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LAKE CHAMPLAIN WALDORF SCHOOL

OUR VOICE | September 20, 2013

email newsletter items to: newsletter@lakechamplainwaldorfschool.org



Saturday, 9-1

At the future home of our high school: the former Morgan Horse Museum on Bostwick Road.

Amazing deals! And every dollar benefits our school. Thank you to everyone who has volunteered or donated to the sale.



Family Michaelmas Celebration!

Saturday, September 28, 8a.m. - 1p.m. | Rain or Shine

Please join us for our wonderful all-school Michaelmas festival and potluck. We will enjoy work parties, games and activities for all ages, plays and entertainment presented by the faculty and staff, and a delicious potluck meal.

Remember To:

- * Wear red!!
- * Sign up for a potluck item and work party (see below)
- * Bring chairs and blankets to sit on, and tarps if wet
- * Bring dishes (bowls and plates) eating utensils and cups

Potluck & Work Party Sign Up

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Potluck -- Sign up to bring chili, cornbread, salad, or apple crisp. We have family-friendly, whole-foods recipes we recommend, but you are welcome to bring your favorite! Please bring a label with all ingredients listed. [Sign up today!](#)
[Chili Recipe](#) | [Cornbread Recipe](#) | [Apple Crisp Recipe](#)

Work Parties (optional but encouraged) -- Sign up to help with bulb planting, forest managing, artistic work, or small carpentry projects. Work is a great way to come together in community for older students and adults. [Sign up today!](#)

Contact [Abigail Diehl-Noble](#) with questions.

1st graders in crowns writing in their first Main Lesson book.



Focus on Philanthropy

"Real generosity toward the future lies in giving all to the present." Albert Camus



This is a new feature of the Our Voice that will answer questions and keep you updated on the status, issues and exciting news of "The Time Is Now" Capital Campaign, our Annual Appeal, and other philanthropic endeavors. Please look for this feature, written by different people every week, to get the latest news regarding charitable giving at LCWS.

This week's question: What is the difference between the Annual Giving Campaign and the Capital Campaign?

The Annual Giving Campaign(AGC) happens every year to raise the necessary funds to bridge the gap between the tuition revenue and the actual costs to run the school. Each year the Board of Trustees works diligently to set tuition at a price that is both competitive and financially responsible for a thriving school. The costs of paying all the bills associated with educating each student actually run about \$900 higher than tuition. LCWS counts on all of our generous tax-deductible donations to close that gap and to cover the costs of the operating budget. This includes basics like teacher's salaries, electricity, heat, and all the big and little expenses that are part of the daily running of our school.

Unlike the Annual Giving Campaign, which raises operating money each and every year, a Capital Campaign

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happens when we need to raise significant funds to finance a major project, usually a "bricks and mortar" construction or renovation. Our Capital Campaign, "The Time Is Now," will culminate in the purchase and renovation of the former Morgan Horse Museum on Bostwick Road to serve as our new High School. Current High School enrollments have the Ferry Road location bursting at the seams. It also will add a spectacular addition to the Grade School campus creating a half court sized gym, greatly expanded performance space and dedicated rooms for the arts.

This year we will be launching the Annual Giving Campaign concurrently with the public phase of our Capital Campaign. It is essential to the health of our school that we all maintain our prior level of giving to the Annual Appeal before making a gift to the Capital Campaign.

We have some fabulously exciting news to share, so stay tuned! If you would like to get involved in either campaign, please contact [Trina Webster](#) or [Maureen Wheeler](#) Capital Campaign Co-Chairs, or [Lisa Espenshade](#), Development Director. *Maureen Wheeler*

