



Weekly Notice

November 24,
2009

Issue 14

A WEEKLY PUBLICATION OF MONADNOCK WALDORF SCHOOL

Spiral Walk for Grades 1, 2 & 3

On Saturday evening, December 5, Grades 1, 2, and 3 will participate in the annual Spiral Walk at the Elementary School. The first grade is scheduled to begin at 4:30, the second grade at 5:15 and the third grade at 6:15. Children and their families are asked to arrive ten to fifteen minutes before their scheduled walk so that we may begin on time. Look for further details in a letter from Mr. Price, Mrs. Henry and Mrs. Myers.

Thanksgiving Assembly at 10:45 am Wednesday, November 25

As part of our festive and fun-filled Thanksgiving Assembly, we will be collecting food for the Community Kitchen. We invite every elementary student to bring one non-perishable food item to school on Wednesday, November 25. These items will be collected and displayed at the assembly and then delivered to the Community Kitchen by Miss Marshall's fifth grade students and their parents.

Food needs are greater this year than ever. On behalf of the Keene families who will benefit from your generosity: Thank you!

Lisa Mahar

Book/Study Group to Re-Form

The Friday morning book/study group (formerly the Wednesday morning book group) will re-form, meeting at least once prior to the December vacation and then weekly in the new year. We will read Steiner lectures compiled in the book *Isis Mary Sophia*, "a vessel of harmony and meaning, uniting Heaven and Earth" (from the introduction) and other writings to enhance our inner journeys. Through these readings and our discussions, always replete with wisdom, insight, and humor, we endeavor to wend our way through the joys and tangles of our lives. Please consider becoming part of this group. If you feel shy or are prone to thinking you would have little to offer, try it out and see how it feels. All are welcome. Call Margaret to express your interest or to inquire, 355-1371.

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.



Holiday Shopping for MWS

The best fundraising model is one where a portion of your purchase price is directed to MWS for things you already need and plan to purchase. Well, there is one of these great fundraisers coming up this weekend. It's value is multiplied because it also encourages our patronage of outstanding local businesses.

Toadstool Bookshop and **Mill Toyworks** at Colony Mill on West Street in Keene and **Dilly's for Kids** at the West Street Shopping Plaza have all agreed to direct up to 20% of your purchase price when you shop during December 4, 5, or 6. Simply present a "coupon" at the time of sale to identify yourself as a friend of MWS.

These local merchants have long supported our efforts here at MWS through this generous program and we are very grateful. Look for coupons attached to last week's *Weekly Notice* and share them with family and friends.

Thanks, Lisa Mahar

Thanksgiving Food to The Community Kitchen

After the Thanksgiving assembly on Wednesday the fifth grade is wheeling all our Thanksgiving food down to the Community Kitchen.

Next Sunday and Monday the Community Kitchen will be giving out Thanksgiving food to many families in our community. Our school is going to work the Sunday shift between 11 and 1 pm. It is quite a wonderful experience to be part of this event, so although we just worked this past weekend, we'll field another crew this Sunday. They especially need strong people to help carry food boxes to people's cars, so teenagers are welcome to help. Please see me and I'll let you know the shifts that need help.

Monica Marshall

Paradise Play and Shepherd's Play

Graduate students in the Waldorf Teacher Education program at Antioch New England Graduate School will present the *Paradise Play* to our students in grades four through nine on Tuesday, December 15 at 1:00 pm in our Assembly Room. They will offer a second performance on Tuesday evening at 7:00 pm.

Our own faculty, staff, parents and some students will present the *Shepherd's Play* to all the grades on Wednesday, December 16 at 1:00 pm in our Assembly Room.

These plays were part of a three-play cycle (the third is *The King's Play*) performed in village-style by the inhabitants of the island of Oberufer in the Danube River in Austria/Hungary. The island was isolated and the plays changed very little after the sixteenth century. Parts were handed down in families through an oral tradition. Karl Julius Schoer, a German folklorist and colleague of Rudolf Steiner, saw the plays, was charmed by them, and wished to preserve this spiritual inheritance. The plays are now performed in Waldorf schools all over the world.

Lisa Mahar

School Picture Day Thanks

Thank you to Tracy Huntley for being my right hand for last week's school picture day. Her help made things run smoothly from beginning to end. More than 150 photos were taken of students in nursery through grade nine and I'm sure each will be a treasure! Look for photos before the December holiday break.

