



Weekly Notice

December 8,
2009

Issue 16

A WEEKLY PUBLICATION OF MONADNOCK WALDORF SCHOOL

This Wednesday - Advent Student Concert at 6:30 pm

Come one, come all! The upper grade students have been working hard in chorus, orchestra and band classes, and are excited to share their work with the community. The sixth grade chorus, the seventh, eighth and ninth grade chorus, the ARHS instrumental ensemble, and the upper grade band and orchestra will perform. The whole school community is invited to what promises to be an exciting, spirited evening of music! Students in sixth through ninth grade should arrive at 5:45.

In the event of a snow day on Wednesday, we will have the concert on Thursday, December 10 at 6:30 pm. If there is school on Wednesday, but the weather looks suboptimal, then we will make a decision by noon whether we will reschedule the concert to Thursday. Either way we will leave the information on the school's voice mail, 357-4442, press 3.

Dress Assembly on Friday

Please be aware that this Friday will be a dress day. Students will share choral music from Wednesday's concert; the fourth and fifth grades will share several songs as well. Assembly is at 1 o'clock.

Nell Wiener

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

Book/Study Group to Re-Form

A weekly book/study group will re-form, meeting briefly Thursday, December 17 after drop-off and then weekly in the new year on Thursday mornings from 8:45ish until 10:15ish. Although we considered having the group on Fridays, so few people could participate on that day that we have changed the day to Thursday. 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. I hope that the change to Thursday will encourage more of you to participate! Call Margaret to express your interest or to inquire, 355-1371.

An Evening at the Theater!

Each year the teachers and community members present The Shepherd's Play to our students. Each year there are scores of people who wish they could join us for the afternoon performance but other commitments prevail. This year we will have two performances! Our usual at 1:00 pm and an evening performance at 6:30 pm. Please join us for one or both on Wednesday, December 16th.

Monica Marshall

Breakfast at the High School

Where Will Your Eighth Grader Attend High School?

You may have already answered this question, but if you haven't, come this Saturday, December 12th to the Tilden Building at 146 School Street to check out a wonderful new High School option. From 9:30 to 10:30, the Monadnock Waldorf School High School Committee will give a tour of the school and answer questions about the Waldorf High School curriculum. Both parents and students are welcome. Bagels and cream cheese will be served. This year's ninth grade will be selling Christmas trees outside, so you'll also have a chance to speak to parents and students who have been involved with this school's inaugural year.

If you are looking for an academically excellent independent day school where your developing adolescent is supported both emotionally and socially through the challenging teen age years, Monadnock Waldorf High School may be the right choice for you. Scholarships are available.

For more information about the school or event, feel free to call Sarah Ellsworth at 357-1193.

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

Please Consider End-of-Year Tax Deductible Donations as Holiday Gifts

The winter holidays have begun, a time when families and friends draw closer to each other and a time for gratitude. I am thankful in so many ways for my first five months in Keene, especially for the opportunities in getting to know and work alongside many of you, and for the great potential at Monadnock Waldorf School. Among the commendations from the school's recent successful accreditation were the commitment of faculty, staff, parents, and friends to do anything to possible to keep the school successful, and how well students are prepared for life.

Monadnock Waldorf School has thoughtful, exciting plans to move forward as a resource for Keene and beyond. Our momentum is visible. Please consider investing in our future with an end-of-year tax deductible donation to the Annual Fund. Your gift may be made in honor of a relative, friend, or teacher. If you already have made a gift, thank you so much for your early response to our appeal and for considering a second contribution. Donations may be sent by regular mail or by visiting www.monadnockwaldorf.org, click on Development, and then Donate Now. I will receive notification of your donation, and I will send an acknowledgment to you and to the person(s) you have honored.

Please pass this message on to your friends. I welcome any suggestions you might have for helping us reach our goal of \$100,000. I can be reached at work, 357.4442., ext. 105, at home, 903.0596, or by email: ruckmann@monadnockwaldorfschool.org. I would be most happy to hear from you! Thank you again on behalf of all our students and our great community.

