

Share this:   

## LAKE CHAMPLAIN WALDORF SCHOOL

OUR VOICE | October 18, 2013

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



### Go Wildcats!

Our high school soccer team has two exciting weeks up ahead, as the season comes to an end. The co-ed team has players from all four grades at the high school. On Monday, we will be hosting the Mountainside Christian Academy (from Schroon Lake, NY), at Dorset Park in South Burlington; game begins at 4:30pm. We will be playing Trinity on Tuesday October 22, 4:00pm, also at Dorset Park. Photos below, by Dana Govett. Come cheer on the team!



[Subscribe](#) to our email list



Message from Lynette Raap, a founder of our school and capital campaign Honorary Chair, on the occasion of last Saturday's Kick-Off for The Time is Now capital campaign.

## "So, why am I here now, after so many years? A few reasons..."

Firstly, my hopes panned out – I've seen the results of this education through my children and their still close childhood friends. They are now 33 year-old young adults out in the world. As you would expect, they are all pursuing many different careers. From what I see, what they all share is an emotional intelligence and a genuine caring for societal and planetary well being. From what I can tell, these kids are poster children for global citizenship and I give credit to the school for having imbedded this trait and value.

Secondly, I found my "social pod" within this community. Here I am twenty years out, still exploring new expressions with the same cohort of friends. We don't see each other often, yet we continue to grow together and our love has withstood the test of time and changing circumstances. This is a side benefit I never imagined and for which I could not be more grateful. I wish this for every family however short or long their tenure.

Thirdly, LCWS in its totality is an amazing manifestation and asset however measured. I want to see thousands of people directly benefit from these waters, and I want to experience the ripple effect that these thousands will have on the planet. This desire calls me to action once again.



[Subscribe](#) to our email list

adolescents and thoughtful citizens of an evolving world. Providing the kids continuity in an exceptional facility will make a difference in ways none of us can imagine. Thank you for your part in furthering a very real dream.

---

## Waldorf Worldwide

### Waldorf Alum Thomas Sudhof wins Nobel Prize for Medicine

Dear friends,

This week we learned the wonderful news that Waldorf alum Thomas Sudhof, MD, professor of molecular and cellular physiology at the Stanford University School of Medicine, won the 2013 Nobel Prize in Physiology or Medicine. He is a graduate of the Waldorf School in Hanover, Germany.

His advice for students? "More than anything, follow your passions. What are you actually interested in? What work satisfies you? I have met so many unhappy rich people. I think that, in order for a person to reach his or her potential and to be happy is to work in an area that they enjoy, can support and feel good about. I have given the same advice to my adult children."

Südhof has spent the past 30 years prying loose the secrets of the synapse, the junction where information, in the form of chemical messengers called neurotransmitters, is passed from one neuron to another. "The firing patterns of our synapses underwrite our consciousness, emotions and behavior. The simple act of taking a step forward, experiencing a fleeting twinge of regret, recalling an incident from the morning commute or tasting a doughnut requires millions of simultaneous and precise synaptic firing events throughout the brain and peripheral nervous system." [From the [press release](#) from Stanford University.]

Congratulations,

Thomas Sudhof! Beverly Amico AWSNA Leadership

Read More about Sudhof: [Huffington Post October 7, 2013](#)




---

## Haunted School on Ferry Road

Don't miss out of this year's big scare! On Saturday, October 26th 7:00 -9:30 pm, come to the Lake Champlain Waldorf High School (735 Ferry Road, Charlotte) for our annual Haunted School of Ferry Road -- back by popular demand.

Our spine-tingling Haunted School, complete with mad scientists and headless cellists, is the perfect pre-Halloween activity for ages 12+. This fabulously spooky guided tour will leave you quaking. Tickets are \$10 at the door. For more information call Alice (802)425-6195 x 28

[alice.lieberman@e2ma.com](mailto:alice.lieberman@e2ma.com) Learn more:



[Subscribe](#) to our email list

[www.lakechamplainwaldorfschool.org/haunted-house/](http://www.lakechamplainwaldorfschool.org/haunted-house/).



## The Forest of Magic and Mystery

Thursday, October 31, starting at 4:00 pm

Join us for a journey through field and forest to find the heart of the Halloween season. Children follow a pumpkin-lit path to collect clues and solve a spritely mystery. This event is in collaboration with Sparkle Stories of Charlotte, Vermont.

