (802)-86-FLYNN or www.flynncenter.org.

Classifieds

Great Furnished Home for Rent. One mile from LCWS in a quiet Shelburne Village

neighborhood. Warm and cozy, 3 bedrooms, office, fireplace, hardwood floors, washer/dryer, solar heat, home gym. Available 11/25-4/15. Call Nathalie 985-3235

I'm an LCWS alumnus and I teach piano lessons in my home in Shelburne village. I've been playing piano for 11

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afternoons and alternate Saturday mornings. Contact Dana Hartshorn: danacecelia@gmail.com or (802)985-2555.

Offering my services as a caregiver. I've lived in Burlington 6 years, working on veggie farms and being a caregiver. I love doing "projects" with kids, singing, dancing and adventures. Experienced with all ages. Can provide after-school pickup, and can care in your home, or mine. Contact Sylvia: sabrendela@hotmail.com, (831)331-8380.

Full-time Assistant for fast-paced Shelburne chiropractor with a big vision. Will train any bright energetic, detail-oriented and self-motivated good communicator who can juggle three things at once, keep a smile and treat our patients like royalty. Go to www.belifeul.com/hire for full description and instructions on how to apply. - Heather Rice

Does your home need sprucing up before the Holidays? Maybe someone wants a new wall color in their room? I have a professional interior painting & wallpapering business, with 14 years experience, and many references. We are neat and detail oriented. I have a team of available co-workers when I need them, so large jobs are as good as small ones. Fine finish carpentry also offered by my business partner, Tyler Gillen. Please give me a call if you need any work done. Thank you for considering us! - Lauren Ridgway 644-2447 or laurenridgway33@gmail.com.

Drop In Care Available at New Village Farm for November 7th and 8th Parent/Teacher Conference \$15/hr family rate. Contact Julie Cubino (on behalf of Michaela Ryan) at 802-233-7641 to sign up!

3rd Annual Winter Mixer & Wreath Auction: A fundraiser for the Shelburne Craft School

In its third year the Board of Directors of the Shelburne Craft School invite the community to the Winter Mixer and Wreath Auction for an enchanting holiday-flavored evening! Thursday, November 21, 6:00 p.m. - 8:30 p.m. at the Magic Hat Brewery Artifactor, 5 Bartlett Bay Rd, South Burlington.

Nibble hors d'oeuvres, sip local wine and beer from the cash bar, jam to the music of Meat Packers and win your favorite wreath during the LIVE auction with auctioneer Jamie Polli of GameshowsVT! There will be about 25 artisan and festive wreaths to bid on. The bidding starts at \$45.00.

Tickets are \$35 (\$30 for members) and include a complementary glass of wine or beer, light fare and a handcrafted ornament. Wine served by our friends from the Shelburne Vineyard, and craft beer on tap by Magic Hat. To purchase tickets go to: www.theshelburnecraftschool.org or call: (802) 985-3648. - Sage Tucker-Ketcham, Executive Director sage@theshelburnecraftschool.org.

The Week Ahead and Beyond...

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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