Lisa Mahar

New Telephone Number

Lisa Cilenti and Allan Quinn
603-827-3624



Cancellation and Delay Plans

It's New England after all and the snow will fly. Now is the time to plan for snow days and snow delays. There are four ways to know whether there is a delay or cancellation: You will get a phone tree call at home (linked to the phone tree for your oldest child). You may call the school phone 357-4442 and press 3 for a recorded announcement (usually after 6:00 am). You may check nhpr.org, wmur.com, or wkne.com. Or you may listen to the radio stations listed in your parent handbook.

Nursery-Kindergarten parents should refer to a recent letter from your teachers outlining the schedule for delayed openings. Elementary and high school students should be prepared to start the day with Main Lesson on delayed openings and then begin a regular schedule after lunch.

We do not close early if bad weather develops during the day but please feel free to come at any time to pick your student up. Rest assured that we will be here until every student is safely on the way home!

MWS students come from 26 different towns throughout our region and weather can vary greatly. If you wake up in the morning and find poor weather conditions where you are, please feel free to make your own decision about staying put.

Questions, thoughts, and suggestions welcome!

Lisa Mahar

School Store

The school store - SIMPLE GIFTS - is now open and ready for your Holiday shopping. Remember Advent begins this Sunday and we have many Advent calendars remaining.

Thanks to Tracy Huntley, the store is neat as a pin and all the wonderful items are ready for you. Hostess gifts aplenty for this Thanksgiving and beyond. Happy shopping.

Carla Folkert

Calendar of Events

November 25

1:00 pm early dismissal at elementary school

December 2

Parent Council Meeting at 6:45

December 5

Elementary Spiral Walk

December 9

Advent Student Concert at 6:30 pm

Boys Basketball Practice

The boys' basketball team has begun practices on Mondays and Wednesdays from 4:30 to 6:00 pm at Spofford.

The MWS School bus will leave Mondays from MWS at 4:10 *sharp* and return players to MWS at 6:15 pm.

Peter Schoen

Girls Basketball Practice

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

Many Thanks

Ein grosses Dankeschön (many, many thanks) to all our families and friends for their great support of our school. Heading into my first Thanksgiving in Keene, I can only say it is an honor to become friends and work with and for you.

Please stop by the Development Office any time to say hello. Safe travels and happy eating!

Rüdiger Ruckmann

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

Christmas Caroling December 18th

Dust off those Yuletide carols and join us in singing our way through the neighborhood! We'll meet at the lower school at 6:30 pm, sing through a few songs and then depart on our merry caroling way, ending at the Lyczak's house for hot cider. (Bring a snack to share if you can.) Music will be provided, but plan to bring your own flashlight. Children are welcome with an adult.

Additionally, if you'd like a bit more practice (or are like Miss Wiener and just can't get enough singing), we'll have a "practice" on Sunday, December 13 at 3:30 pm at the elementary school in the Library. We might even work up some of the harmonies! Hope to see you there!

Margaret Foxweldon and Nell Wiener

Greenraising Update

Thanks to all who placed orders with Greenraising. The company had to wait to restock several items before shipping but our orders are scheduled to arrive shortly after the Thanksgiving break. They will be delivered to your child's classroom before school on Friday, December 4--please help your children navigate getting them from the classroom to your home. We would like to make this as unobtrusive for the rest of the class as possible. Or, if you prefer, you can contact Jill Batty at 357-3393 to make alternative arrangements. Again, we appreciate everyone who helped to make the sale a success this year, especially Suzanne Ruse who helped to distribute and collect order forms and Joanne Yardley who helps us keep our finances straight!

Jill Batty

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, December 20** between 9 am and 11 am. Please let Miss Marshall know if you can join us.

Monica Marshall, 357-3285

The Annual Fund is a Great and Convenient Holiday Gift

Wondering about the right host or hostess gift for Thanksgiving? Out of holiday ideas or recipes? Why not make a gift in a friend's or teacher's honor to Monadnock Waldorf School?! Your gift will be acknowledged both to you and the honoree by MWS. A donation of \$40 covers a day's tuition for one of our talented students who may be a friend's or relative's son, daughter, or grandchild. As Board President Carol MacKinnon has noted, "Monadnock Waldorf School is a wonderful place where my children are thriving. Children are the school's future. The Annual Fund helps this future continue."

