



Weekly Notice

September 9,
2009

Issue 2

A WEEKLY PUBLICATION OF MONADNOCK WALDORF SCHOOL

Start Saving Your Treasures...

The Fall Yard Sale will be here on September 19 with a raindate of September 26 before we know it. Proceeds from the Fall Yard Sale benefit our rising 8th grade's class trip. Please put aside any and all treasures that your family is no longer using: sports equipment, books, toys, games, adult and children's clothing/shoes, yard and garden things, housewares, furniture, etc. Stay tuned for more information.

Apologies to those who observe Rosh Hashanah and Yom Kippur—the school calendar gave us no other options. Please feel free to ignore the Yard Sale completely.

Thanks. Meena for the Parent Council

Elementary School Michaelmas Festival

Date: Saturday morning, October 3
Shuttle bus will start at 8:45 and the festivities begin at ten o'clock sharp!

The Elementary School Michaelmas Festival is coming up quickly! Like the gnomes crafting their swords and the dragon practicing its steps, we must all make our preparations for the coming festivities.

The event is held at the Nursery-Kindergarten and will start with a procession of all the classes, so it is very important to **arrive on time!** The rest of the festival includes a student play, games for the students, folk dancing, a picnic lunch, and a faculty skit.. The festivities will conclude around 12:30. The rain date will be Monday, October 5 at Robin Hood Park during the school day.

Location: Our Nursery-Kindergarten, on 424 Old Walpole Road.

Transportation: There is limited parking space at the Nursery-Kindergarten and **no parking permitted on the road**, so there will be a shuttle that runs back and forth between a larger parking lot in town and the Nursery-Kindergarten throughout the day. Stay tuned for further details here!

Food: Plan to pack a picnic lunch, dishes and a blanket for your own family. Additionally, there will be a dessert potluck: if your last name begins with the letters F-H, please bring a gallon of cider. If your name begins with A-E or I-Z, please bring an autumnal fruit dessert.

Look for more details in next week's *Weekly Notice!*

*Nell Wiener
For the MWS Faculty*

Wednesday is Pizza Day!

The 8th grade is selling slices of pizza for lunch on Wednesdays at the elementary school.

Cheese \$1.50 a slice, Pepperoni \$1.75. Students order and pay in their own classroom in the morning and the eighth grade delivers the pizzas at lunch time. Don't miss out on this easy and delicious lunch. Money raised through pizza sales goes toward the eighth grade class trip.

Thank you, From the 8th Grade

MWS Jazz Band

I am looking for students who play wind instruments to join me playing some fun music once a week after school. This new group will be the MWS Jazz Band, and it is for students in grade 7 or higher.

The MWS Jazz Band will be playing the rhythmic and syncopated music from the turn of the 20th century including ragtime, New Orleans brass band music, polkas, waltzes and others.

Rehearsals will be after school one day a week and last through the school year. We will meet on Thursdays from 3 to 4:15 pm. Please contact Mr. Elliot if you are interested in having your child join our group.

Thanks, Bruce Elliot

Hannaford Fund Raiser Begins!

Once again Hannaford has started its easy school fundraiser. Simply buy three of the same brand item and get a checkout coupon that donates \$3-4 to our school. Only selected brands apply—see pamphlet attached to this *Weekly Notice* for more details!

Carla Folkert's favorite choice is three cans of beans for 99 cents each—\$3 for the school! Place coupons in labeled pocket at the front of the store. Last year we raised over \$500 for our music program—let's beat that record!

Sarah Ellsworth, for the Parent Council

Monadnock Waldorf School is dedicated to nurturing young human beings who will be capable of contributing fully to the tasks of life with courage, compassion, and conviction. We strive to foster wholeness and life long well being through awakening an abiding love and interest in the world while cultivating the gifts and strengths that are unique to each individual student.

Parent Resource Materials

We are often asked by parents about recommended reading to deepen one's understanding of Waldorf education. In addition to our parent libraries at both the elementary school and the nursery-kindergarten, there is a great new on-line resource. At the website for the Association of Waldorf Schools of North America (AWSNA) www.whywaldorfworks.org you will find a link called Books & More. The book store offers titles in a variety of categories and many of the offerings can be previewed before purchase. You will also find a wonderful collection of children's books on the site.

