



Weekly Notice

October 27,
2009

Issue 10

A WEEKLY PUBLICATION OF MONADNOCK WALDORF SCHOOL

Annual Fund Donations Make Perfect Tributes

By the time you read this, many of you will have already received MWS' new Annual Fund appeal with beautiful artwork from Max McLaughlin in the 7th grade. The Annual Fund is a great way to honor your friends, loved ones, teachers, and others who have inspired you. Simply note on your donation: "Gift made in honor of [or in memory of] ..." with the honoree's full name, and it will be recognized in future publications. Acknowledgments will be sent both to you and the person whom you have honored. Annual Fund donations also make wonderful birthday and holiday gifts in considering a friend's favorite organization. Many thanks for participating. Please call or visit me if you have any questions or thoughts.

Rüdiger Ruckmann, Development Leader
rruckmann@monadnockwaldorfschool.org or at 603.357.4442, Ext. 105

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.

New Date for Winter Concert: December 9

The Fall/Winter Concert will be Wednesday, December 9th, NOT Thursday, December 10th as previously announced. However, this is December in New Hampshire that we are dealing with; in case of inclement weather on the 9th, the concert will be postponed to the 10th. Concert begins at 6:30, and students in grades 6-9 should plan to arrive by 5:45. The sixth grade chorus, the seventh, eighth and ninth grade chorus, and the upper grade band and orchestra will perform. All members of the community are heartily invited to this exciting night of music!

Nell Wiener

There will be no adult eurythmy this Wednesday, October 28.

Ashuelot River High School Eurythmy Demonstration

On Thursday, October 29th the Ninth Graders of the Ashuelot River High School will present the work of their eurythmy block. The students will show in a demonstration style what they have been working on to illuminate the role that eurythmy plays in the high school curriculum. There will be exercises and some artistic presentations, which, although not "finished" will demonstrate a certain stage of accomplishment. The presentation will take place in the MWS assembly room at 7:00 pm. Since it is a week night, we will begin punctually and hope to end by 8:15 pm. The event is free but there will be a basket for donations toward the high school at the door. 7th and 8th graders are warmly invited.

Lisa Damian

Girls Basketball Practice

The girls will practice this Thursday, October 29 from 3:30 to 5:00 pm at the Water Street courts.

Thereafter, the girls will practice on Mondays at the Keene Recreation Center from 3:30 to 5:00 pm and Wednesdays from 3:30 to 5:00 pm at Spofford.

Rec. passes must be purchased at the Recreation Center.

Peter Schoen

Boys Basketball Practice

The boys will have a skills practice Thursday, October 29 from 3:30 to 4:45 pm at the Water Street courts. If it rains, this practice will be cancelled.

There will be no boys' basketball practice the week of November 2.

The boys' basketball team will begin practices on Mondays and Wednesdays from 4:30 to 6:00 pm on November 9 at Spofford.

Peter Schoen

Coffee and Doughnuts at the Nursery-Kindergarten

Join Lisa Mahar (School Administrator) and Rüdiger Ruckmann (Development Leader) at drop off time at the Nursery-Kindergarten on Tuesday morning, November 3 for coffee, doughnuts, and informal conversation. We'll gather in the after-care room. Whether you have a few minutes or can stay for a while, we would love to see you.

Lisa and Rudiger

Thank You

Thank you to Jane Swain for presenting "Know Your Child" last week at our Nursery-Kindergarten. 30 people attended and commented on how wonderful and helpful it was.

Our Teachers Are Visiting Other Schools on October 28

Our teachers are fanning out across New England and beyond to visit other Waldorf Schools on Wednesday.

Signe Motter, Lynn Wetterhorn, and Marie Burns will visit Lake Champlain Waldorf School in Vermont. Maggie Myers, Monica Marshall, Kathleen Morse, and Jacqueline Bellamy will visit Pine Hill Waldorf School in Wilton, NH. Thia Zakrzewski, Michelle Brooks, Heather Power, and Peter Schoen will visit Hartsbrook Waldorf School in Hadley, MA. Janet Gordon will visit Hawthorne Valley School in NY. Tim Price and Alison Henry will visit Upper Valley Waldorf School in Vermont. Rebecca Ciraulo will visit Cobb Meadow School in Dublin, NH.