Please RSVP to join a band of travelers – quests begin every 10 minutes starting at 4:00 and ending at 5:30. No scary costumes please. Turtle Lane campus. RSVP REQUIRED. [Pam Graham](mailto:Pam.Graham@lakechamplain.org) (802) 985-2827 ext.12.

### Recipe for making Maple Popcorn Treats

Little ghouls and goblins will be receiving maple popcorn treats when they come to The Forest of Magic and Mystery on Halloween. A crew of parent volunteers are making these delicious treats (thank you!); we thought everyone would enjoy having the recipe on hand, to make your own treats as an alternative to Halloween candy!

- 1 cup popcorn kernels (look for organic, GMO-free)
- 1/2 cup virgin coconut oil or organic butter
- 1 cup grade B maple syrup
- few dashes unrefined sea salt

Preheat oven to 325 degrees.

Make popcorn either with your air popper or on the stovetop.

Stovetop directions: Heat an 8-quart stockpot over high heat for a minute or so. Add 2-3 T of coconut oil and 1/4 tsp unrefined sea salt, then popcorn. Cover and cook for a few minutes, moving the pot vigorously, until the popping has subsided. Then quickly remove from heat to prevent burning and pour popcorn into two large bowls. In a small to medium saucepan heat the coconut oil or butter, maple syrup, and a few dashes sea salt over medium heat. Once small bubbles form begin timing for 4 to 5 minutes. Cook, whisking occasionally until thickened and foamy. Pour over popcorn in bowls and toss together using two large spoons. Spread into two shallow baking pans or cookie sheets and place in the oven. Go lightly at first, you can always add more once you spread it on the sheets!

Bake for 10-15 minutes stirring half way through. Let cool completely. Popcorn will crisp up as it cools. Store in a tightly sealed container once completely cooled to keep it crisp.

Source: [www.NourishingMeals.com](http://www.NourishingMeals.com)

[Subscribe](#) to our email list

## Website Feature of the Week

We are so excited about our new website and want to help you navigate and find things easily. So 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.

### Calendars

Want to find the all school calendar? There are a couple of ways to find it. No matter what page you are on, look to the upper right corner of the screen and you will see 'calendars' in a blue box. Click there to go to the calendar page.

You can also find a link to the calendars on the [News and Events](#) in the left navigation.

Once you land on the [calendar page](#), note that there are 4 calendars: All-School, College Guidance, Middle School Sports, and High School Sports. Click on the arrow to the right of 'Agenda' to choose the calendars you want to see. Have questions about finding things on the website? Please contact Melinda Haselton [mhaselton@lakechamplainwaldorfschool.org](mailto:mhaselton@lakechamplainwaldorfschool.org).



## Annual Life of the Child Conference Discipline with Heart: Guiding Our Children

Contois Auditorium (149 Church Street, Burlington)

Saturday, November 16 | 8:00 am - 1:00 pm  
Turtle Lane Campus

Are you looking for ways to set limits that work, tame mealtime and bedtime, and ease power struggles? Join us for a dynamic workshop with best-selling author, teacher, and parenting consultant Sharifa Oppenheimer, and learn how to use family rhythms and rituals, children's work and play, and shared artistic activities to bring about harmony—and what to do when we have done everything "right" and our children still misbehave.

Come be inspired and recharged!

**Early registration for the Life of the Child Conference ends  
November 1**

\$20 -- Friday night only

\$49 -- Early registration (by November 1)

\$10 -- Student/Senior/Teacher



[Subscribe](#) to our email list

\$60 -- Regular price

For further information contact Pam Graham, (802) 985-2827 ext 12. [pgraham@lakechamplainwaldorfschool.org](mailto:pgraham@lakechamplainwaldorfschool.org). Register online: [www.lakechamplainwaldorfschool.org/news-events/life-of-the-child-conference/](http://www.lakechamplainwaldorfschool.org/news-events/life-of-the-child-conference/)



**Sharifa Oppenheimer** is a best-selling author, teacher, and parenting consultant who travels around the country working with parents and teachers. Author of the best-selling book *Heaven on Earth: A Handbook for Parents of Young Children*, she also worked collaboratively to create *What is a Waldorf Kindergarten?*

She was the founding teacher of the Charlottesville Waldorf School, Virginia, where she taught kindergarten for twenty-one years and served as day care director of the early-childhood program. She has helped develop new teachers through mentoring and offering practicum and internship opportunities to the teacher-training students at Sunbridge College in New York. Recently she initiated a home-based kindergarten program, The Rose Garden. Sharifa is the mother of three grown sons, who were educated in the Waldorf tradition. She lives in Virginia.