Lisa Mahar

Have You Seen Our New Ads?

We hope you had chance to see one or both of our new ads over the summer. They have received very positive reviews. There is a third ad/flier in the works which will be attached to an upcoming issue of the *Weekly Notice*. The new ad/flier will invite interested families to an open house at our nursery-kindergarten on Thursday morning, October 15. We need your help to spread the word. Would you put the flier up somewhere in your community where people are sure to see it?

Thank you,
PR/Enrollment Support Committee

Receive the Weekly Notice in Your In-box

Please let Suzanne in our Main Office know if you would like to receive the *Weekly Notice* electronically. It will come directly to your inbox on Tuesday—no paper, no printing, no carrying home! We hope this might be more convenient for you and we know it is more cost-, time-, and resource-efficient for us! Reach Suzanne at rsuse@monadnockwaldorfschool.org.

Lisa Mahar

Pumpkin Festival

The Pumpkin Festival is Saturday, October 17th. This is one of the Parent Council's biggest fundraisers. Watch for news next week in the *Weekly Notice* on how you can help out.

Andrea Lowe
For the Parent Council

Marigolds Needed for Nursery-Kindergarten

We use dried marigold flowers (any color) to create a beautiful golden dye for our Michaelmas capes. Please save the flowers for us when you are deadheading your marigolds. You may leave them with Suzanne in the office or bring them to the kindergarten.

Thank you! Lynn Wetterhorn

Nursery-Kindergarten Wish List

- Love Seat or small couch for Sunflower Classroom
 - Rain Pants (sizes 3 to 7)
 - Fall or spring blooming perennial plants
- Please contact Lynn Wetterhorn at the Kindergarten, 357-8663, if you can help us. Thank you!

Volunteers Needed

Volunteers with good handwriting are asked to help hand address envelopes for the new Annual Report as well as the fall Annual Fund appeal. If you have time in the first few weeks of September, please let me know: Rüdiger Ruckmann, Development Office, rruckmann@monadnockwaldorfschool.org or call me at 603.357.4442, Ext. 105.

Rüdiger Ruckmann Development Office

Calendar of Events

Board Meeting

September 16

6:45 pm at the elementary school

Yard Sale

Saturday, September 19

At the Nursery-Kindergarten

Photos Needed

Good photos are needed for MWS' new Annual Report which will be printed this fall. If you have any to share, particularly of students and teachers in and outside the classroom, please send them to Rüdiger Ruckmann, Development Office, rruckmann@monadnockwaldorfschool.org or call me at 603.357.4442, Ext. 105. Many thanks in advance.

Rüdiger Ruckmann
Development Office

Adult Eurythmy

A course in Eurythmy for parents and friends will begin on Wednesday, September 16 at 8:20 am in the assembly room at the elementary school. It will run for 12 weeks and we will delve into many of the basics of Eurythmy with speech and music.

The cost of this class is \$50.00. Finances should however not prevent you from coming.

Mollie Amies
603-520-9444

New Address

Maggie Myers
438 Walpole Valley Road
Alstead, New Hampshire 03602
603-756-2588

Dear Upper Class Students

We would like to borrow and display your hand sewn animals in our classroom. We have a special place for them to reside and they may rest with us for the whole school year or perhaps just visit. Please mark your animals with your names and bring them by the Fourth Grade classroom for a visit!

*Thia Zakrzewski
Fourth Grade Teacher*

Condolences

Chris Sutherland died recently after a brief illness. Chris is the father of two former MWS students, Jing Yi and Yu Yao Sutherland. Many of you know that Mom and the girls recently moved to Pittsburgh, Pennsylvania. Our thoughts are with them all. Notes can be sent to 213 Main Street, Pittsburgh, PA 15201.

Lisa Mahar

Elm Trees For Sale by MWS 6th Grade

The 6th grade at MWS has 10 beautiful ELM TREES FOR SALE! We bought them in the 2nd grade, have looked over them with love and care, and are now ready to let them go. They are now 7-9 feet tall and ready to go into the ground! The cost is \$175 each.