Donations can be made online as well as by regular mail. Simply go to our website, www.monadnockwaldorfschool.org, click on Development and then Donate Now. Notification of your gift will be sent directly to the Development Office. For more information or assistance, please call Rüdiger Ruckmann, 357.4442, Ext. 105. Outside of school, Rüdiger can best be reached at 903.0596.

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

Many Thanks to the Families Who Employed Our 7th Graders!

Our work parties are finished for the season. "Work parties" is an appropriate title, given how much fun the kids had working. For those who still have small in-town jobs, we may be able to accommodate you, if the weather cooperates. Otherwise, look for us again next Fall! Call Liza Dupuis at 357-1360.

Grand 8th Grade Booth Reopens

The 8th Grade would like to extend our thanks to all of the wonderful people who supported us by buying our products at the Crafts Fair. For all those who could not make it to the Crafts Fair, there is still hope! Our booth will be open next to the Main Office at the elementary school.

Special thanks go out to Philip Henry and Dan Bartlett for making our lovely booth. Also special thanks to the school.

*Thanks again,
The 8th Grade*

Elm Trees For Sale by MWS 6th Grade

The 6th grade at MWS has 6 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 can be bought now and put into the ground later. The cost is \$150 each. You will love them!

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.

Christmas Tree Sales

The Ashuelot River High School 9th grade class will be selling Christmas trees. These beautiful 6-9 foot balsam trees will be available at the Tilden building, 146 School Street, Keene on Saturday and Sunday, Dec 12, 13, 19 and 20th from 11 AM to 8 PM. The cost will be \$37. The 9th grade is offering a coupon for \$2.00 off to all Waldorf community members. The coupon is attached to the *Weekly Notice*. Proceeds to benefit the Scholarship Program.

Thank you for your support.

The Ashuelot River School

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*



Accreditation Inspiration

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

Music

Music permeates the school life at MWS. From the earliest grades, classes sing and play the recorder together to begin the day. School assemblies begin and end with the whole school community singing together, and seasonal festivals feature fine musical accompaniment from musicians drawn from the greater school community. Each eurythmy class, from grade one to eight, involves piano accompaniment by an accomplished pianist. Students in the older grades choose an orchestral instrument to pursue, and participate in the upper grades' orchestra/band program; students in the younger grades see the instruments and hear the practicing, and look forward to the time when they, too, will get to choose an instrument to play! The music curriculum, therefore, strives for continuity throughout these many branches as well as from grade to grade, with each new year building upon the previous year's study.

In the choral and instrumental classes, which begin as a special subject in fourth grade, the children work with a wide variety of music. The curriculum is used as an inspiration for the songs brought in singing class, and the classics provide the background for the upper level instrumental classes. In all classes the music should be challenging and inspiring, but also pieces that the students can really master.

Proper posture for both singing and playing instruments is expected in the classes, so that students can be healthfully engaged. Similarly, the children should sing out with enthusiasm and clear enunciation.

Grade One—Singing is an integral part of most lessons in the first grade. Songs are sung to movement exercises and games, as well as simply for the joy of singing. A basic pentatonic flute is introduced midway through the year. With this the children learn to make a pleasing sound with an instrument, as well as the mechanics of playing a wind instrument, such as the flute or recorder—something they will do a great deal of while at Monadnock Waldorf School!

Most music sung in the first grade is in the Mood of the Fifth. This pentatonic-based music is imbued with a dreamy, floating quality, avoiding strong cadences. Lilted, free rhythms are favored over strong pulsing rhythms. Many traditional children's songs from around the world are also used throughout the year, particularly corresponding to the seasons.

Grade Two—In grade two the children continue their work together with the pentatonic flute. The emphasis continues to be on the cohesiveness of the group, the sound of every individual contributing to create a group sound. Singing in second grade moves away from the Mood of the Fifth. While pentatonic songs are indeed still sung and played, most of the music now has a major or modal tonality. Music with a strong rhythmic quality that may have been left out in first grade is now brought in at the discretion of the class teacher. There is still a lot of daily singing with games and movements, as well as during transitions from one activity to another.

Grade Three—Students begin to play the diatonic recorder, incorporating all the notes of a major or minor scale, and corresponding with the music they encounter in third grade. Tales from the Old Testament and farm work are important elements in the third grade curriculum, and both those topics inspire a rich array of songs for the teacher to bring. In both singing and on the recorders the class begins to learn rounds (some teachers choose to start at the end of second grade). What was formerly a strongly bonded "whole" is now divided into "parts," and the children need to use their increasingly developing sense of self to hold fast to their part while other classmates play or sing a different part. Singing is still a daily activity and woven into many things, though less than in the younger two grades.

