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LAKE CHAMPLAIN WALDORF SCHOOL

OUR VOICE | November 8, 2013

email newsletter items to: newsletter@lakechamplainwaldorfschool.org



Eleventh and Twelfth Grade Eurythmy

The eleventh and twelfth grade gave two Eurythmy performances on the 24th and 30th of October which were well received by students, parents and friends alike. The twelfth grade performed a poem called "Tarantella" requiring presence of mind and quick, light movements. In contrast, the eleventh grade performed the "Dance of the Planets" with a poem by Goethe in which each movement was majestic and full.

The rod exercise they performed to a Henry Purcell piece required great dexterity and fluidity of movement as well as working together to create a harmonious whole. I had the great joy to work with these students and see the unfolding of their talents in movement in just six short weeks. Rehearsals and classes moved rather quickly along. I was inspired to see how engaged and sensitive they all were to each other and also to entering into the creative process. There was a lot of fun and being social but also a lot of hard work. It was a pleasure to work with them. The beauty and grace they exhibited at both performances was breathtaking. Congratulations, eleventh and twelfth grades, and good luck in all your endeavors this year! -- Elena Baba



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In Memoriam

We extend our deepest, heartfelt condolences to LCWS senior Madi Cook-Comey and to Dani Comey and Carla Mazzarello, at the recent passing of Madi's mother Kathy Cook. Dr. Kathleen Cook was the Associate Director of Residential Life at the University of Vermont, where she worked passionately on issues of diversity and social justice. To give a small picture of Kathy, we would like to share an excerpt from an essay written two months ago by one of the many graduate students Kathy mentored at UVM.



My second year in graduate school, the Associate Director of the Residential Education Team, Kathy Cook, treated me to lunch. Part of an annual (or semesterly, depending on how the year was going) tradition with all graduate students, it was one of the meals I looked most forward to. That particular semester, in the middle of navigating my job search, I was also navigating a couple of particularly difficult situations within my capacity as an Assistant Residence Director, I was craving some guidance on moving forward. "How do you do it?" I pleaded, nervously moving my food around on my plate. "I'm just...so...exhausted. By everything. How do you find the energy when it comes to managing challenging professional relationships? How do you stay motivated in your work?"

Kathy, likely having counseled dozens of Higher Education Student Affairs (HESA) students with similar woes, took a deep breath, and the next thing she said completely changed my perspective on the work I do and how I view the world. No joke.

She shared with me that, each morning, she wakes up, looks in the mirror, and asks herself, "How can I be of service today?"...

(You can read the whole essay here: <http://sheisthriving.com/author/virajspatel/>.) Please join us in holding Madi and her family, as well as the UVM community, in your hearts.

~the faculty and staff

**How do we create a family culture that
allows our children to be their best selves?**



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Some thoughts from Abigail....

I call it the Great Illusion, and, being a Waldorf teacher (can we say “idealist”?) and an excited new parent, I fell for it entirely. The illusion is that, by shaping our children’s environment in just the right way, and parenting wisely, we can make them turn out the way we want them to be. That is, well-behaved, well-adjusted, and blissfully happy most of the time.



The reality of children who melted down, were temperamentally challenging, and defied me (particularly when hungry and tired) was eye opening. Family dinner, some days, seemed like a pipe dream. With three children under six at the table, sometimes all we could hope for was survival and getting a little food into most of the mouths present.

What I learned over time—we’re on our third preschooler, and experience has been a good teacher—is that controlling the environment doesn’t let us control our children, or make family life stress-free. But it does help us guide the children better. The best part is that with one child in the grade school, I can see what we were aiming for: sometimes, there are family dinners where everyone talks to each other and eats what we serve. I never would have believed it.

A little more practical inspiration along the way would have been great. Maybe we would have figured out sooner that the essential ingredient in a meal with young children is humor. Maybe we would have learned to set the table sooner, before hunger pains set in. Maybe we would have had age-appropriate expectations, and spent less time looking at each other, numbly asking, “What’s wrong with this picture?”

We are so lucky to have a conference about all of this and more. What we need most as parents is support in creating the family culture we want, and the courage to go for it.