For more information on these lovely trees, please visit www.landscapeelms.com.

Help support not only the Elm Research Institute for restoring Elm Trees to the American landscape, but the 6th grade with their first big fundraiser!

To see the trees and purchase them, please contact Stacey Masters at 603.352.9683 or Gretchen Carmel at 603.357.5803.

Parking & Driving to Elementary School

Your help in following our driving and parking guidelines will create a safe environment for our students, will support good neighbor relations, and will contribute to smooth morning drop off and afternoon pick up.

Questions? Talk to Ed Bourassa or Lisa Mahar.

Thanks! Lisa Mahar

PARKING AND DRIVING TO ELEMENTARY SCHOOL

We have an overall traffic plan for the school based on city requirements. It is important that we adhere to the plan for reasons of safety, efficiency, and good neighborhood relations. Carpooling is essential.

1) Morning drop-off is in front of the Wilber Street entrance. Please pull forward so we can accommodate two cars in the drop-off area. When leaving, **continue up Wilber Street** to Water Street. **DO NOT MAKE U-TURNS BACK TO SOUTH LINCOLN STREET.**

2) **There is no parking immediately alongside the building or in front of the Wilber Street entrance.** These are fire lanes and could be needed at any time in an emergency. You may park in any marked space and also in overflow spaces along the playground fence until 9:15 a.m.

The first four parking spots are open for visitor and handicapped parking. In fall and spring all other parking spots must be available from 9:15 a.m. to 3:00 p.m. daily, for classes coming outside for recess and games class. Winter parking will be available in the parking lot.

Our school was built originally as a neighborhood school with no provision for adequate parking. We ask that you bear this in mind. When visiting during school hours please park on the **south side** of Church Street or the **east side** of Valley Street and Probate Street if the two visitor spots are taken and walk the short distance to the school. Do not park on Hardy Court.

Parking on Wilber Street is limited. Park only after the first driveway. Parking on the curve creates a danger for drivers and pedestrians. Your car may be towed to clear the roadway.

When parking on neighborhood streets, please remember the following city ordinances:

No parking within 30 feet of any intersection unless otherwise posted.

Park in such a way that all driveways can be safely accessed.

Do not park on sidewalk or facing oncoming traffic.

Our parking plan states that MWS families will limit our parking to one side (as designated in #3, above) of neighborhood streets at all times to ensure the safe passage of school buses and emergency vehicles.

5) Afternoon pick-up at 3:00 p.m. will follow this pattern: Pull into parking area and drive along back of building. The teacher on duty will direct traffic. Please help to keep traffic moving by observing the no parking areas: in front of the school's main entrance (Wilber Street), immediately alongside the school building (fire lane), and in the rear of the parking lot (leaving room for the turn-around).

Cars are to drive back to the turn-around (basketball court) area, where children will be directed to their carpools. Upon entering the lot, cars should drive alongside the school building for pick-up, then circle around to the left, continuing out the exit lane.

During Monday and Wednesday 1:00 dismissal for Grades One and Two, please park on Church Street or Wilber Street and walk on to school grounds to pick up your child.

From the Parent Handbook

Parent Council Representatives

Nursery-Kindergarten: Heather Morrison
Grade 1: Jessica Boynton
Grade 2: Lori York
Grade 3: Jennifer Whitehead and Meena Neva
Grade 4: Carrie Round
Grade 5: Jill Batty
Grade 6: Brie Maynard
Grade 7: Nicole Pregent
Grade 8: Annie Fernandez
Grade 9: Carla Folkert
Co-Chairs: Liza Dupuis and Sarah Ellsworth
Faculty and Staff: Lisa Mahar and Alison Henry
Thank you to all!

Imagine a Different World on November 13th & 14th

Imagine a starlight hallway leading to the woodworking room transformed into a gnome forest complete with a moss garden, a lovely room to dip candles in, and a warm classroom to tell stories and have puppet shows. This sounds more welcoming and a better representation of Monadnock Waldorf School than the MWS Crafts Fair at the Keene Recreation Center. That is why a group of parents and staff have decided to return the Crafts Fair to the school. We will continue to have all the vendors, raffle and silent auction but the focus will shift to children's activities and to showcasing our school. We hope this will better inform the community of what we are all about.

