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LAKE CHAMPLAIN WALDORF SCHOOL

OUR VOICE | September 27, 2013

email newsletter items to: newsletter@lakechamplainwaldorfschool.org



Food: Bring food contributions—chili, cornbread, apple crisp or salad—to the front of the school. Make sure to label your dish with its ingredients (labels provided). If you haven't already, [sign up today!](#)

Recipes: [Chili Recipe](#) | [Cornbread Recipe](#) | [Apple Crisp Recipe](#)

Please bring your families' own place settings or mess kit (bowls, plates, silverware, cups) and blankets to sit on. As part of our effort to reduce our waste stream, we try to use as little paper as possible.

Work Parties: These begin at 8:00 am and run until 9:30. We need **TOOLS**. Please bring work gloves, hand clippers, loppers, small saws, and shovels, labeled with your name, to the table outside the seventh grade. We will make sure all tools return to the table for collection when the work is done. If you haven't already, [sign up today!](#)

Parking: Parking is in our school lot, on one side of the access road, at the town baseball fields and in the Field House parking lot (by town permission). We have a shuttle van going back and forth between the Field House and the parking lot. Please allow extra time to park and make your way to the school, and let the parking attendant know if you have special needs.



Please share your pictures from this wonderful celebration with us! Send them to [Melinda Haselton](#) and look for them in next week's newsletter. Thanks you!

Michaelmas Schedule

- 8:00 - 9:30: Work Parties
 - 9:45 - 10:30: Games and Activities
 - 10:50 - 12:00: Faculty and student plays
 - 10:50 - 11:25: Performances
 - Grade Two Class Play*, for 2nd grade families, kindergarten and 1st grade (Community Room)
 - Good Master, Sweet Ladies: Medieval Monologues* (Courtyard Balcony)
 - 11:35 - 12:00 Performances
 - The Dragon and the Sunflowers* marionette show (Eurythmy room)
 - St. George and the Dragon* (Playground)
 - 12:00: Faculty song and potluck meal, in front of school
- Questions? Contact [Abigail Diehl-Noble](#)



Smashing Success!

Thank you to everyone who came out to support our school, and to the incredible volunteers who worked so hard to make the Rummage Sale a success. We are still adding up all the proceeds, but it looks like we will hit \$13,000, about \$2,800 more than last year!! It was so wonderful to have the event at our new campus.

Rummage Sale Volunteers:

Any personal items that you may have left at the Morgan Horse property while helping with the Rummage Sale has been transported over to the grade school. Please check the lost & found shelving outside of the teacher's lounge if you are missing anything. Thank your for your tireless efforts!





Second Graders Work on the Farm

This week the second grade moved brush on Michaela's farm, clearing pasture before winter snows. Working together as a group, with lots of struggle and great success, the children moved several tree-sized logs. They were very proud of their Michaelmas deed!





Fourth Grade Visits Fort Ticonderoga

It seems fitting at this time of year as Autumnal displays begin to emerge, as the woodlands hint at the gentle beginnings of the soon-to-come fiery colors revealed in the leaves, that the children learn life lessons from a variety of fire-filled experiences. Fire safety day included the notorious ‘smokehouse’ scramble and the wood-fired dragon oven brings out extraordinary flavor in our kindergarten fire bread.

The asters are blooming, and if one looks closely one sees a picture of a starburst there - a star. Oversized golden stars shine out from the end of our squash vine with the promise of a late season fruiting. Sunflowers hold the pollen for working bees and pollinators of many kinds.

Warmth collects in our hearts as we experience these natural wonders and workings as well as the joys of our community life. In the final months of expansion in the plant kingdom one comes to discover the seeds and oils of the healing herbs reaching their fullest form. My children have been dining on “bumblebee

candy” (anise hyssop flowers) that they respectfully share with winged friends. Combustion processes are at work wherever we look, bearing warmth and fulfillment as we echo a deep satisfaction for the strivings and workings of nature and one another. How fitting a time of year it is that we gather in the spirit of building community at our Michaelmas Festival this Saturday.