Hans van Riel will visit Merriconeag Waldorf School in Freeport, ME later this month. Miyoung Ahn will visit Lake Champlain Waldorf School but on a slightly different schedule. Kevin McGuigan will use the day to focus on the work of our College of Teachers.

Rudiger Ruckmann in our Development Office will host the development officer from Hartsbrook Waldorf School here. Lisa Mahar will welcome 17 enrollment and admissions staff members from eleven different New England Waldorf schools here to MWS for a day-long workshop on effective practices in enrollment and admissions.

Here's hoping everyone returns refreshed and inspired!

Crafts Fair Raffle Tickets

Look for your tickets tonight—they were sent home with your child(ren) today. Please sell as soon as possible and return the money and stubs to the main office at the elementary school. We only have three weeks until the Crafts Fair—so sell, sell, sell! Thank you.

A Great Accreditation Visit

Seven teachers and administrators formed our visiting accreditation team. They represented schools both within and beyond the Waldorf School movement. We are delighted to report that they enjoyed their visit very much! Although it's too early for any definitive report, we can say that in our closing meeting they expressed their sense that MWS is delivering on our mission and vision.

We look forward to reading their report and to addressing the recommendations they will make. It will still be some months before the final decision about full accreditation by both NEASC and AWSNA is announced. In the mean time we can be deeply proud of our school, its students, its families, and its teachers.

Thanks to the team members: Nancy Callichio, Chair (The Grammar School, Putney, VT, retired), Joanne Andruscavage (Emerson Waldorf School, Chapel Hill, NC), Catherine Hopkins (Hartsbrook Waldorf School, Hadley, MA), Cynthea Frongillo (Pine Hill Waldorf School, Wilton, NH), Robert Mills (Waynefleete School, Portland, ME), Lydia Sheffield (Our Lady of Mercy School, Madison, CT), Jeanette Voss (The Waldorf School, Lexington, MA).

Thanks to each and every person who filled out a survey, made time to talk with our visitors, acted as gracious hosts, prepared paperwork, researched the curriculum, sat in on meetings, and more. Thanks to the teachers who, in addition to all of their regular commitments, made the time to apply their talents to the study of the curriculum and to each subject area, creating a lively and in-depth view of the academic and artistic life of our school.

Thanks to the Accreditation Committee: Signe Motter, Jacqueline Bellamy, and Peter Schoen and to our fearless leader Betsi McGuigan who guided the whole process with characteristic hard work and grace and kept all of us on task! We also have to thank Suzanne Ruse who took pages and pages of independent work from small groups and created an integrated and thoughtful 250-page self study document.

Our school is a shining example of dedicated people—parents, teachers, and staff members-- working each day to do something deeply worthwhile on behalf of children. I am always grateful to have this good work to do and our accreditation team visit deepened and broadened my gratitude for Monadnock Waldorf School.

Lisa Mahar

Calendar of Events

October 28

No School—Teacher Visiting Day

PHOTO DAY

November 18 at elementary school

Crafts Fair Posters

If you have a place at work to hang a poster, please pick one up in the Main Office at the elementary school. Dentist or orthodontist appointments coming up? Grab one. Going apple picking? Take a poster. In other words, drive around with some in your car and hang one where you don't see one!

Thanks!

Carol Renzelman

For the Crafts Fair Committee

Candles Burning Brightly

It is time to order your beewax tapers again. We will be ordering for the Crafts Fair and if you would like to order ahead to make sure you get them, please let me know. You also get a discount because you are ordering in bundles of 6! This year the prices for a 3/4" taper in bundles of 6:

8" - \$30

10" - \$36

12" - \$42

To place an order, please sign up in the Main Office at the elementary school or call Carla at 352-1585.

Carla Folkert

Congratulations

Jennifer, Grant and Jae (Nursery-Kindergarten) Butler welcomed a new baby girl to their family recently. Congratulations!

Lisa Mahar

Call for Volunteers

The Development Office seeks volunteers again with good handwriting for hand addressing envelopes for our new Annual Report. These can be written any time in the next few weeks in school. Please call or write me (Rüdiger, ruckmann@monadnockwaldorfschool.org) or Suzanne Ruse.