Rüdiger Ruckmann, Development Leader

This Weekend! 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

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

Calendar of Events

December 9

Advent Student Concert at 6:30 pm

December 10

Advent Student Concert if snow delay

December 15

Paradise Play at 1 and 7 pm

December 16

Shepherd's Play at 1 and 6:30 pm

December 16

Board Meeting from 5 to 7 pm

December 18

2 pm dismissal at elementary school

Holiday Food Collection

The Sixth Grade - Class of 2012 - will be collecting food donations for the Community Kitchen this week and next. Please look for marked boxes outside your children's classrooms. The project will continue after the new year as well.

Kevin McGuigan

Did You Attend Else Gottgen's Talk?

Several people who attended Else Gottgen's talk in early November have asked for a certificate of attendance for use in meeting professional development requirements. If you attended Else's talk and would like such a certificate of attendance, please contact Suzanne Ruse in the Main Office 357-4442.

Lisa Mahar



Calm and Caring Bedtime Routines

Workshop

Saturday, January 9

9:00 to 11:00 am

With Michelle Brooks

Nursery-Kindergarten teacher and
mother of three

Healthy sleep habits are a life-long gift we can give our children. Yet many of us feel rushed, frustrated, or challenged at bed time. Michelle Brooks will offer some tried and true methods for creating the kind of bedtime routines that are calm and caring for children and for their parents. We will explore the gift of going calmly into sleep and the attitudes—and tricks! - that support healthy sleep life. Bring your questions, your successes, and your frustrations. Bring a friend, too!

RSVP to reserve your space at 603-357-8663.

Thanks Holiday Shoppers

Thanks to each of you who used MWS “coupons” to shop at the Toadstool Bookshop, Mill Toy Works or Dilly’s over the past weekend. We don’t yet have our totals for this simple fundraiser, but will let you know as soon as we do. Thank you also to these great local retailers for partnering with MWS in what we hope is a win/win revenue raiser!

Lisa Mahar

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

Lost & Found

Please look through the Lost & Found at the elementary school outside of the woodworking room to see if you can claim anything that is yours. We will be donating anything left over the holiday break.

Grand 8th Grade Booth Open

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.

*Thanks again,
The 8th Grade*

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

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.

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

Accreditation Inspiration

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

Curriculum Summary—The Natural Sciences

The sciences at MWS emphasize firsthand experience. Lessons begin with the students' experience of a phenomenon, rather than with a hypothesis. Phenomena are perceived through observation and by employing the senses, rather than through instrumentation.

Early Childhood

There is no formal science curriculum in these early years, though the children enjoy all kinds of experiences of the natural world. Their work is “doing” (chores, building, digging, and so forth), imaginative play, exploring, listening to stories, personal discovery, wonder and delight, and developing a kinship with nature. The children learn through their experience and imagination—without the burden of facts and information. “The most important thing...is that we develop human beings who will not be afraid to try things, who will be explorative and have confidence in themselves.”—Margaret de Ris, *The Seeds of Science*

Grades One and Two

Science is not approached as a formal subject until the fourth grade, though the third grade curriculum, in particular, is full of science. In the first and second grades the children listen to nature stories, folk tales, and fables, recite poems and sing songs through the seasons, experience school festivals, model forms of animals and flowers with beeswax, draw archetypal forms, and contribute to a nature table. They spend time outside building dams to divert little streams that arise after a storm, breaking open stones, grinding bricks into dust, building fairy houses, and going on walks and hikes. Stories and other experiences appeal to their imagination, nurture their sense of wonder, and bring them truthful impressions of the natural world around them. These experiences set the foundation for the conceptual work that will follow. “If I had influence with the good fairy who is supposed to preside over the christening of all children, I should ask that her gift to each child in the world be a sense of wonder so indestructible that it would last throughout life, as an unfailing antidote against the boredom and disenchantments of later years, the sterile preoccupation with things that are artificial, the alienation from the sources of our strength....”—Rachel Carson, *The Sense of Wonder*

Grade Three, “Crossing the Rubicon”

Third graders can feel deeply vulnerable and alone. The event of the ninth year change is best characterized as a phase, a shift from being in a dreamy state of oneness with the world to waking up and feeling apart. The archetypal image is the expulsion of Adam and Eve from paradise. All of the practical studies of third grade are aimed at addressing the children's hunger for knowledge of their world, and they gain comfort from feeling that they are not alone in the world, that everything around them is there for them to work with, and that there are those nearby who can provide guidance. The practical studies include measurement of all kinds; study of, and experience with, clothing, food, shelter, gardening, farming, soils, composting, domesticated animals, and different trades (carpentry, blacksmithing, and so forth).