Our keynote speaker for the Life of the Child Conference next weekend, Sharifa Oppenheimer, is a Waldorf kindergarten teacher with 30 years of experience, a mother of three, and a grandmother of two. Sharifa is wise, warm, down-to-earth, and eminently practical. You will leave her presentation re-inspired to craft the family life you want, and with the tools you need to begin to do it.

Our workshop presenters offer more perspectives on family culture and parenting. Anne Shapiro, parenting educator and former class teacher, shares in her workshop “A Parent’s Path,” that some of the most important work we do for our children is within ourselves. David Sewall McCann, professional storyteller, will speak about the family “Master Story.” Every family has a story that weaves together shared joys, challenges, and images; changing (or adjusting) the story can powerfully affect family life. Erik Thompson, family psychologist and director of the Vermont Center for Family Studies, will speak about taking charge and giving direction to our family in the workshop “Parental Leadership.” And Jason Frishman, family psychologist, will speak about bringing families together through mealtimes in his workshop, “Everyone Around the Table.”

The conference is next weekend, November 15 and 16. Sharifa Oppenheimer’s Friday night keynote speech is from 7-9 p.m. at Contois Auditorium in Burlington; the Saturday conference is from 8 a.m.-1 p.m. at the Turtle Lane Campus of LCWS. Cost is \$20/Friday night only, \$60 for the entire conference (hearty morning snack included). [Register online](#) or call Pam Graham at 985-2827 ext. 12. Limited scholarship available.

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Last call for student vendors for the Holiday Fair

With the difficult news we have all had to deal with over these past weeks, it is understandable that Holiday Fair has not been on our minds. As such, we're happy to extend our deadline for Student Vendor applications.

To refresh, a single \$5 fee reserves ½ of an 8-foot table (no bringing your own) on Friday evening, with the OPTION of placing your items on a Community Table for the Saturday event. Just remember to help your friends by watching the table for at least an hour.

Paper applications are available outside of the Development Office, or you can submit an [online application](#). Questions? Contact Kristin DeBellis at (802) 985-2827 ext. 14, or kdebellis@lakechamplainwaldorfschool.org.

More pictures from last week's Wildcats win, from Joji Roth, '16



Focus on Philanthropy



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The Time is Now:

A Campaign for Our Whole School!



To date, \$1.85 million has been raised - 80% of the way to the \$2,300,000 goal. Donors at all levels are helping our school thrive; every gift and pledge matters! Making that stretch in your giving with a pledge or gift of any size will help build our new High School and our new Grade School Community Room and Arts spaces in time for the next school year!

[Click Here to Donate or Pledge!](#)

Capital Campaign Giving Circles

Giving Circle	One-time gift	Over three years
<i>The Rudolf Steiner Circle</i>	\$50,000 and up	\$16,666 and up
<i>The Parzival Circle</i>	\$25,000 to \$49,999	\$8,333 to \$16,600
<i>The Biodynamic Circle</i>	\$15,000 to \$24,999	\$5,000 to \$8,300
<i>The Lantern Circle</i>	\$10,000 to \$14,999	\$3,300 to \$4,900
<i>The Pentathlon Circle</i>	\$5,000 to \$9,999	\$1,666 to \$3,200
<i>The Grandmother Turtle Circle</i>	\$1,000 to \$4,999	\$333 to \$1,600
<i>The Gnome Circle</i>	All gifts up to \$999	Up to \$333

About the Giving Circles:

Rudolf Steiner - Honoring the founder of Waldorf education

Parzival - Honoring the quest

Our high school students study Parzival, an iconic medieval knight story, to mark the significant life transition from innocence (and lack of responsibility), to the beginning of the quest for the meaning and realizations of their life.

Biodynamic - Honoring nourishment

A holistic agricultural practice developed by Rudolf Steiner that embodies ecological, social and economic sustainability as well as being a potent movement for new thinking and practices in all aspects of life connected to food and agriculture. It provides nourishment on all levels.

Lantern - Honoring the light

Waldorf students from kindergarten through third grade make and carry their own lanterns as a symbol of their own light, which shines out in the night.

Pentathlon - Honoring fellowship

A Fifth grade annual event that brings together Waldorf schools throughout New England and Eastern Canada for demonstrations of athleticism, friendship, and peace.