Many thanks again to our great team who gathered for the autumn Annual Fund mailing: Suzanne, Jeni Callihan, Carol Driscoll, Meena Neva, Kim Peavey, and Lori York. Together we sent out more than 1100 appeals to current and former parents faculty and staff and board members, grandparents, alumni, and friends. A separate mailing is going out to our business and community partners as our circle of support grows. Danke!

Rüdiger Ruckmann

Nurturing Capacities: The Waldorf Approach to Education **A Talk with Else Gottgens**

Join us in the Assembly Room on Tuesday evening November 10 at 7:00 pm when Else Gottgens, long-time Waldorf educator, shares her insights into the difference between an educational approach that nurtures children's capacities (as we strive to do in the Waldorf School) and one that drills information.

Else, who has been teaching children and training teachers for 65 years, will also be visiting classes and meeting with teachers all week. She is both highly experienced and highly respected and, at 85, feels free to say what's on her mind! We hope you'll join us.

Lisa Mahar

Changes on Our Board of Trustees

Our Board of Trustees says good-bye to two members who have served the school well. Susan Bartlett, so capable in co-chairing our High School Committee through the last two years, has resigned to focus more fully on new and exciting work opportunities in a different part of the state. Lynn Wetterhorn, who carried the voice of our Nursery-Kindergarten into our meetings, has served her term and moves on to other important volunteer work. Thanks to both for serving so willingly and so well.

We welcomed Thia Zakrzewski to the Board at our recent meeting. Thia replaces Lynn and joins Kevin McGuigan as the second College of Teachers representative to the Board. Welcome, Thia!

The Executive Committee

Thank You to Apple Hill Chamber Players

Our elementary school students enjoyed a special assembly last Friday with the Apple Hill Chamber Players. They heard works by Haydn and Schumann and a premiere of a piece by the young composer Dan Sedgwick. We were delighted to learn that Dan Sedgwick would be with us and he introduced his new piece *Variations on a Theme for String Quartet*. The players (two violins, viola and cello) performed surrounded by circles of students, so we all had the chance to see the players "close up".

The performers expressed their appreciation for the thoughtful listening that our students engaged in. When the question and answer time came, our students were very interested to know how long each performer had been playing and at what ages they took up their instruments. It was wonderful for our students, so appreciative of music, to experience these young performers offering music of such quality and beauty. Thank you to Apple Hill Chamber Players!

Lisa Mahar

Pumpkin Thanks!

To everyone who gave their time and helped to support the Pumpkinfest I am truly grateful. We had a beautiful time. The weather was a gift and the food was delicious. Our booth was lovely and the helpers magnificent. Many volunteers did not want to leave and we had several just "show up" and offer their help. Most importantly we made a nice sum of money for our school! Many thanks to the school community patrons on the other side of our booth-we hope you enjoyed the chai, pau bhaji and popcorn.

Warm thanks to Meena Neva and her family for their inspirational cooking and sharing. Sarah Ellsworth made the most wonderful tasting chai and was stalked by many on just when was another batch arriving? We sold out before dark! Thank you for all your hard work Sarah. Thank you Carla Folkert, as always, for giving and supporting this event. We always appreciate your popcorn expertise. Thanks to Jennifer Whitehead, my pumpkin pal, for helping with the details and giving much support with her "no problem-I am on it" attitude.

I wish to share this: as we were almost done cleaning up for the evening I was approached by a young man. He wanted to say thank you for having this booth this year. This man was delighted by our offerings and wanted me to know how nice it was to have an alternative to the "usual" fair food and he was very impressed by our enthusiasm as well as our food. Before he said farewell, he had one more question. Where could he get some pau bhaji? (I feel for him as I had to wait a whole year for another taste!)

A personal memory I shall never forget, my baby lost his first tooth at the festival-by the light of the popcorn popper he sat on my knee and we gently pushed it off-it was very exciting for us and I made an announcement and of course he was so proud!

I just love this school, thank you again.

Andrea Lowe

Is Anyone Humming Jingle Bells?