Grade Four, “Who am I? Where am I?”—continued

In fourth grade, two blocks are usually devoted to studying two of the four kingdoms of nature. This study of humans and animals begins formal science work in a Waldorf school. Through imaginative descriptions of animals, we explore the “threefoldness” of man (head, trunk, and limbs), the nature of animals, their instincts, specializations, and environments (form and function, rather than anatomy), and the relationship between animals and human beings. The children's experience is captured in their main lesson books, and furthered through independent research projects, dioramas, artistic work, and field trips. Geography as a distinct subject area also begins in fourth grade, and this work naturally includes consideration of the land, climate, plants, and animals of the region under study. “What a piece of work is man! How noble in reason! How infinite in faculty, in form and moving! How express and admirable in action! How like an angel in apprehension! How like a god! The beauty of the world! The paragon of animals!”—William Shakespeare, *Hamlet*

Grade Five, “Harmony and Balance”

Fifth grade rests between two profound developmental events: the ninth year change and puberty. This is a point of transition between the lower and upper grades. “Graceful movement and balance characterize the fifth grader....New capacities are awakening....Working with students of the fifth grade, one is presented with a glimpse of the true spirit of ancient Greece.”—Torin Finser, *School as a Journey*, p. 90. Fifth grade includes two blocks of botany, but might also continue the study of animals, especially insects. The first block might cover the “lower plants”—fungi, algae, lichen, mosses, ferns—and the second, conifers and flowering plants and animals involved in pollination and spreading seeds. Children recall their previous work with plants and what they know of the connections between plants and the lives of animals and humans. They study the form and parts of plants, their close relationship with the earth, life through the seasons, what they need, and what they do. Aside from classroom discussions and main lesson book work, children hunt mushrooms, observe the plants and trees around them, observe how the flora changes as mountains are ascended, and grow seedlings. This work is furthered through a study of North American geography and the climatic zones, and the children's own reports on states and provinces. “Science is not flat knowledge, formulae, names. It is curiosity, discovering things, and asking why....We must always begin by asking questions, not by giving answers.” “You can teach only by creating interest, by creating an urge to know.”—Physicist Victor Weisskopf, from D. Mitchell, *The Wonders of Waldorf Chemistry*

The following are general descriptions of the sciences in grades six through eight. There is room for flexibility in deciding what to cover in a particular year, though the expectation is that all of the curriculum will flow in logical sequence and will be covered by the end of the eighth grade. It is expected that teachers will be guided by Rudolf Steiner's indications, and carry an awareness that certain concepts build on others and that the science curriculum interweaves with other subjects, such as history and geography. New teachers develop curriculum plans in partnership with their mentors.

Grade Six

Experienced Waldorf educator Eugene Schwartz said of sixth graders: “There is a rumbling in their souls, a foreshadowing of the lightning and upheavals to come. This is the dawning of soul activity, with a very individual, protected inwardness. They hold a rejecting gesture, which serves as a sheath of thorns protecting their tender souls.” In sixth grade science takes off! The blocks:

Geology and mineralogy—types of rocks, the rock cycle, minerals and crystals, volcanoes and earthquakes, shaping of the earth, movement of the plates, often including field trips.

Astronomy (also covered in seventh grade)—geocentric model of the universe, naked eye observations, constellations and constellation stories. This is an area where we are aware of considerable variation in timing and approach among class teachers.

Physics—a first step into laboratory science and the phenomenological approach, observing, considering, describing, recording, theorizing, and concluding about phenomena created in the classroom. Areas of study: acoustics, optics, heat, magnetism, static electricity. (Hans van Riel often coteaches physics with the class teacher.)

Also geography of Europe, Latin American, and the world, individual reports on Latin American countries.

Poetry, history, geography, mathematics, and artistic experience all naturally interweave in our thoughtful, joyful, enthusiastic presentation of the sciences.

“If a man will begin with certainties, he shall end in doubts; but if he will be content to begin in doubts, he shall end in certainties.”—Sir Francis Bacon (1561–1626)

“Hypotheses are lullabies for teachers to sing their students to sleep!”—Goethe

Grade Seven

“At times one sensed the profound depths of their feelings, yet the curtains were often drawn over the windows of their souls.” “The path of individualization calls for a stepping beyond the protective arms of family and teachers.”—Torin Finser, *School as a Journey* (regarding seventh graders)

New capacities of thought emerge in seventh graders. They seek more freedom, challenge the adults around them with courage and abandon, question, test limits, and complain, yet are sensitive and vulnerable.