Depending on the availability of an appropriate teacher, third graders should have the opportunity to play the pentatonic lyre. This is often taught during a block of several weeks during the year.

Grade Four—The students are introduced to note reading through an imaginative story, and then go on to practice that skill when singing, playing recorder, and in their new violin class. For the first time in fourth grade, the class has music as a "specials" class, taught by the music teacher. The class continues to work with rounds, and begins to sing and play the recorder with the melody accompanied by a harmony. The emphasis is on enthusiastic participation and development of a strong relationship to the melody. Animal songs, geography songs, and music drawn from the Norse countries provide the inspiration for the curriculum. Seasonal songs and common folk songs are also ideal for the fourth grade.

Grade Five—The students have a strong relationship to melody this year. Their singing curriculum should inspire and lift their voices as they stand on the cusp of the changing voices of junior high. More complicated rounds and two- and three-part songs are brought for voice and recorder, and musical notation is increasingly used. The rich history curriculum, botany, and American geography offer a wonderful variety of songs for music class. Children choose their own instrument in fifth grade, and a wind/brass and string ensembles form. The emphasis here is on helping the children form two cohesive instrumental communities. The children often write a simple group composition on the recorder, or using their voices.

Grade Six—The curriculum this year reflects the changes occurring in the sixth graders. Songs in the minor mode appeal to their soul mood, and many medieval rounds and songs are perfect for this age group. Their voices are changing, and even simple rounds such as "Hey, Ho" are satisfying when sung with a lusty enthusiasm. Songs in two and three parts with challenging melodies help to lift their spirits and allow them to practice hearing their classmates' voices, an invaluable skill at this age! Many of the students would forgo enunciation if allowed, so they must really be called upon to participate fully in classes. Alto recorders are introduced this year, again to support the studies of the Middle Ages. The students join the upper grade orchestra or band, benefiting from the experience of the older players in the already formed group. Classical pieces form the backbone of the orchestra, but more modern pieces, pieces that highlight different instruments, and ethnic music can round out the students' experience. The students should have

a composing experience, using the recorder, their own instrument, or the voice as their medium. This year, the class prepares some musical offerings for their Medieval Festival, which occurs in the spring.

Grade Seven—Renaissance songs tend to be lively and quite harmonious, and that fits the mood of the seventh grade quite well. There are many multipart songs from this time period. African and European songs round out the curriculum, as well as complex early American and seasonal songs; there are a number of Waldorf songbooks with good arrangements to meet this age group. Again, it is invaluable to have the students listen out for other voices when singing multipart songs. Soaring melodies provide a hygienic experience for an adolescent. Tenor recorders are introduced, and bass recorders may be as well. There are endless numbers of Renaissance pieces written for the recorder, and this class works throughout the year to prepare music to accompany the May Day festivities.

Grade Eight—The eighth grade usually contains a full complement of voices: soprano, alto, tenor, and bass. Multipart early American, international, and modern pieces can be brought to eighth grade, and American spirituals arranged in multiple parts are also quite satisfying for them. Songs of varying complexity are brought, so that they are both challenged and engaged. Four-part recorder pieces are brought with an emphasis on more modern American pieces and international pieces. Orchestra and band work becomes more challenging, as the older students are called upon to practice musical leadership in the ensemble and to help out the younger students.

In upper grade orchestra and band classes a bit of music history is presented, inspiring the students with biographies of the great composers.

*Nell Wiener, Music Teacher
Bruce Elliot, Music Teacher*

Bulletin Board

Free items: The following items are available free. First come, first serve. All are used but believed to be in working order but are given as is. 1) Graco Stroller Model number 7411KBK – stroller only – no car seat; 2) Nordic Track Ski Exerciser; 3) Small Dorm Size Refrigerator – Welbilt Model Number W-165 - 1.7 Cubic Feet; 4) Air Conditioner – Window Mounted or Thru-Wall Type - Model Number M6Y12F2A-E – 12,000 BTU (approx. 4 years old but not sure); 5) Everest & Jennings Metro XD Folding Wheel Chair – 20 inch wide seat – approx. total weight with foot pedals is 60 lbs.; 6) Assorted Golf Clubs; 7) Small Bicycle for Girls; 8) Older Kenmore Sewing machine model number 48. Folds into wooden cabinet Comes with foot pedal and other accessories. Do not know for sure but assume it works. *Contact Daryl at 357-3393 or email dstutes1@yahoo.com for additional information or to arrange to see items.* 11-24-09