I know it is early to be thinking about this but the 7th grade will again be selling wreaths and other greens this year. Orders will need to be in by Nov 15th. The items will be delivered at pickup on Dec 2nd or 3rd. Starting next week in the *Weekly* there will be an order form. Please mark your selections and place the form and a check made out to MWS class of 2011 in the envelope in the office. Prices this year are 22" wreath - \$14.00 plain, \$21 decorated. 28" wreath - \$18 plain, \$25 decorated. 36" wreath - \$28 plain. Roping \$46 for 10 yards. **New this year** - Kissing balls - 12" in diameter - \$26 plain and \$32 decorated. Thanks to all for the wonderful support. Sleigh bells ring are you listening?

Carla Folkert for the 7th grade

True Botanica Order

We will be placing a True Botanica order. Order forms are in the Main Office at the elementary school. Please make sure that you return your orders to the Main Office at the elementary school by Friday, October 30, 2009.

Monica Marshall

Winter Program

This year the school's Winter Program will take place on five Fridays in January and February. 5th-8th graders are given the chance to ski or snowboard. All other students will enjoy outdoor activities. We will engage in a variety of supervised outdoor activities that will vary with the weather, snow, and ice conditions.

Peter Schoen

"Darn! Fall is Half Over and I Haven't _____"

Don't worry. The 7th grade can make sure your wood-stacking, leaf-raking, garden-tending, and household chores are done in time for winter. These strong enthusiastic kids are available for hire immediately. Curious about what they can do? Call Liza Dupuis: 357-1360.

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.

Press Releases

As part of our outreach effort to better inform our wider community about Monadnock Waldorf School, we are sending out a weekly press release. You will find the press releases attached to the *Weekly Notice*. It's our way of letting you know what we are telling the community about MWS. Look for our stories in the local and regional papers!

PR/Enrollment Support Committee

School Picture Day

Doughty Falls Photography will be here on Wednesday, November 18 for our annual school picture day. We will send home an informational letter soon. Class photos will be taken in grades one through eight as well as individual or family photos for any who wish.

Elementary photos will be taken in the morning. Our nursery-kindergarten parents can bring children to the library starting at 12:15 using the following schedule: Morning Glory and Appleblossom children 12:15 to 1:00 pm. Sunflower children from 1:00 to 1:45. Sibling groups are welcome.

I am looking for four volunteer parents who will help me on School Picture Day: two in the morning and two in the early afternoon. Give me a call at 357-4442 extension 104 if you can help.

Thank you, Lisa Mahar

The Crafts Fair Marches Toward Us!

The gnomes, dollies, and ornaments wait in their fleece, floss, and felt states to "become". Won't you please help that to happen? We were so busy during the summer trying to rescue our gardens from the slugs that we didn't get the moons and stars ready for the winter decorating.

This week we will meet **Friday morning** at Lori York's home (52 Probate Street; take Church Street down two blocks to Probate; Lori's home is the fenced/brick-colored house). We meet anytime after drop off until 11:30 am. Come even if you have only an hour. Come even if you "can't draw a straight line with a ruler." We have projects, instruction, and patience for all skill levels. Young children may accompany you. They will enjoy their time more if they have a toy, their own craft, and a snack. We have a lot of fun and create some wonderful things for our Fair.

Margaret Foxweldon

Tuition Payments Due

A reminder to parents making three payments, your final installment is due November 1, 2009. (All late payments will be charged a fee.)

*Jo-Anne Yardley
Business Office*

Hannaford Fund Raiser!

Once again Hannaford has started its easy school fundraiser. Simply **buy four** of the same brand item and get a checkout coupon that donates \$3-4 to our school. Only selected brands apply—more pamphlets in the elementary Main Office.

*Sarah Ellsworth,
For the Parent Council*

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!

Community Service

All over New Hampshire food kitchens are experiencing an increase in the number of people needing help with meals for themselves and their families. The Keene Community Kitchen is a crucial link between good food and the people who need it. For the past two years parents and teachers from our school have worked various shifts at The Kitchen and we will continue that this year.

Because the Sunday shift is now four hours, they will have our group pack food for the family boxes so we can continue with a two hour shift. This year children older than 10 may accompany a parent on a shift.

Our next date is: **Sunday, November 15th** between 9 am and 11 am. Please let Miss Marshall know if you can join us.

Monica Marshall, 357-3285

Accreditation Inspiration

From time to time we will present introductions to the curriculum that were part of our self-study.