Science Blocks:

Chemistry (inorganic)—combustion, the nature of a candle, states of matter, the nature of water, chemical transformations, the lime cycle, the limestone cycle, acids, bases, and salts.

Physics—optics, acoustics, heat, magnetism, static and current electricity, photography, mechanics (simple machines). (Hans van Riel often coteaches physics with the class teacher.)

Astronomy (continued from sixth grade)—From the geocentric to the heliocentric model, paths of the sun, moon, stars, and planets, biographies of inspiring astronomers.

Human physiology—the bodily systems (for example, the respiratory and circulatory systems), nutrition, health, and illness. Health is generally offered one period per week for the full year in grades seven and eight. Lisa Mahar teaches the course with an emphasis on health habits and the choices we face.

Also geography of Europe, Africa, and the world.

“Surely God will not damn me for wanting to know the truth about his glorious works....The majesty of it all humbles me into dust.”—Nicolaus Copernicus (1473–1543), Polish mathematician and astronomer

Grade Eight

Science Blocks:

Chemistry (organic)—the metals, water, photosynthesis, cellulose, chlorophyll, alcohol, proteins, albumen, oils and fats with relation to digestion, human nutrition, and industry.

Physics—acoustics, heat, electromagnetism, circuitry, hydromechanics, aerodynamics. (Hans van Riel often coteaches physics with the class teacher.)

Human Anatomy—bones and muscles, the eye and ear, health and illness, body chemistry, the reproductive system if not covered in seventh grade, or continued following earlier work. The human reproductive system has a natural place in the study of human physiology, but also naturally brings into consideration relationships and responsibility, spirituality, and morality. Class teachers must weigh the responsibility they feel about informing their students, while honoring the innocence that lives in individual students and the class as a whole. Teachers use their own judgment in deciding when to bring this study and what topics to include. Midwives or other health professionals are often invited into the classroom. Teachers often work with parents to help them understand what will, and what will not, be covered in the classroom.

Meteorology—the water cycle, clouds, atmosphere, fronts, storms. Also geography of Asia and the world.

“The Human Eye: Who would believe that so small a space could contain all the images of the universe? O mighty process! What talent can avail to penetrate a nature such as these? What tongue will it be that can unfold so great a wonder? Verily, none! This it is that guides the human discourse to the considering of divine things. Here the figures, here the colors, here all the images of every part of the universe are contracted to a point. O, what point is so marvelous!”—Leonardo da Vinci, from a notebook

Tim Price
Class Teacher

Bulletin Board

House for rent in Spofford. Willow Nilsen, mom of Sage MWS 6th grade has a house for rent in Spofford 1 1/2 miles from the Spofford lake and nine miles from MWS. The house is small so it is perfect for a couple, single person, or small family. Quiet location on dead end road with three acres. Rent is negotiable as my goal is to have someone care for the house and cover expenses. References required. *Call Willow Nilsen at 603-313-7964. 12-08-09*

5th grade MWS student and her mom are looking to find a sunny, 2BR home or apartment in the Keene area. We have outgrown our apartment where we've lived for the past three years and are looking to move in January or February. We currently live within walking distance to the school and we would love to find somewhere close again although other options/ideas are most definitely welcomed. Other things we are hoping for: 1st floor apartment, washer/dryer hookup, bathtub and snow removal, and nice neighbors. Please call or write if you hear of anything that would work for us! Much love, **Amanda & Lili (603)852-8135 or email me at amandamattoon@gmail.com. 12-08-09**

For sale: Does someone you know like to act out battles? Perhaps a Fisher-Price Imaginext Battle Castle would be fun for them. Our collection includes Battle Castle, Wizard's Tower, Ghost Raider, Goblin's Dungeon, The Lost Forest and lots more. Most everything is in original boxes. Asking \$50 or best offer for the whole catapult and caboodle. *Contact Keith or Carol Driscoll at 352-8721. 12-08-09*

Are you a dog lover? Seeking a several-week-long temporary home for our sweet, energetic black lab, while Dan recuperates from hip surgery. Start date on or around December 14. *Please call Lindsay or Dan Bartlett at 358-5057 or 762-1946. 12-08-09*