This means a lot of planning will need to take place. As I am working outside the home now my time is much more limited and I am appealing to all who have time to lend a hand. This is the perfect time for all those great ideas that you have every year at Crafts Fair time to come out and see the light! This is the time to really change things up and start new traditions. The classes will continue to take on some responsibilities such as the raffle, children's crafts, the cafe, etc. I will be sending out letters and coming to class meetings.

Parking will be an issue for the Fair and we will need a team to try to come up with solutions to this dilemma. We can do off site parking and also ask our community to carpool but it will take a group to come up with a plan. If this is an interesting puzzle to you then you are the one we are looking for! Please give me a call.

The Fair is always such a tremendous effort by all at the school and I hope that this year will be as wonderful - with a twist. So please put on your thinking caps and let's wow the Keene Community with our wonderful Crafts Fair.

Respectfully,
Carla Folkert at 352-1585/762-3337cell

Study Group To Form

A group is forming to study *How To Know Higher Worlds A Modern Path of Initiation*. The book is an accessible account of the Western path of initiation made public by Rudolf Steiner in 1904. Steiner begins with the premise that "the capacities by which we can gain insights into the higher worlds lie dormant within each one of us." "All we need to know is how to begin to develop these faculties for ourselves".

This foundational book serves as a guide to developing the attitude of soul and schooling new organs of perception to perceive the deeper riddles of life. The book not only offers guidance to those seeking a path to supersensible knowledge, it also serves those who are wishing to attain a deeper understanding of how one goes about spiritual research.

Tackling the depth of experience offered in this book in six weeks is an ambitious endeavor. The goal is to bring an overview of this path of knowledge in six weeks and then to potentially reform the group with those who wish to go more deeply into the study and practice. The study is being offered in the spirit of round table collegiality. Background reading of the chapters prior to the sessions will best serve the experience.

All are welcome to join in the study. One only needs to be prepared by reading the book and with the intention to participate in the six Wednesdays. The newest edition has 240 pages.

The proposed Wednesday dates are as follows: Sept. 9, Sept. 23, Sept. 30, Oct. 14, Nov. 11, and Dec.2. Confirmation of the dates will be decided by the needs of the group.

The time will be determined by the needs of the group. We could have the study from 3:30 to 5:00 p.m. or 7:00 to 8:30 p.m. The time will be decided by the most responses of those interested.

Please contact Janet Gordon 876-4132 or Suzanne Coble 827-4178 with your interest or questions.

We can order the book through the store at school or you may get it at the Toadstool Bookshop. [How to Know Higher Worlds—A Modern Path of Initiation](#), Written in 1904-1905 (CW 10), Rudolf Steiner, Foreword by Arthur Zajonc, Translated by Christopher Bamford, \$16.95.

Bulletin Board

Baby items wanted: My sister-in-law in NYC is having her first baby in Dec., and we are looking for gently used, apartment friendly baby furniture/items. *Please contact me: meenaneva@gmail.com or 352-8327, if you or someone you know has any such items for sale. Thanks, Meena Neva. 09-09-09*

Burley Bicycle Trailer - Seats one or two children. FREE! *Please call Kerry Ulrich or Sandy Hunt at 357-4459. 09-09-09*

Cheese—organic, grass-fed. Cheddar, garlic cheddar, jack, pepper jack, Colby, and Swiss can be ordered. It is \$5.50/pound plus shipping. You need to order the full 5# block or arrange to split it with a friend or two. *Call me if you want some cheese in this order, Margaret Foxweldon at 355-1371. 09-09-09*

Flute Lessons at my home in Keene have begun for the fall semester. Half and full hour sessions available. *Contact Carmen Buckley Reynolds at 355-2011. 09-09-09*