JoAnne's Kindergarten

What a week! The children are enjoying this glorious Indian Summer weather and the various visits from Jack Frost that contrast greatly with our the late morning experiences. We have been gaining courage on many grounds – holding hands with new friends, watching slumbering bumble bees wake up in our herb garden, singing out and gesturing during circle, and nibbling new tastes at snack time. The magical moments are SO many – when our taste buds change overnight and surprise us with the delight of a new food to love, or when we offer the waking bumblebee an outstretched blossom and it lights gently upon it, touching a visiting baby snakeas its muscles wend and wind so tightly around a finger, discovering that we LOVE bumblebee candy (the licorice sweet nips of miniature orchid like flowers on anise hyssop plants) and discovering dewdrops from Grandmother Moon that linger in the gardens while we forage for rabbit food. Admittedly most of the foraged herbs wind up in the children's mouths but what a way to start the day –nourished by a wild food breakfast feast! With our first full week under our belt we look forward to next week's community Michaelmas Festival and hope to see our many friends at the Dragon Story marionette performance on Saturday September 27th!

Update on the Pouches!

Our wonderful Woodworking Teacher, Chris Ramos, is making beautiful mailbox cubbies to replace the woolen mail pouches. They will be completed in the next week or so. Thank you for your patience!



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If you had a magic wand and could change how you pack school lunches, what would it be? Real Food Fairies offer tools to help you reach your food goals. Meal planning, nutrient dense recipes and samples are included in this interactive workshop. Maureen Wheeler & Tre McCarney, Certified Holistic Health & Nutrition Coaches. RSVP for the September 24th workshop to [JoAnne Dennee](mailto:JoAnne.Dennee@vtel.net) (802)985-2827. Made possible by the Forrest and Frances Lattner Foundation.



Cross Country Burlington Invitational

The Wildcats kicked off the 2013 cross country season last Saturday at the Burlington Invitational, competing against approximately 20 other local schools.

Gaelen Kilburn came in first place in just 10:51.6. We are so proud of the entire team for their enthusiasm and hard work. Go Wildcats!



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News from the End of the Hall: the Upper Grades

LCWS has a pioneered a highly successful approach to educating young adolescents, now being modeled by Waldorf schools around the country. Our Upper Grades (seven and eight) are team taught by the two class teachers and a "Third Teacher" who shares responsibility for the academic and social well-being of the classes. Students begin every day with 30

minutes of movement to "wake up" to their academics, have a longer main lesson to allow them to go more deeply into their work, and three afternoons a week participate in extended crafts work (including stone and metal arts) taught by master artists. The classes take outdoor trips and participate in cultural activities together through the year. The goal of our Upper Grades program is to engage young adolescents with their learning through body, mind, and spirit.

The Upper Grades year began with its first community lunch. This event--also a regular part of the high school rhythm--brings students and faculty together to enjoy good food (local and organic, catered by fabulous high school chef and Upper Grades parent, Maureen Wheeler), poetry or music, and conversation.

Lunch was followed by activities and discussion around our shared summer book, *Goblin Secrets*. One activity invited students to debate a theme from the book in a "fishbowl" (a small circle of debaters inside a larger circle of audience members). Each student was required to make a comment. The proposition: *Actors are liars*. A few of the great insights from this conversation:

"Actors are not liars, because they invite us to imagine. There are no lies in the imagination."

"Actors are not liars, because they tell a truth from the heart. Lying about feelings is much worse than lying about facts."

"Actors are not liars because they have no wish to deceive. They only want to entertain or create an alternate reality. Lying requires an intention to make someone believe what's not true."

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The 7th and 8th grade students bonded together as the new Upper Grades Team during a three day canoeing and camping trip in the Adirondacks. Accompanied by Mr. Foster, Mr. Diehl-Noble, Mr. Ramos and Ms. Galper, they braved tenting in freezing temperatures, and paddled the Au Sable river to Lake Champlain. Tuesday night featured a contra dance with music provided by an in-house band of 7th and 8th graders. Other campers at the camp ground were blown away...who brings violins and guitars on a canoeing trip? Waldorf students do! Many new friendships were discovered.