Language Arts Curriculum

The language arts program at MWS begins with the conviction that fluency in and love for one's own language is a lifelong goal and a lifelong pursuit. For that reason, from its beginning in the nursery to its (current) culmination in grade eight, our language arts program considers literacy in all its aspects, equally focused on expressive language and comprehension skills. In practical terms this means that we seek to provide our students with a unique "full-immersion" experience in English, one that necessarily includes reading and writing, but, just as important, includes the art of conversation, stories and story-telling, poetry and poetry writing, drama, and choral speaking. We believe that the language arts, presented in a lively and well-designed way, can act as a counterbalance to the devaluation and commercialization of language that we experience in society today.

When put in this context, reading and writing, as commonly understood, are viewed in a long-range perspective. Our students are not hurried into reading, and in fact are not really instructed in reading before first grade. In many ways, we value and believe in the need for our youngest students to participate in and to enjoy the traditional benefits of preliteracy: children's games, nursery rhymes, free play, and a focus on what is immediate and concrete in their experience. Those activities, we have found, support well-rounded and healthful child development, itself the best foundation for sustained academic and intellectual achievement.

Once language arts instruction begins, reading and writing go hand in hand in an intimate way. From the first, reading is based on writing, and writing in turn is largely based on experiences the students have had as a class, on stories told and retold—on things that are immediate and real for the students. By the end of the primary grades, students are expected to read and write descriptions and small compositions; by fourth grade they are writing their first reports; by eighth grade they are creating research papers and writing essays on a wide variety of topics, from classical composers to current events. Editing skills are learned as compositions are drafted and refined. The structure of English grammar is brought to life through main lesson study, through extensive discussion, and through pointing out grammar's practical connections to everyday life—not cold and abstract, but vital and real.

By grade level:

Grade One

Language arts instruction focuses on creating an understanding and appreciation for the sounds of English and for the use of letters to capture and express those sounds as words. Fairy tales, teacher created stories, rhyme, and poetry are the basis for instruction; main lesson books include large crayon drawings of letters and corresponding images based on these sources. Class discussions, in

the form of conversations and retell, give students the chance to practice proper usage, vocabulary, sequencing, and other higher language skills; recitation and choral speaking give students the opportunity to practice enunciation and to strengthen auditory memory.

Grade Two

Second graders work on writing longer expressions and sentences, those based on legends and fables drawn from a wide variety of cultures and sources. More complicated word families are introduced, as well as first spelling rules. The actual mechanics of handwriting are carefully taught while the lower-case letters are introduced (sometimes this begins in grade one). Punctuation and other mechanics are taught as needed, but not formally. Although books have all along been part of the classroom environment, second grade is generally the time when students are first expected to read from printed texts.

Grade Three

Cursive writing is introduced as students begin to write longer entries in their main lesson books. Stories from the Hebrew Bible are told, sometimes read by the teacher or students. Lesson content is retold, discussed, and simple compositions are developed in class with student input. Most students have begun to read age-appropriate material, though some may still be developing readers. Parts of speech, including nouns, verbs, and adjectives are introduced in a variety of ways. Recitation and choral speaking continue, along with an introduction to proverbs, direct speech, and other literary forms and devices.

Grade Four

Recitation and choral speaking continue as a daily experience. This year brings a more formal instruction in grammar, based on the language experience of the primary grades. Parts of speech are expanded to include adverbs, prepositions, and verb tenses. Students begin to compose short compositions of paragraph length for their main lesson books. This work often culminates in a report that students present to their class, usually based on research about a particular animal, modeled after their main lesson nature studies. Class readers may be used to introduce the students to quality literature as reading becomes more fluent.

Grade Five

More individualized compositions develop as student abilities begin to diverge. Descriptive compositions are a focus, some in the form of stories based on the content of curriculum studies in American geography, ancient history, botany, or other subjects. The class will read a number of assigned books, and first book reports may be expected. The mechanics of punctuation, spelling, and usage are an ongoing study. Sentence structure and types of sentences are studied. Compositions are drafted by students, edited by the class teacher, and rewritten as final drafts before being put into main lesson books.