## Life of the Child Book Group

Looking ahead to the Life of the Child conference, would you like to gather with a few other parents to read and discuss her book, *Heaven on Earth*? This would involve a few informal gatherings to preview the book, which is full of practical ideas about making life with young children smoother. Reviews of the book are below. Please email [chrissydaque@hotmail.com](mailto:chrissydaque@hotmail.com) or 233-2614 if interested.

---

## Student Vendor Applications for Holiday Fair

We so love our student vendors, and we want to make sure they get the chance to show their talents to the greater community. As before, we want to fill our hallways on Friday night, December 6th(6:30-9pm), but we also want to give our students a greater audience on Saturday, December 7th(10am-3pm). For a single \$5 fee, you will get 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, go to [our website](#), or feel free to ask questions:

---

[Subscribe](#) to our email list

*"The arts in general—and fantasy in particular—is constantly accused of being both frivolous and dangerous. Both are true.... This stuff is silly. And fun. And frightening. 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:

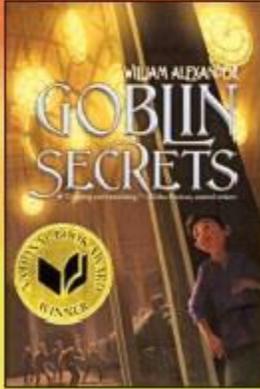
## The Power of Fantasy to Inspire Change

an evening with National Book Award Winner author William Alexander

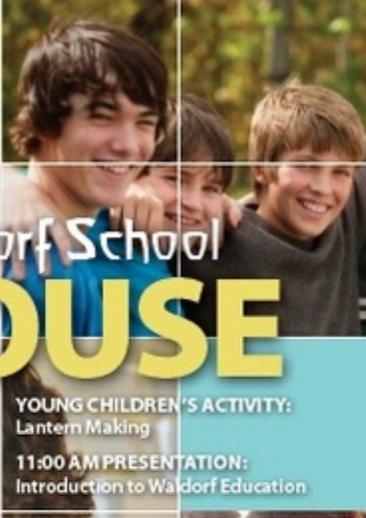
**Monday, November 4, 7:00 pm**  
**AT THE LAKE CHAMPLAIN WALDORF SCHOOL**  
359 TURTLE LANE, SHELBURNE, VT  
This lecture is sponsored by book-loving grandmothers.



**William Alexander**, winner of the 2013 National Book Award for Young People's Literature, is the best-selling author of *Goblin Secrets* and *Ghoulsh Songs*. He is a young and highly acclaimed middle-grades writer in the steampunk genre (a combination of fantasy, science fiction, and history). He earned his English Master's degree at UVM and is a Waldorf alumnus.



**Tickets are \$5 at the door.** Contact **Abigail Diehl-Noble** for more information or to RSVP (802) 985-2827 or [adielnoble@lakechamplainwaldorfschool.org](mailto:adielnoble@lakechamplainwaldorfschool.org)



Lake Champlain Waldorf School

# OPEN HOUSE

**SATURDAY, NOVEMBER 2**  
10:00 AM - NOON

**YOUNG CHILDREN'S ACTIVITY:**  
Lantern Making

**11:00 AM PRESENTATION:**  
Introduction to Waldorf Education

[Subscribe](#) to our email list

10:00 AM - NOON

Discover a dynamic education that weaves together academics, arts, movement, music, and a deep connection to nature.

**SIGN UP TODAY!**  
Contact Pam Graham at (802) 985-2827 x12  
or pgraham@lakechamplainwaldorfschool.org

**Lake Champlain**  
WALDORE SCHOOL

PRE-K THROUGH 12TH GRADE  
359 TURTLE LANE, SHELBURNE, VT 05482  
www.lakechamplainwaldorfschool.org

---

## Classifieds

Loyal Alumni Support I am donating 40% of USANA product sales to LCWS. Products include preservative free skin care, top rated nutritional supplements, and delicious protein shakes and bars. Experience the products by scheduling a free facial! Call Paula Mathewson (parent alum) 985-2346

Two Violas for Sale: 15" viola in very good condition with soft case, \$400. 16" viola in very good condition, hard case. \$550. Contact Nancy Lewis, LCWS 12th Grade Student, 802-825-1948 or 802-825-1947.

---

## 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.

359 Turtle Lane | Shelburne, VT 05482  
lakechamplainwaldorfschool.org

---

359 Turtle Lane | Shelburne, VT 05482 US

[Subscribe](#) to our email list



---

[Subscribe](#) to our email list