Sixth Grade Geometry

The sixth grade has just completed a geometry block. We learned to use geometric equipment such as a compass, protractor and ruler, and to create constructions including an equilateral triangle in a circle and a square from a given straight line. We also created fabulous designs from six, twelve and twenty-four point circles. Please come and look at our creations outside the sixth grade classroom.





From the Upper Grades Camping Trip: A Student's Perspective

The Pok-o-MacCready camping trip was exciting and beautiful (and also occasionally wet and cold!) Our first night, we were welcomed warmly with hot food and fun games that prepared us for the teamwork ahead. We started right away with canoeing, practicing the techniques and strength needed for days in a canoe. Dressed in many layers, we enjoyed a campfire and wonderful music. Little did we know that the fire was the last bit of warmth we would get before we braved the cold night that was coming our way.



We got up the next morning with the sun, ready to pack up and board the canoes. The weather that day was gorgeous for being out on the water, and 7th and 8th graders raced, laughed and sang as we headed for the lake. For the most part, the canoeing went well--though we did have one "Titanic 2" which began to leak!

When we arrived at the campsite, (which was right on the sandy, beautiful beach of Lake Champlain) we were astounded at the beauty. Our tents were very close to the beach, and we spent all afternoon playing frisbee, and lying in the sun. Some people even swam in the icy water!

Our time together ended that night with a contra dance, music provided by seventh and eighth grade fiddlers. The next day we paddled back to Poko-MacCready. After saying goodbye to the camp, we were on our way home. The trip was an adventure, full of friends and hard work.

--Avery McLean, 8th

grade

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: I love volunteering for the school, at events and even just helping to clean a classroom. Isn't that enough?

Our Waldorf school could not operate without the powerful giving of time from so many active community members: parents, grandparents, alumni and even current students. The needs are great and the help is varied, wonderful and so welcomed! The teachers, administrators and Board of Trustees (who are also volunteering their time) could not do their jobs without the support of volunteers

When you donate your time to the school by working at the rummage sale, painting the classrooms, knitting with students, making a vegetable plate for birthdays or driving on class trips - you are making a huge difference in the operation of the school as well as modeling that we are a community working together for our children

Donating time and volunteering your expertise and assistance at school helps keep operating costs down. But, even with the work of volunteers, the difference between the yearly operating expenses of the school and the expense covered by tuition is about \$950/student.

Your help and work as a volunteer makes certain that this differential isn't higher. Because there is still a gap, we need as many community members as possible to assist with covering the school's operating costs. Every hour donated and every dollar donated makes a difference.

Our school depends upon help from the community in both areas and succeeds every day because of the generous financial and volunteer support.

If you would like to get involved, or if you have a question, please contact [Lisa Espenshade](#), Development Director



The Real Food Fairies Pack Lunch: New Facebook Group

Our healthy lunch workshop on Tuesday inspired lots of sharing. We talked about what gets in the way of making healthy food happen for our families (everything from picky eaters to money and time) and tricks that work for us. Now we need to keep the inspiration going! We have created a private [Facebook group](#) for LCWS families only to share ideas, recipes,

resources, information and questions that they have about packing lunch or providing school snacks.

Here is the description on the page:

Welcome to the place where LCWS families can come together to share their inspirations, struggles, triumphs, recipes and pictures of REAL FOOD lunches! Everyone from Vegans to Paleo are welcome here. Our only two requirements are that you share recipes that use real foods (no artificial ingredients) and that posts remain non-judgmental. We are here to celebrate and inspire one another. Here's to bringing some Real Food Fairy Magic into your meals!

And for this week's practical tip: Last Friday we had a food demo table offering healthy snacks to kids after school. The kale chips and Shelburne Farm cheese were popular, but the Banana Almond Muffins were by far the biggest hit. Ask your child if he or she got one!