Two female sheep available: Miss Muffet and Bo Peep. We love them but are trying to simplify our lives. Very friendly and tame. Can be used for their wool or breeding. Sheep fence also available. Price negotiable. *Please contact Lynne Boudreau at 603-835-6049.* 11-24-09

Delicious and nutritious soup chickens for sale. Raised on organic feed and good green pasture. Free, running happy lives. Limited amount. \$6.50 per bird. *Please call Lynne Boudreau at 603-835-6049.* Available December 2nd. 11-24-09

For sale: hockey skates, three pairs: sizes little boys 13 (\$10); boys size 2 (\$20), and mens size 8 (\$20). *Please call Susan Rueter at 355-1156.* 11-24-09

For sale: child's downhill skis, boots, bindings, and poles. SK115 size 120, Rossignol. Boots child size 1, Alpina. \$150 for the set. *Please call Susan Rueter at 355-1156.* 11-24-09

Delaney Bilodeau is looking for a snowboard, size 125 or close with bindings. He has boots in size 5 already. Thanks, *Susan Rueter at 355-1156.* 11-24-09

Apartment for rent: owner occupied, 2nd floor, in nice neighborhood, 5 small rooms, car port and driveway for 2 cars. Walk to downtown and Monadnock Waldorf School, no pets. Included: heat, hot water, snow and rubbish removal. \$825 per month, security deposit and first month's rent. *Call John at 358-4001.* (Neighbors of Lori and Dan York.) 11-17-09

For sale: 1997 Subaru Legacy Outback, all wheel drive, 4 cylinder, 2.5 liter, auto-

matic, 157,000 miles, A/C, AM/FM cassette, seat heater, roof rack, recent inspection, \$2,500. *Please call Bill Hay at 357-0372.* 11-17-09

The Monadnock Conservancy, a non-profit conservation land trust based in downtown Keene, New Hampshire, **seeks an experienced Development and Office Assistant** for approximately 24 hours per week to assist with the management of the office and the administration of the membership and fundraising programs. http://www.monadnockconservancy.org/html/what_news.html. *For more information please send an email to the Conservancy at info@monadnockconservancy.org or call 603-357-0600.* 11-17-09

For sale: Claw Foot Bath Tub, cast iron, \$75, good condition. *Nancy McGartland at 242-6289.* 11-17-09

Nubanusit Neighborhood & Farm cohousing still has room for you! Ask Elsbeth (8th grade) or Catherine (5th grade) how much they enjoy living here with the other children to play with in a car-free neighborhood, community meals, cows, calves, chickens and horses and acres of fields, trails and river to explore just one mile from downtown Peterborough. Check out our website www.peterboroughcohousing.org; have open houses every Saturday and Sunday

(2:00 to 4:00 pm) through November and community meals twice per week. 11-17-09

For sale: boys DC brand, down, snowboarder's jacket, size XL or 14/16, black with gray and red, detachable down hood, super warm, perfect condition, \$50 OBO. Call Liza Dupuis at 357-1360. 11-17-09

Last chance to get your turkey—truly pastured, 100% certified organic grain supplemented fresh turkeys. Only a few left. Call the Bickfords at 603-445-2157. 11-17-09

Professional painting, plastering, drywall, new work and repair. Former MWS parent with over 30 years experience in the construction field. References. Satisfaction guaranteed! Call Brent Lumbra at 603-667-1029. 11-17-09

Hello, my name is Campbell Morgan. I am an alumni of MWS and a current student at North Star. At North Star they provide classes, workshops and tutoring for home schooled teens. I am helping North Star with their annual **bake-a-thon fundraiser**. We will be collecting donations and baking at least 30 pies for the Amherst Survival Center's Thanksgiving meal on Tuesday, November 25. *If you are interested in making a donation, please leave your donation in the Main office. Call Campbell with questions at 352-9174. 11-10-09*