Grandmother Turtle - Honoring faithfulness

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Gnome - Honoring joy•

A special, REAL, turtle that appears faithfully every year at the Turtle Lane campus, to lay her eggs.

A beloved elemental being.



High School Observation Morning

Next Tuesday, November 12 at 8:30 a.m. is the first monthly High School Observation Morning of this school year.

The theme this month is science! You can observe several classes: the ninth grade is studying Anatomy with Bet Dews; the eleventh grade is studying Embryology with Merrily Lovell; and the twelfth grade is studying Atomic Theory with visiting teacher (and nuclear physicist) Donald Griswold. The tenth grade is working on their class play with Gregory Foster and Judy Ververs.

Please come visit the high school and invite your interested friends. Learn more [online](#). RSVP to me at 985-2827 ext. 12 or pgraham@lakechamplainwaldorfschool.org.

-- Pam Graham

Enrollments for next year...

If you have a child who is not yet a student at LCWS and you are planning to send him or her next year, please fill out an application form ([download from our website](#) or call me for an application). I am especially looking at the demand for spaces in the Kindergarten. If you have any questions about admissions, please give me a call at 985-2827 x12 or email me at pgraham@lakechamplainwaldorfschool.org. Pam Graham

Tuition Payments -- please do not delay

Please remember to get all tuition payments current to avoid late fees and charges. Tardy tuition payments cost the school time and money! Please attend to this immediately. If you need to have a statement emailed to you, please email tborden@lakechamplainwaldorfschool.org. Thank you, Terri Borden

Parent & Child Classes



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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](#). If you have any questions, please contact Pam Graham at 985-2827 ext. 12 or pgraham@lakechamplainwaldorfschool.org.



Community News

"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.

"Anna's Journal"

Theatre Kavanah stages a dramatic reading of local author Joy Kipp's story about a 13-year-old struggling to find her way as a Jewish teen in rural Vermont. Anna navigates the difficult territory of her parents' disintegrating relationship, school friendships, and blossoming romance with 16-year-old Jamal, who knows what it's like to be an outsider. As Jamal becomes closer to both Anna and her grandmother, Leah, he begins to suspect something at once shocking and hopeful: that Leah is none other than Anne Frank, who—he believes—has survived the atrocities of the concentration camp, and is living a quiet and anonymous life in Vermont. Set in September 2001, Anna's Journal weaves together historical accounts, Holocaust flashbacks, and issues of human intolerance into a complex, beautiful, coming-of-age story. Ages 13 and up. Thu., Nov. 14, 7:30 p.m., Fri., Nov. 15, 2 p.m., Sat., Nov. 16, 7:30 p.m. and Sun., Nov. 17, 2 & 7:30 p.m. At Main Street Landing in downtown Burlington. For tickets: (802)-86-FLYNN or www.flynncenter.org.

Classifieds

Joyful Creativity Retreats

With the lessening of sunlight, what better time to look ahead to sunny warm places in the Spring. That will surely help get us through the winter and mud season. Here are [Retreat offerings for Spring 2014](#). Hope you can join us for a week (or more) in the Sun! What makes these retreats so special? Perhaps the most important answer is simply getting away to a new and different location. Stepping outside our normal routines for a significant chunk of time allows our creative juices to surface in surprising ways. Intention, attention, and a supportive environment (not just from the facilitators but from the group as a whole) are also key factors. When we all connect in these beautiful beach houses with a shared focus on creativity, magic happens. -- Susan Sassaman cloudnine@gwi.net

Healing the Grief of a Recent Loss

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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.

The Charlotte News is seeking a part-time (20-30 hrs/wk) Advertising Manager. The ideal candidate will be well-organized, personable, self-motivated, comfortable making cold calls and familiar with Charlotte. For more information please contact tom@thewalletpen.com. - Wendy Bratt

I'm an LCWS alumnus and I teach piano lessons in my home in Shelburne village. I've been playing piano for 11 years and currently play in a folk/fiddle band. All ability levels and musical styles. Lesson slots: Tuesday and Thursday 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.

The Week Ahead and Beyond...

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

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