Grade Six

The language arts curriculum begins to become more individualized by class, depending on the strengths and interests of teacher and students. As part of their first formal physics studies, sixth graders work toward expanding their capabilities in both descriptive and expository writing. Business letters are introduced, as well as other formal and informal forms of letter writing. Paragraph structure is an important focus; topic sentences, supporting sentences, and conclusions are now discussed and analyzed as students develop the intellectual ability to look at cause and effect. The study of Roman history allows rhetorical skills and oratory to be practiced and appreciated. Vocabulary skills are a focus, including the use of prefixes and suffixes from Latin.

Grade Seven

Writing is part of every academic subject, with compositions and essays written each week. Creative writing is a main focus during the year, sometimes in the form of main lesson blocks dedicated to writing as a subject in itself. Poetics and poetry are another topic of study. Many classes have assigned reading lists, with book reports expected regularly. Grammar studies include clauses, perfect verb tenses, active and passive voice, and the subjunctive mode, all as ways to explore the variety, power, and beauty of written expression.

Grade Eight

The studies of earlier grades continue to be developed. Essay topics are varied and cover all areas of the curriculum—American history, current events, human development, and others. The short story is also a focus of study, often as part of an overview of world literature. Students are expected to work independently, using various checklists and guidelines to do as much self-editing and correction as possible.

Kevin McGuigan, Class Teacher
Lisa Mahar, Administrator

Bulletin Board

Therapeutic Breathwork offered: *Healing Ways Breathwork* is accepting new clients & would love to share this powerful self-help tool! Sliding scale fees, no one refused. *Contact Jennifer, Certified Breathwork Practitioner for more info @ 603-446-7096 or lubvbreath@gotsky.com 10-27-09*

For sale: 2000 Toyota Sienna LE Van; 6 cylinders; 1 owner; in very good condition and well maintained; 113,000 miles; new tires; below market price at \$5500. *Call Robin Hulbert at 924-7897. 10-27-09*

Winter gear for sale-gently used to excellent condition - 10% of proceeds donated to Waldorf Scholarship Fund! 1) Snowsuit size 5 Obermeyer red/blk (small tear in knee otherwise exc.cond.)\$15; 2) Down Vest Lands End size M5-6 red \$10; 3) Fleece Jacket 300wt. North Face Denali Boys XS blue \$15; 4) Waterproof Winter Shell North Face "Hyvent" (zip in compatible with Denali fleece) Girls XS lt.blue/grey \$15; 5) Down Waterproof Ski Jacket Spyder boys 6 blk/red exc. cond. \$30; 6) Snow pants Lands End size 6 navy exc. cond.\$10; 7) Snow pants LL Bean technical kids 5/6 purple exc. cond.\$15; 8) Waterproof Rain shell EMS pit zips breathable kids size 4 blue \$10; 9) Winter Boots LL Bean Northwoods w/2 prs liners size 13 blue \$5; 10) Winter Boots LL Bean Northwoods w/2prs liners size 2 blk \$10; 11) Rain/Mud Boots Agway size 12 & size 13 Blk great cond. \$5/pair; 12) Hiking/Winter ankle boots waterproof Geox velcro blueEUR33(size2) \$5. *If interested, please call Jennifer Dolce @ 446-7096. 10-27-09*

Babysitter in Keene, please call Ashlyn at 678-542-8335. Ashlyn is an 18 year old girl living in Keene and has been recommended for babysitting by Chris Cotton. *10-20-09*

Child beds—2 in excellent condition, (age 4 - 10), \$20 each. *Please contact Jeanne Marie Eayrs-Purro at 267-221-3042. 10-20-09*

For sale – Spyder ski jacket, Mens size XXS, black with royal blue and gold accents, when new \$300, will sell for \$50; Obermeyer ski jacket, Girls Junior 18, (but can be worn by a 5'10"person!) light blue and tan, \$40; Obermeyer ski pants, Junior 16, black, \$30; Nike basketball sneakers, white with light blue accents, women's size 9, \$20. *Call Jan Perry at 603-499-3150 or text the same # if you are interested! Happy Skiing! 10-20-09*

Now scheduling HOME ENERGY AUDITS. Philip Henry will soon complete the final requirements to be a BPI certified Building Analyst. Fully equipped with a blower door and other tools to analyze the efficiency of heating systems and household appliances, Philip will be scheduling mostly weekend appointments for home energy audits starting later this month. Whether your primary interest is in reducing your heating and utility costs or in reducing your carbon footprint, Philip can help you determine what energy-saving improvements would give you the best return on your investment. *Contact Philip at 355-4441 or eadits@gmail.com. 10-14-09*