Start your day the yoga way! Conveniently timed for MWS parents, Jeni's yoga classes are offered on Wednesdays and Fridays just after drop-off at MoCo Arts' Wellness Center (on Elm St, near community kitchen). Join us from 8:45 – 10:00 a.m. for a yoga class to set the tone, get you toned, and attune you as you move forward into your day. *For further information, contact Jeni at 801-1446. 11-10-09*

Are you planning a party or holiday event for which harp music would be a lovely addition? I am currently raising money to pay for my new harp (very exciting!). I enjoy performing and have experienced playing at a variety of events. *Please contact Lili*

Hanft if you are interested at 603-313-9466. 11-10-09

I am now accepting new clients in my psychotherapy practice. I specialize in human growth through the recovery from trauma, grief and adverse life events. I use Eye Movement Desensitization and Reprocessing (EMDR) as well as expressive arts and other methods. I also work with those people suffering from depression, anxiety, phobias, substance misuse, stress and more. I am licensed, take most insurance and have a sliding scale fee structure. Call Jeff Spiegler 603-209-4858 or e-mail jspiegler@antioch.edu. 11-10-09

Cabin for rent. We have a small but beautiful cabin for rent near our home. It is located on 150 acres of land in the town of Gilsom, 8 miles north of Keene. The cabin has all the amenities including a wood stove with gas heater as a back-up, a small kitchenette and a sleeping cubby with drawers underneath. *If you are interested, give us a call. Katie Schwerin and Bill Whyte at 357-4710. 11-10-09*

For sale: Free-Range, all natural turkey, ready for Thanksgiving \$3/lb from Painted Shadow Farm. Contact Bonny Collard at bonny.collard@yahoo.com (Kristin Froling) 11-10-09

Looking for sweaters, woolies, warm winter clothes for a baby girl, sized 9 months to 1 year. *If you have anything to donate, please leave them in the main office at the elementary school and I will pass them on. Thank you, Suzanne Ruse. 11-10-09*

Experienced two-man, interior paint crew for immediate hire. Quality work done neatly and fast. \$26 an hour. Good, reliable references. Willing to travel. *Please contact Nick Peria at 1-518-321-3030. Will be able to start the job within a day or two of contacting. 11-10-09*

House for sale. Lovely home on 12.63 acres in Keene. 4 bedrooms, 3 baths, large screened-in porch, open kitchen/dining, wood floors, wood stove & 2 fireplaces. 1st floor bedroom, bath & laundry. Large master bedroom suite, \$359,000. Contact Holly Gorsuch at BHG The Masiello Group at 603-313-1224. 11-02-09

House and pet sitter available: experienced with all types and sizes of animals. Excellent references. \$25/day. Call Kathleen Murphy at 358-9914. 11-02-09

Come join the Camp Glen Brook community. Camp Nurse seeking companion for her 4 year old: I am seeking a mature, responsible teen to be companion of my four-year-old son for 3 or 6 weeks this coming summer. Position includes room, board, financial compensation, time off and participation in all camp events. Camp lasts 6 weeks, from June 27th until August 7th, but position can be split into two, 3-week jobs. *For more information about Camp Glen Brook, visit <http://www.glenbrook.org>. Interested teens to email me at: gibneyt@juno.com. 11-02-09*

House for sale, new price. 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. \$189,900. Contact Holly Gorsuch at BHG The Masiello Group for more information or a showing. hollygorsuch@masiello.com or 603-313-1224 cell. 11-02-09

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

Community Events

Please Join Us For Community Volleyball

We meet Tuesdays and Thursdays at the Trinity Lutheran School from 7 till 9-9:30 or later. This is not a school sponsored event and is open to the community. We are there to have fun in a non-competitive atmosphere (we do play by the rules though). *Call Jeff Spiegler for more information at 209-4858 or just show up, that's what I did 3 years ago.*

The Orchard School and Community Center

These programs are held at The Orchard School and Community Center in East Alstead, up route 10, thru Gilsum's Main Street. We are located on 114 Old Settlers Road, about 20 minutes drive from Monadnock Waldorf School.

Open Doors Afterschool Daily and School vacation camps at The Orchard School and Community Center; anytime after 3:00 until 5:30 pm. Elementary aged students; outdoor explorations, seasonal festivals, preparing delicious foods, crafts, music, arts and farm, inclusive community building fun - led by Eleanor Elbers call the School Office 835-2495 or Eleanor 499-3422 for information.