Horseback riding lessons. I am an MWS graduate (Class of 2001) and sister of Maysie Ballantine (Grade 7). I am home for a few months and would like to offer hunt seat riding lessons to horse loving beginners! I have been riding since I was 10 years old. I was lucky to have careful, personal instruction when I was young and I would be excited to help new riders get a good start. My horse is a 12 year old Morgan mare, but is coming off an injury and is limited to walking and trotting for now. Lessons would be best suited to beginners interested in learning horse care as well as riding. \$30/hour private; \$20/hour for semi-private (no more than two students per lesson). *If interested, please call Charlotte Ballantine at 499-1201 (cell) or 835-2392 (home). 09-09-09*

Don't buy new! Free boy's khakis. Size 16. Like new. *Call Liza Dupuis at 357-1360. 09-09-09*

Looking for interested person or persons who are willing to coordinate this year's ski/snowboard program. Season begins sooner than you think, so call soon! *Liza Dupuis at 357-1360. 09-09-09*

Indian Foodies: Homemade, authentic, vegetarian Indian food is available on Thursdays again. Feel free to contact me for more information about joining the weekly list, ordering food sporadically, or catering for full Indian meals, appetizers, etc. for special events, groups or parties: meenaneva@gmail.com or 352-8327. *Thanks. Meena. 09-01-09*

Host family needed for Indonesian exchange student. PAX, the Program of Academic Exchange, is looking for a host family in the city of Keene for a 16-year old Indonesian exchange student who is attending Keene High School this year. This experience offers families a great opportunity to learn first-hand about another culture and to share their life with a student who is eager to discover life in America. Reksa is one of a select group of Muslim students selected by the U.S. State Department for a full scholarship to live in the U.S. and experience the American way of life. She is easy-going, friendly and active, and enjoys writing poems and stories, reading books and listening to music. At home she participates in her school's English Debate Club, Student Council, Fair Trade organization and Senior Leadership training. Her profile can be viewed at http://pax.org/asp/pax.asp?st_id=14040&p=1975. Host families come in all shapes and sizes, including single parents, young couples and retirees. Families need only provide a place for the student to sleep and study, meals, and a warm, supportive environment. Providing a short term welcome stay for 6 -8 weeks is also a hosting option. Students have their own spending money and medical insurance. *For more information contact Ann Newsmith at (802) 257-4710 or ann.newsmith@gmail.com or visit www.pax.org. 09-01-09*

National Geographic August 2009 issue needed for Ashuelot River High School. **The Inheritors** by William Golding is also

needed for the high school. *Please call Kathleen Murphy at 358-9914. 09-01-09*

We have been looking for a car and would love some help with our search. We need a small, fuel-efficient car with little rust. It has to be affordable, but in good shape so that it doesn't cost a fortune to keep it running. Do you have any leads? We'd appreciate all information and advice. Thank you. *The Bickfords, 445-2157. 9-01-09*

Wanted: easy care houseplants for Ashuelot River High School. *Please call Kathleen Murphy at 358-9914. 09-01-09*

Pastured chickens and turkeys available. *Please call Abenaki Springs Farm for details at 445-2157. 09-01-09*

Winter CSA Shares available. Please call us soon for your share of fall and "winter storage" produce. *For details, please call Abenaki Springs Farm at 445-2157. 09-01-09*

Childcare exchange? We are looking for childcare for our 5-year-old daughter for two days of the week from noon until 3 pm, preferably a family from the nursery/kindergarten. *Call Sherman and Heather Morrison at home: 603-357-9613. 09-1-09*

Home wanted! I am looking for a 2 bedroom apartment in a quiet, peaceful setting. I am an herbalist and creative person, and live a very quiet life with my 2 indoor cats. I am longing for a sanctuary to live in, with very quiet and considerate neighbors and a caring landlord. I'd like to have space for a small herb garden. I need to find somewhere within the next 60 days if possible. Thank you! *Please call Catherine Torelli at 876-3887. 9-01-09*

House for Sale: Right down the street from MWS at 190 S. Lincoln St. Wonderful front porch, 3/4 bedrooms, 1.5 baths, one car garage, lovely open living room and dining room with built-ins and fireplace. Wood floors throughout. \$203,000. *Contact Holly Gorsuch at BHG The Masiello Group for more in-*

formation or a showing. hollygor-such@masiello.com or 603-313-1224 cell. 09-01-09