Woodland Adventures Update

Our after-school program is up and running. Children have enjoyed garden-fresh snacks each day, planted late-season crops in the garden next to their classroom, helped to build up the boundaries of the forest play yard, fed the chickens and rabbits regularly, and of course—played outside a lot!

We are making an important change to the program fees based on parent feedback. **The cost for the first child enrolled in the program is \$20/day; thereafter, the family pays \$10/day for each additional child.**

Please note that drop-in availability is limited; please check in with [Brenda](#) at the front office to see if there is space.

Call for Volunteers: Forest of Magic and Mystery

Our home-grown alternative Halloween event, co-sponsored with fabulous Sparkle Stories of Charlotte, Vermont, is fast becoming one of the most popular Halloween options in our area. We need your help to make this outreach and community fun happen.

During this candy-free evening, children and adults wander the forest and fields of LCWS, watching and interacting with dramatic characters. Along the way children gather clues to solve a mystery, receive treasures, and eat healthy treats. The event is geared to kindergarten through age 9 (though older children love it so much we see that they keep coming back). Each year our play is written and directed by creative team David and Lisabeth Sewall-McCann, co-owners of the nationally recognized children's audio story company. [Sparkle Stories](#).



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We need troupes of volunteers to help make the magic. If you are interested in a fun, creative volunteer opportunity, or just love Halloween, this is the event for you! We especially need help in these areas: actors, costume organizer, fire-tenders, pumpkin gatherers, treasure czar (making and gathering little home-made treasures), and emcee/announcer folks. Contact [Abigail Diehl-Noble](#) for more information and to volunteer.

Call for Volunteers: Posterizing

We need help hanging posters for events at our school. We are looking for help in Burlington, Shelburne, Hinesburg, Essex, and Winooski. Please contact [Melinda Haselton](#). Thank you!

The festivals of Rosh Hashanah (Days of Awe and Gratitude), Yom Kippur (Day of Atonement) and Michaelmas (The Courage to Strengthen our Loving Will)

As we say goodbye to the warmth of summer and embrace the fall season, we are in the midst of celebrating festivals that help nurture, inspire, and guide us! While they come from different traditions they are indeed holidays for humanity everywhere. They provide ample opportunity for us to express interest and enthusiasm for the spirituality of others.



The mysteries of Rosh Hashanah (the first High Holy Day in the Judaic calendar) begin on the new moon with the blowing of the shofar, calling us to breathe inward in reflection. We look toward the blessings of the past and the future in celebrating the Jewish New Year. As we harvest the apples we dip them in honey and pledge ourselves to bring sweet healing and goodness to the world. As the festival of gratitude progresses toward Yom Kippur, the Day of Atonement, the light of the moon grows. Inner reflection can illuminate in us the shadow from the past year's deeds and ways in which we are out of alignment in our relations. We are then invited to take up the powerful task of forgiveness and healing, to return to balance in heart and deed.



During Michaelmas under the zodiac sign of Libra, the scales influence the mood of the festival. Again we are called to measure our deeds and bring about balance and healing. The Dragon symbolizes many aspects of our humanity. Many cultures connect differently with particular Dragon qualities. For example, the Eastern Dragon represents the spiritual world and its many blessings. Here in the West the Dragon symbolizes our distraction from these higher principles when succumbing to materialism and obsessions that prevent us from experiencing the potency of Spirit within ourselves. Does this mean we should reclude ourselves in deep isolating, sometimes dogmatic spiritual practice? Does this mean we should let the frenzied pace of life become an excuse for exploring whether our inner dragon is of a higher or lower nature? During this fall festival season we strive for balance between the two poles. We are invited to engage as spiritual emissaries committed to opening to the One-heart of humankind, to awaken to the need to heal our relationships to the Earth,

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cultivating a vibrant inner life that actively, compassionately, and selflessly engages in healing the ails within ourselves and of the world. We are called to Spirit in Action.