Banana Almond Muffins

- 3 very ripe bananas (about 1 ½ cups), mashed
- 3 eggs
- 2 tsp vanilla extract
- 1 tsp almond extract (optional, but we love it!)
- 1 tablespoon honey (agave or maple would work too)
- ¼ cup coconut oil, melted
- 2 cups almond meal
- ½ teaspoon salt
- 1 teaspoon baking soda

Preheat oven to 400 degrees. Add the bananas, eggs, vanilla, honey and coconut oil in a food processor and pulse until the ingredients are combined. Add in almond flour, salt and baking soda and pulse a few times. Pour batter into lined muffin cups. Bake for 15 minutes, or until golden and set in the center. Store for up to 4 days in an airtight container. *Recipe from Tre McCarney, The Real Food Fairies Pack Lunch!*

New Website Coming Soon!!!

At long last, the Lake Champlain Waldorf School is going to have a new website. Stay tuned.... the countdown to launch begins!

Host Family Needed!

Could your family use an older brother? Host Family needed for 11th grade German Waldorf student attending LCWHS. Dominik is 17, loves to play soccer and ski and is very social. He's open-minded, gets along well with others and loves animals. He would like to attend our school for at least three months. Visiting students pay \$650 per month for room and board. They buy the school hot lunch and pay for all other expenses. For further information, please contact [Alice](#)

[Lissarrague](#) 425-6195 x28.

Condolences

Rose Clements, mother of Mary McClement and dearly loved grandmother of Mason and Eula, passed away last weekend. Her beloved family was at her side and she died peacefully.

Carl Poulsen, father of Liz Poulsen recently passed away. Our deepest condolences are to Liz, her husband John Barlow, and their sons Eli and Christopher.

Gunther Kiehl, father of Oliver Kiehl recently passed away. Gianna and Christina's 'Opa' lived in Munich. Our deepest sympathy to the Kiehl family.

Community News

Foundation Studies Course Accepting New Members

What is education “turned inside out”? Waldorf education, of course! And the good news is that we adults can benefit from the wisdom of this artistic and whole-person education too.



Last weekend a small group of parents, teachers, and teachers-to-be came together to study anthroposophy, the philosophy behind Waldorf education. We heard about recent research in brain development that confirms the need for a developmental education—one that works with children in stages, meeting them where they are and moving them gently forward. We read and discussed a lecture by Steiner, painted and worked with color theory, and talked about what in our own biographies drew us to this form of education. It was a weekend rich in ideas, arts, conversation and community. Does this sound like something you've been looking for?

The Foundations Studies in Arts and Anthroposophy course began last weekend, but is open for another month to newcomers. The course meets every other Sunday, from 3:30-7:30 pm, and includes a potluck meal, study, and arts. The course lasts one or two years, depending on interest and enrollment. Cost is \$1,950/year. Generous scholarship is available from the Center for Anthroposophy, which sponsors the course. No one is turned away for lack of funds. For more information please contact [Heather Bauman](#) or [Abigail Diehl-Noble](#) or the [Center for Anthroposophy](#).

Barn Dance: Saturday September 28. The Lakeside School in Essex, NY, invites the LCWS Waldorf community to their fantastic Fall Barn Dance! Brush off your boots and bring a friend (or two) to kick up some dust at the beautiful barn at Black Kettle Farm. Start with a delicious chili dinner, corn bread, salad & scrumptious desserts at 5:30pm. Live music by Pete's Posse and dancing at 6:30pm with a few kid favorites. Then we move straight into the whirling, twirling business of square dancing. Don't miss it! Call 963-7385 or email admin@lakesideschoolinessex.org for info.

Classifieds

Babysitter needed: Looking for child care for our three boys: kindergartner Will and two 4th graders, Alex and Hayden, Thursdays from 3-5:15pm. Car needed to pick up children and bring them to our home close by. Please contact Lara or Simon at 497-0760 or larahilgerdt@yahoo.com if interested.

The How of Happiness! Learn and practice techniques for genuine well being as part of a six week series at Burlington's Women Writing for (a) Change. Wednesday nights, 6-8 P.M., beginning October 2nd. This study group promises to be aspirational, inspirational, and fun! Even better—it is solidly grounded in research on the science of happiness! Facilitators: Ginny Sassaman and Wendy Bratt. [Learn more online](#) or email happinessparadiqm@gmail.com.

Looking for a 7th or 8th grade student who could meet my 2nd grader during the week in the morning (7:55) at the circle, to escort him to class and wait till his teacher greets him. Contact Renee, 518-726-042, with your availability and an asking wage.