Home for rent: Harrisville. 2 story, 3 bedrooms, available for rent Sept. through June. Includes garage, enclosed porch, large contemporary kitchen, deck overlooking scenic view of woodlands and stream, plenty of windows with good light. Walking distance to picturesque village, lake, post office, store, library and church. No smoking, no pets. \$850/MO + utilities. Full year lease negotiable. *Please call Margaret Goodman at 603-827-3679. 09-01-09*

Home - wanted. Erin is a yellow lab, female, 5/6 years old, very friendly with children, adults and dogs. She is very obedient and house trained. She tolerates being left alone at home very well. Erin needs more contact with people and more activity. *Call Jim at 603-355-0183 for more information. 09-01-09*

House for sale - For Sale By Owner, 115 North Lincoln Street, Keene, \$303,000, 1.3 acres, 3 bedrooms, 2 full bath, 2 1/2 bath, hardwood floors, office, large living room with wood fireplace, farmers porch, wood stove, property borders Robin Hood Park, walking distance to MWS. *Call Tim or Sarah 355-2911. 09-01-09*

Calling all animals! In anticipation of the Fourth Grade Human and Animal study, what better way to inspire our young students than to display for them the countless array of carefully crafted creatures which have been handmade by our own sixth graders over the years! *Thia Zakrzewski at 357-4442, Ext. 628*

For sale: two lightweight car seats. Removable backs allow boosters to be used alone. \$15 for each. *Please call Susan at 355-1156. 09-01-09*

Homemade, sturdy platform for your twin mattress. Not pretty, but gets you off the floor and provides space for boxes underneath. \$40. *Please call Susan at 355-1156. 09-01-09*

A well maintained home is cozy, comfortable and inviting. **For carpentry, renovation, painting and landscape work,** call Markus Wetterhorn at 363-8268 or 313-1748. August 2009

Bed & Breakfast Assistance Sought. I'm seeking a person to work a varied, flexible schedule, for approximately ten hours a week, assisting with general duties at the Colony House, a local bed and breakfast, in downtown Keene. Work would include general housekeeping [making up rooms, laundry, etc.] responding to requests for reservations [by telephone & e-mail], setting up for breakfast, and – possibly – filling in as “innkeeper” from time-to-time. Attention to detail essential. *If you are interested in discussing, please contact Joslin at jkimball.frank@myfairpoint.net or at 352-0215. August 2009*

Renovated home for rent in Spofford. 2 bedroom, 1 1/2 bath new kitchen. End of dirt road. Miles of X-C trails out the front door. Treehouse. 15 min. to Keene/Brattleboro. Peaceful. \$1000/month +deposit. *Christy Bonneau and Richard French at 363-4644. August 2009*

Babysitting or parent-helper services offered by MWS 8th grade student. Red Cross Babysitting Course completed April 2009, including first aid certification. Available weekends and most evenings during the school year. *Contact Will Henry at 355-8132. August 2009*

Beautiful house for rent a few blocks from Monadnock Waldorf School N. Lincoln near Beaver Street, (contact me if you want to drive past it, but it is still occupied, so you can't see inside unless you are seriously interested in which case we can arrange a showing). The rent would be \$2,000 plus utilities. It has 3 bedrooms and 4 bathrooms, including a half bath in the semi-finished basement, so maybe four bedrooms, It's really, really nice inside, all quality materials, fireplace, wood stove, dishwasher, laundry, many built-ins, on one acre, it's all new, well insulated, good windows, so (oil) heating costs should not be too high. Play structure in back yard, abuts 175 acre Robin Hood Park. It may not be available until October 1, possibly even a bit later, but we may be able to put you up here in Marlboro, VT or with friends in the Keene area if those dates were the only thing stopping you. *Let me know as soon as possible if you are interested. Jamie Coulter, Antioch Waldorf graduate student, 802-257-5686. August 2009*

Celebrate, nurture and heal through the written word. I will create a deeply meaningful written expression for your loved one in failing health, newborn baby, bridal party member, parent, child, spouse, friend. Also offering memoir editing, life stories, sympathy cards, thank you notes. *Contact Carol at 603-835-6939 or bymypen@gmail.com. 5-27-09*