Cockatiel family seeks loving home. Gloria, Meggie, and their two chooks need more human attention. Gloria, an older male, has taught his son many words and songs, including the unwise "kitty kitty kitty." Meggie, Gloria's young bride, is a devoted mother. As a result, the family lives in adjacent apartments, boy side and girl side. These intelligent, personable birds need to stay together. Cages included. *Victoria Reck Barlow, CircleoftheSunNH@aol.com. 10-14-09*

Seasoned, log-length loads of firewood (eight cord minimum load) available for delivery to your home. *Contact Peter Renzelman at (603) 835-6939. 10-14-09*

Help find A cure! I am planning to walk the Susan G. Komen Breast Cancer 3-Day Walk For a Cure in Boston on July 23-25, 2010. Looking to see if there is interest to start a team with other parents from Monadnock Waldorf School. There is a minimum commitment to raise \$2,300.00 per walker for this event. You can check out their website at <http://www.the3day.org/>.

If you are interested, please call or e-mail me. Thanks! Lori York (352-9675) e-mail: LYork@Lodestar2.com. 10-14-09

Fresh local eggs for sale. \$3.00/dozen for brown, extra large to jumbo eggs and \$2.50/dozen for light blue/green, small to medium eggs from our Easter egg chickens. *Kerri and John Machado, family of Keenan, 2nd grade, 603-256-6640, please leave a message. 10-06-09*

Help the High School. Do you run a business or are you starting a business that will need new phone or internet services? The Ashuelot River High School will earn money for each new business referral. *Call Kathleen and ask her how you can help at 903-0064. 10-06-09*

Please consider me for your home improvement needs: J. Klassen Carpentry and Painting. Interior/exterior painting, lazure, drywall, roofing, sidewalling, window replacement, floor installing and refinishing, screened porches, chimney flashing, chimney cleaning, insulating, small scale renovating, and weatherization. Interest in working with living design. References available and fully insured. *Call Jonathon at 603-903-3028. 10-06-09*

I will deliver fresh, organic, raw milk from Flying Cloud Dairy on Thursdays at dismissal. \$4.50 for 1/2 gallon. *Contact Carol Renzelman for more information at 835-6939. 09-29-09*

Community Events

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.*

Oyase Community & Vermont Wilderness School

The parent-run Community Wilderness Initiative and the non-profit Vermont Wilderness School are pleased to announce the 11th year of Oyase Community School. This year Oyase has expanded to 4 clans, and there are several available spots remaining for registration in the 7 to 8 year old and the 11 to 15 year old range. Oyase is a dynamic learning 'Village in the Woods' for children ages 7-15 that meets from 9 AM to 3PM on Thursdays from September to May. Oyase is led by a trained staff of highly skilled, experienced, and dedicated nature-based educators who team up with parent and community volunteers to create a multi-age learning environment for earth living skills, nature awareness and community appreciation to create a "village" learning experience for the students. The program takes place on a beautiful and varied 80+ acres of land in Dummerston, VT. It has attracted students from throughout Windham, Cheshire and Franklin counties. A typical day at Oyase commences with children playing outside games while people are arriving. Then, after gathering for a thanksgiving circle with everyone, the children separate into clans based on age and interest until the Story and Sharing Circle at the end of the day. Clan time could include a woods wander to see what we find and practice how not to get lost; introduction to or further practice on skills such as fire making, shelter building, cordage, plant identification; camouflage and stalking; personal sit spot; sensory awareness games and challenges; bird language; naturalist journaling and research. Some days all the children and teens gather for a day at the village for multi-generational activities. All days parents and siblings are welcome to spend time on the land as part of the Red Oak Clan, working on their own skills and passions, and learning from others and nature. *Please contact Amy at Vermont Wilderness School for registration, information and questions, (802) 257-8570. Look forward to adventuring with you! =*

Fall Fun on the Farm

Each Saturday in October, 11 AM - 2 PM

Experience Stonewall Farm at its most beautiful! Horse-drawn hayrides to the pumpkin patch, pumpkins for purchase, fall treats and Stonewall Farm products will all be available, in addition to barnyard tours and other activities. \$4/person, \$2/6 and under. \$1/lb for pumpkins. *For information call Stonewall Farm at (603) 357-7278.*