Sheep for Sale: Start a flock, or add to your own. We have Registered Romney's to sell. April lambs and a yearling ewe, who is mother to two of the lambs, need homes. Halter trained and healthy. Contact Katherine, Faith or Lark, 802-233-2640.

Charlotte Home for Rent this Winter: Our home will be available January and February. 3 bedrooms, 2-bath cottage on Prindle Road in East Charlotte. Beautiful quiet spot, sweet sledding hill in our lovely yard. See photos [online](#). \$2100/month includes utilities, trash, plowing, etc. Contact Lisabeth: lsewellmccann@gmail.com.

For Rent: Townhouse in Cohousing Community. Sunny, cheerful 3 bed, 2-bath home, energy efficient, wood floors and full basement, located in Charlotte. 100 acres include trails, skating, swimming pond, sledding, and farming. Contact Lorelei Lorelei@atwood.com, (203)803-7600 with questions or learn more [online](#). \$1950 plus utilities. Home also for sale.

The Week Ahead and Beyond...

Sat Sep 28	All day 8:00am – 1:00pm	Grade 10 Odyssey Trip Michaelmas All School Family Festival
Sun Sep 29	All day	Grade 10 Odyssey Trip
Mon Sep 30	All day	Grade 10 Odyssey Trip
Tue Oct 1	7:00pm – 9:00pm	Grade 8 Parent Evening

Wed Oct 2	7:00pm – 9:00pm	Grade 6 Parent Evening
Sat Oct 5	10:00am – 12:00pm	PSAT PREP - LCWHS
Mon Oct 7	9:00am – 12:00pm	Grades 5 & 6 to Flynn
	7:00pm – 9:00pm	Grade 4 Parent Evening
Tue Oct 8	7:00pm – 8:30pm	Intro to Waldorf Education and Anthroposophy
Wed Oct 9	6:30pm – 8:30pm	Grade 9 Parent Evening - High School
Thu Oct 10	All day	Photo Day GS - LCWS Grade School (plus siblings photos)
Fri Oct 11	All day	Photo Day KG & HS - LCWS Kindergarten and HS
	7:00pm – 9:00pm	HS Coffeehouse - Ten Stones Community House
Sat Oct 12	10:00am – 12:00pm	PSAT PREP - LCWHS
	7:00pm – 10:00pm	Capital Campaign Kick Off - Bostwick Road campus
Mon Oct 14	All day	Columbus Day
Tue Oct 15	3:00pm – 8:00am	Grade 4 over-night at New Village Farm - New Village Farm
	7:00pm – 8:30pm	James Kinder parent evening
Wed Oct 16	3:00pm – 8:00am	Grade 4 over-night at New Village Farm - New Village Farm
	5:30pm – 9:00pm	BOT Meeting
Thu Oct 17	All day	School Closed - Teacher In-Service - Service
Fri Oct 18	All day	School Closed - Teacher In-Service - Service
Sat Oct 19	8:00am – 11:00am	11th graders: PSAT - LCWHS
Tue Oct 22	6:00pm – 7:30pm	11th Grade Parents College Financial Planning - LCWHS
	7:00pm – 9:00pm	Grade 1 Parent Evening - Turtle Lane Campus
Fri Oct 25	All day	Grades 9-12 Full Day Outdoor Ed Day Hike for Hunger
Sat Oct 26	7:00pm – 10:00pm	HS HAUNTED HOUSE - LCWHS
	7:00pm – 8:30pm	Grade 7 Parent Evening
Mon Oct 28	7:00pm – 9:00pm	Sueanne's Kinder Parent Evening
	7:00pm – 9:00pm	Grade 2 Parent Evening
Tue Oct 29	All day	Halloween
	7:00pm – 9:00pm	Grade 2 Parent Evening
Thu Oct 31	10:00am – 1:00pm	Grade 4 to Flynn
	4:00pm – 5:30pm	Forest of Magic and Mystery
Sat Nov 2	10:00am – 12:00pm	Open House - Turtle Lane campus

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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