Bruce Elliot has opened his massage practice - It's called "Music To Your Body." Massage is great for helping you address the stress in your life. It can bring relief from the various types of chronic tension that we all hold in our bodies. *Please call or email to set up an appointment at 358-1064 or musictoyourbody@gmail.com. 4-14-09*

Please consider me for your home improvement needs: J. Klassen Carpentry and Painting. Interior/exterior painting, lazure, drywall, roofing, siding, window replacement, floor installing and refinishing, screened porches, chimney flashing, insulating, small scale renovating. Interest in working with living design. References available and fully insured. *Call Jonathon at 603-903-3028.*

Community Events

The Starving Artist

10 West Street, Keene, NH 03431, 603-352-6900
www.thestarvingartistcollective.com

Core Strength Yoga Class at The Yoga Space

A slow and gentle vinyasa flow yoga class with an emphasis on core strengthening. "Vinyasa" means movement and breath together. Learn to move from the core incorporating breath control, abdominal exercises, yoga postures, meditation and deep relaxation. Suitable for all levels of experience. Instructed by Gretchen Carmel. Mondays and Thursdays at 9:30am and Wednesdays at 4pm. *For more information, call The Yoga Space at 603.352.2686 or email theyogaspace@gmail.com.*

Fall Session at The Yoga Space

The FALL SESSION at The Yoga Space, located at 82 Washington Street in Keene, runs from SEPTEMBER 6TH THROUGH DECEMBER 26TH. We offer quality instruction 7 days a week in Yoga, Meditation and Mantra and host a variety of workshops for personal transformation, relaxation and celebration of spirit! This Fall we are offering a FALL MEMBERSHIP PASS which enables you to take unlimited classes all season! There are many NEW classes and workshops offered during weekdays such as CORE STRENGTH YOGA, GENTLE KRIPALU YOGA, MANTRA MORNINGS, THE ANCIENT SOUND OF MANTRA WORKSHOP, HOME PRACTICES WORKSHOP AND DEEP RELAXATION. There are many others offered during weekends, plus many exciting visiting artists.

To view our schedule please visit www.keeneonyoga.com, click on studios and then The Yoga Space. Schedules are also available outside the studio at 82 Washington St. If you would like to be on our mailing list, please email us at theyogaspace@gmail.com or call Gretchen Carmel or Liz Seaman at 603.352.2686. We look forward to seeing you!

Aikido Beginner Session

September 8 through October 29, Tuesdays and Thursdays at 6 pm, \$100 for 8-week session (16 classes)

We are a non-profit organization and a member of the United States Aikido Federation under the direction of Yoshimitsu Yamada Sensei. Our dojo is located on Davis Street, behind the New England Fabrics building. Visitors are welcome. *For more information, please call 603-357-2989 or visit www.monadnockaikikai.com.*

How to Know Higher Worlds—A Modern Path of Initiation

Written in 1904-1905 (CW 10)

Rudolf Steiner, Foreword by Arthur Zajonc, Translated by Christopher Bamford, \$16.95

A group is forming to study *How To Know Higher Worlds A Modern Path of Initiation*. The book is an accessible account of the Western path of initiation made public by Rudolf Steiner in 1904. Steiner begins with the premise that "the capacities by which we can gain insights into the higher worlds lie dormant within each one of us." "All we need to know is how to begin to develop these faculties for ourselves". He goes on to say; Not everyone can immediately receive spiritual vision; but the discoveries of those who have it can be health-giving life nourishment for all. For everyone can apply them; and whoever does so will soon discover what life in every branch can be with their aid, and what it lacks without them. The results of supersensible knowledge, when properly employed in life, prove to be –not impractical, but rather, practical in the highest sense.

This foundational book serves as a guide to developing the attitude of soul and schooling new organs of perception to perceive the deeper riddles of life. The book not only offers guidance to those seeking a path to supersensible knowledge, it also serves those who are wishing to attain a deeper understanding of how one goes about spiritual research.

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Please contact Janet Gordon 876-4132 or Suzanne Coble 827-4178 with your interest or questions. We can order the book through the store at school or you may get it at the Toadstool Bookshop.