Waldorf School of Lexington presents Torin Finser in What Now? Developing Thoughtful Kids in a Thoughtless Era

Thursday, October 29 at 7:30 pm

Ipods. Email. Cell phones. Adults venting at every turn. Today's kids grow up faster than ever, and the world around them seems filled with rudeness, rage, materialism. How does ninety year old Waldorf education meet the challenges of contemporary society, educating today's students to become tomorrow's leaders? We may be "unplugged," but then what? *To register or for more information, visit www.thewaldorfschool.org or call 781-863-1062.*

Bruce Elliot will be Performing with the Terry Landis Group at Delrossi's in Dublin on Halloween Weekend

October 30, 31 and November 1

Call Delrossi's to make a reservation.

Wellspring Living Arts is pleased to Sponsor: Air Beneath Your Winds—Financial Literacy for Free Initiative—A Practical Response to the Global Financial Crisis

An evening presentation and all-day workshop with Arthur Edwards, The Centre for Associative Economics

October 30 and 31, 2009 at Threefold Educational Center, Spring Valley, NY

For more information, please see anthromedia.com

Waldorf School of Lexington presents Dr. Ross Rentea, Practicing Anthroposophical Physician, Your Child's Health: How can Anthroposophical Supplements Help the Physical and Spiritual Development of our Children?

Thursday, November 12 at 7:30 pm

For more information, please call 781-863-1062 or visit www.thewaldorfschool.org.

School Fundraisers

Eighth Grade Bread and Cookie Order Form

Name: _____ Grade: _____

Orders due: Thursday, October 29, 2009

Pick-up date: Thursday, November 5, 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: Cinnamon Raisin	\$4.75	
	Wheat-Free: Six Seed and Grain	\$4.75	
	Cookie: Oatmeal Raisin	\$1.50	
	Chocolate Chip	\$1.50	
		TOTAL \$	_____

*Please turn order in to the Main Office
at the elementary school.*

*Please make checks payable to
MWS Class of 2010.*

Wreaths and Garlands by the 7th Grade

Please prepay with your order. Checks can be made payable to MWS, Class of 2011.

*Orders may be dropped off in the Main Office at the elementary school. **Orders are due Monday, November 16th**
and the wreaths and garlands will be available for pick up in the first week of December.*

<u>Item</u>	<u>Price</u>	<u>Number Ordered</u>	<u>Total</u>
22" plain wreath	\$14.00		
22" decorated wreath	\$21.00		
28" plain wreath	\$18.00		
28" decorated wreath	\$25.00		
36" plain wreath	\$28.00		
10 Yard coil balsam garland	\$46.00		
Kissing balls - 12" plain	\$26.00		
Kissing balls - 12" decorated	\$32.00		
		Total	



Name: _____ Grade: _____ Telephone Number: _____

P R E S S R E L E A S E

For: Immediate release

Date: 21 October 2009

From: Lisa Mahar
 Monadnock Waldorf School
 98 South Lincoln Street
 Keene, NH 03431

Phone: 357-4442 extension 104

Waldorf Eighth Graders Get a Weather Lesson on Mount Washington

The eighth grade students at Monadnock Waldorf School took their meteorology and climatology studies on the road recently, visiting the site of the “world’s worst weather”, Mount Washington, New Hampshire. With their teacher, Kathleen Morse and several parent chaperones these twenty students put their in-depth science studies to the test. While visiting the weather museum in the Mount Washington Valley the students learned that the weather on top of the mountain was so severe that their trip to the observatory had to be cancelled. The students were able to travel halfway up the mountain and when they emerged from their vehicles they encountered forty-five mile per hour winds, winds so strong that students had to lean hard into them to stay standing!

Monadnock Waldorf School, founded in 1976, serves 180 students in nursery-kindergarten through grade eight with active plans to expand to high school. Working with the insights of Austrian educator and scientist Rudolf Steiner, Monadnock Waldorf School is one of over 1000 Waldorf schools worldwide. To learn more about Waldorf education or Monadnock Waldorf School, visit monadnockwaldorfschool.org or whywaldorfworks.org.

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