Farmers and Foragers for youth ages, 10-14, Fall into Winter at Orchard Hill and the Orchard School on Wednesdays 3:30 until 6:00 pm, November 18, December 2, December 9, and December 16 - hands on farm skill building, environmental awareness, farm animals, putting up food for winter and preparing foods in Breadworks wood-fired oven - led by Marty Castriotta, environmental educator and ecological builder. *Contact Marty at 477-5533 or Eleanor at 499-3422.*

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 4 pm. *For more information, call The Yoga Space at 603.352.2686 or email theyogaspace@gmail.com.*

Tai Chi

There will be a beginning Tai Chi Session starting at *Flow Martial and Meditative Arts* on Sunday November 22 at 4 pm. The session will run for 12 weeks and will remain open until December 6. The session will be taught by Daniel Caulfield, a five-time national Tai Chi champion and two-time world championship silver-medalist. He has practiced Tai Chi for over ten years. Flow is located on at 125 Old Homestead Hwy. (Route 32), about 2 miles from downtown Keene. *For more information call Dan @ 499-7437 or visit www.flowmma.org.*

Lazure Custom Wall Designs Presents 2 Lazure Painting Workshops for Beginners

December 3 to December 6, 9 am to 5 pm

Cotuit Elementary School, 140 Old Oyster Road, Cotuit, MA 02635

Taught by master Lazurist Charles Andrade. In just two days learn a unique European decorative paint finish that will bring light filled color to any room in your home. Welcome the healing power of color into your life! Fee is \$200. *Contact Gary Cannon at 508-759-7499 or at administrator@waldorfschool.cc.*

The Sinfonietta, now in its fifth year, will give a concert on Saturday, December 5, at 7:30p.m. in the Big Room at High Mowing

Promising to be a colorful and evocative event, orchestral music will feature harp, cello, bassoon and piano. Zoë Falk will play "Cant dell Ocell," a haunting piece by the famous Catalan cellist, Pablo Casals. And the group will repeat its performance of Chopin's "Romanze" performed over Parents Weekend with Mark Ferguson as soloist. The program also includes "Valse Triste," by the Finnish composer, Jean Sibelius, "Rêverie" by Debussy, "Indian Lament" by Czech composer, Antonín Dvorák and an ebullient movement from Haydn's "Symphony no. 8." The concert is free, but donations are gratefully accepted.

Animaterra - One Love

Womens Chorus in Concert

Friday, December 11 at 7:30 pm at Unitarian Universalist Church, 25 Main Street, Peterborough, NH

Saturday, December 12 at 7:30 pm at Unitarian Universalist Church, 69 Washington Street, Keene, NH

Allison Aldrich, Director. \$10 donation requested. \$6 for students and seniors. A portion of the proceeds will benefit MANY Options, a program of Monadnock Family Services. Please bring non-perishable food items for local food pantries. www.animaterrasings.org.

Beardslee Mahar Annual Holiday Open House

Mark your calendars for Saturday, December 19 from 2 to 6 pm. Bill and Lisa look forward to welcoming you to our home at 56 Douglass Street in Keene. The more friends and families we see the happier we'll be!

Upcoming Fourfold Path to Healing Conference—Nashua, NH—January 2010

Featuring Tom Cowan, MD, Sally Fallon from the Weston A.Price Foundation, and Jaimen McMillan, founder of Spatial Dynamics.

This is an anthroposophically-inspired event that comes at a time when families are in great need of healing on a variety of levels. This event offers a wonderful and rare opportunity to learn more about the work of the Fourfold Path to Healing right here in our own region. This is powerful and important work, and every effort must be made to help this work to continue. Look for coming news.

School Fundraisers

Eighth Grade Bread and Cookie Order Form

Name: _____ Grade: _____

Orders due: Monday, November 30, 2009

Pick-up date: Thursday, December 3, 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	
	Christmas Stollen	\$17.00	
	Wheat-Free: Six Seed and Grain	\$4.75	
	Cookie: Hermit	\$1.50	
	Super nutty 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.*

Coupon

\$2 off to Waldorf Families



ASHUELOT RIVER HIGH SCHOOL CHRISTMAS TREE SALES

146 School Street, Keene, NH

\$2.00 off the price of a Christmas tree for the Waldorf Community

DECEMBER 12, 13, 19 & 20 FROM 11 AM - 8 PM

\$2 off to Waldorf Families

Coupon