What these festivals really ask of us is “What do we have to develop within ourselves?” Our gifts are aligned with our life’s purpose and our responsibility toward humanity is fulfilled when we act on our gifts and apply them to the needs and evolution of humankind. We adults are charged with developing our self knowledge so that these truths become evident in us. Can we make the space for regular devotional time and consider it essential to dwell on the Great Mysteries? Or will we remain caught up in our materialistic culture of non-essential busyness? What truths do we come to know when we dwell in the quiet of our heart? How do we regularly express gratitude and awe? This inner work of the adult must stand behind the outward festival traditions we present to inner work of the adult must stand behind the outward festival traditions we present to our children –eating apples and honey, blowing the Shofar, doing good deeds - if there is to be any truth at all for the child to absorb. Out of our loving will we can set an example and shine the living meaning of the festivals into our children.

JoAnne Dennee, Kindergarten teacher

Community News

The Bi-Annual Barn Dance at Black Kettle Farm is Saturday, September 28th. Pete's Posse will be back and the dance floor will be full. Chili dinner starts at 5:30 and children's dancing begins at 6:30 with adult dancing after that. We'll dance till our feet are sore. \$10 dancing \$5 dinner with a family rate of \$40 for food and dancing. Come along and bring a friend to dance the night away. All proceeds benefit the Lakeside School. For more information contact Kathleen admin@lakesideschoolinsex.org or 963-7385.

Classifieds

We are hoping to buy used preschool children's shoes: size 6 or 7 Boggs and Merrills. Please contact Abigail if you have any, at adiehlnoble@lakechamplainwaldorfschool.org. Thank you!

Sign up for horseback riding lessons at the Livery in Hinesburg. We have done special Waldorf camps and lessons in the past and would love to form another group this fall. Please call Kim Lambert-Johansen 373-1966.

Stepping Stones, Pathfinders Nature Connection Saturday 12:30-3:30. Cost: \$135/9 sessions or \$20 drop-in. \$120 register by 9/27. How does the landscape change through the seasons? Who lives in the woods? Where do they go in the winter? We'll play in the natural world in the clay-plain forests of Charlotte at Champlain Valley Cohousing on the banks of Thorpe Brook. We'll hike, play games, tell stories and learn local plants and animals, have silent time and more. A collaboration between New Village Farm and Pathfinders Education. Register: peisenman@gmail.com, 802-825-8636

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For Rent: Townhouse in Cohousing Community. Sunny, cheerful 3 bed, 2 bath home, energy efficient, with wood floors and full basement, located in Charlotte. Kids ride bikes and play in this safe, old-fashioned neighborhood. !00 acres include trails, skating and swimming pond, sledding, and farming. Please contact Lorelei at Loreleiatwood@gmail.com, or (203)803-7600. Visit www.champlainvalleycohousing.org to learn more. Home is also for sale.

The Week Ahead and Beyond...

Sat Sep 21	9:00am – 1:00pm	Rummage Sale - Bostwick Road Campus
Sun Sep 22	All day	Grade 9 Geology Trip
	All day	Grade 9 Geology Trip
Mon Sep 23	All day	Grade 10 Odyssey Trip
	5:00pm – 7:00pm	Upper Grades family Beach Social - Shelbune Beach
	All day	Grade 9 Geology Trip
Tue Sep 24	All day	Grade 10 Odyssey Trip
	7:00pm – 9:00pm	Parent Workshop: Packing Healthy Lunches - Community Room
	All day	Grade 9 Geology Trip
Wed Sep 25	All day	Grade 10 Odyssey Trip
	All day	Grade 4 Day Hike
	7:00pm – 9:00pm	Karen Kinder Parent Evening
	All day	Grade 9 Geology Trip
Thu Sep 26	All day	Grade 10 Odyssey Trip
	7:00pm – 8:30pm	Grade 3 Parent Evening
	All day	Grade 9 Geology Trip
Fri Sep 27	All day	Grade 10 Odyssey Trip
	All day	1/2 Day PreK-12

Lorem Ipsum

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TO SEE THE FULL 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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