Morning Mantra at The Yoga Space

Immerse yourself in the ancient sound of mantra and basic meditation. Learn the healing properties of Sanskrit and experience the power of group chanting. Each class will have a specific focus. No experience necessary. Taught by Gretchen Carmel. Thursdays, 10:50-11:50am, Sept. 10, 17, 24. Saturdays, 8:15-9:15am, Sept. 12, 19, 26. \$12/class or \$30/3 classes. *For more information, please call 603.352.2686.*

Home Practice Workshop at The Yoga Space

Develop focus, concentration, connection to the Divine and commitment to your spiritual path with a home practice. Whether it be 5 minutes or an hour a day, taking time to center, quiet and relax...moving away from the mind and into the heart, can be very rewarding. This workshop includes some gentle yoga, journaling, steps to define your spiritual practice (whether it be yoga, meditation, pranayama, and/or mantra), discussion of a 40-day discipline and tips on how to create an altar. Wednesday, Sept. 16th, 9:30-11am OR Saturday, Sept. 19th, 11:30-1pm \$20. Workshop will be lead by Gretchen Carmel. *To register, please call 603.352.2686 or email theyogaspace@gmail.com. The Yoga Space is located at 82 Washington St. in Keene.*

Community Events

MUSIC TOGETHER FOR MONADNOCK FAMILIES

Share the joy of music-making with activities that build on children's natural enthusiasm for music, and provide playful, engaging ways for children and adults to relate to each other musically. For children birth - 5 years and their parents or caregivers. Meet for 45 minutes each week for songs, chants, movement, and instrumental jam sessions. Relaxed, playful atmosphere - lots of fun! Ten week Winter Session starts September 16th. Classes offered: Wednesdays mornings at 10:00, Thursday mornings at 9:30, Thursdays evenings at 6:30. *All classes will be held at the Keene Community Music Center in downtown Keene. Call Nancy at 357-4693 for more information or to register. www.songleader.net*

Monadnock Literary & Arts Festival

September 18-20th, 2009

Three days of the arts: writer discussions and workshops, artist presentations, live music, and local food.

For more information and a complete schedule, visit www.glenbrook.org or contact Twain Braden, Glen Brook Director: twain@glenbrook.org or 603-876-3342.

BLUES BLOWOUT with THE JOHNNY WINTER BAND & THE JAMES MONTGOMERY BLUES BAND featuring the legendary JAY GEILS on guitar & THE UPTOWN HORNS

Friday, September 25th @ The Colonial Theater in Keene, NH.

Three blues legends, two bands, one night! 8pm door, adv. Tix \$39-\$49.

Tickets available at the Colonial Box Office: 603-352-2033. Presented by McNally Entertainment.

Food Preservation Workshop in October

This Food Preservation Workshop will be the basics of freezing and drying, canning (we will probably can some tomatoes), and making lacto-fermented vegetables (we will put together some sauerkraut). We will have a look at the root cellar and explore other options for food storage spaces. *Please call Erin Bickford at 603-445-2157 if you have an interest.*

School Fundraisers

Eighth Grade Bread and Cookie Order Form

Name: _____ Grade: _____

Orders due: Thursday, September 10, 2009

Pick-up date: Thursday, September 17, 2009



<u>Quantity</u>	<u>Description</u>	<u>Price</u>	<u>Total Price</u>
	Small FRENCH	\$4.25	
	Loaf Pan FRENCH	\$4.75	
	Sesame Batard FRENCH	\$4.25	
	4 SEED SUNNY FLAX	\$4.50	
	Large COUNTRY ROUND	\$4.75	
	WHOLE WHEAT	\$4.75	
	OLIVE ROSEMARY	\$4.75	
	Special: New York Light Rye	\$4.75	
	Wheat-Free: Whole Spelt	\$4.75	
	Cookie: Almond Shortbread	\$1.50	
	Cranberry Orange Oatmeal	\$1.50	
		TOTAL \$	_____

*Please turn order in to the Main Office
at the elementary school.
Please make checks payable to
MWS Class of 2010.*