Ice skates, Softec, size 2. Like-new condition, very comfortable, blue & white, \$15. *Please call Jennifer or Read Gildner-Blinn, 352-9261. 12-08-09*

Aquarium, 29 gallon, complete setup for freshwater tropical fish. Includes wrought iron stand, filter, heater, light,

natural gravel, \$65. *Please call Jennifer or Read Gildner-Blinn, 352-9261. 12-08-09*

Kombucha babies available. *Call Joanna Carey at 876-3744. 12-08-09*

Brand new children's bedding. Both of these are warm and luxurious. Washable Australian Merino wool blanket, cream and pastel checks with aqua-colored satin binding, size 46" x 60", \$20. Down alternative white crib-size comforter from The Company Store, quilted with moon and stars, 50" x 36". Washable. May be slipped inside a duvet for color change. \$20. *Call Carol Driscoll at 352-8721. 12-08-09*

Lange ski boots for sale. Front entry, mens size 12, approximately 15 years old, \$25 or best reasonable offer. *Call Jane Shapiro at 352-0440 or email jm_shapiro@hotmail.com. 12-08-09*

Have your children outgrown a play kitchen set or bunkbeds? We are hoping to buy for Christmas. *Call Laura Mack at 352-6454 or mackalfredo@hotmail.com. 12-01-09*

Decent upright piano to give away in the next week. You take it away. *Please call Andrew Shurman ASAP at 357-7313. 12-01-09*

My name is Kerensa Bartlett and I am an enthusiastic, MWS 8th grader who is **looking for work as a babysitter.** Whether you need a simple outing for Christmas shopping, a weekly sitter, or just a night out, I'm your girl. I love being around children and have lots of experience from my 7 year old brother and his friends. *If you are interested, please give me a call on my home phone at 358-5057 or my cell phone at 762-5822. References available. 12-01-09*

I am looking for an affordable car, \$2500-\$3000, 30 mpg, standard, hatchback, 4WD, if possible. *Contact Lisa Damian at 876-9448. Thank you. 12-01-09*

Songs to Sing: adult/older students choir to sing songs for the holiday season. Call if interested. One afternoon/evening for four weeks. *Please call Joanna Carey at 876-3744. 12-01-09*

FREE: I have one very large bag of good quality girls clothing to give away,

size 8 to 10. **I also have one bag of Waldorf Mom clothing,** size 8 or women's medium. *Please call Susan Bartlett at 588-2544. 12-01-09*

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*

Nbanusit 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*

Professional painting, plastering, dry-wall, 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

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 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, siding, 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 Jonathan 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.*

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 theyogospace@gmail.com.*

Deep Rest (Exploring Yoga Nidra) @ The Yoga Space

Deep Rest (Exploring Yoga Nidra) or Yogic Sleep will be offered by Gretchen Carmel at The Yoga Space on Wednesday, December 9th from 9:30-11:30 am OR Saturday, December 12th from 1-3pm. Take the time for yourself in the midst of the holiday season. No experience with yoga is necessary. **REGISTRATION IS REQUIRED.** The cost of the workshop is \$30. *Please contact The Yoga Space at 603.352.2686, or theyogospace@gmail.com. The Yoga Space is located at 82 Washington Street in Keene.*

Holiday Fair at The Yoga Space—Conscious and Affordable Gifts!

Saturday, December 12th 4-7pm
Sunday, December 13th 12:30-3:30pm
Yoga products (mats, rugs, music)
Selected goods imported from India
Altar products, malas, incense
Healing jewelry by Living Your Intentions
Goat milk products by The Foxy Goat
Organic clothing by Free Range Chic
Zehn treats by Zehn Naturals
Chai and refreshments!
Gift Certificates

Come join us at 82 Washington Street, Keene, NH, theyogospace@gmail.com.

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.

Greetings from High Mowing School!

The Nativity will be performed on Saturday, December 12, 2009 at 5:00 p.m. and on Sunday, December 13 at 8:00 p.m., in the Big Room. Please join us for the Christmas story, joyously and reverently told through music and movement. Admission is also free for this traditional event.

Please contact Pat Meissner, former HMS parent, for more information: admissions@highmowing.org or 603-654-2391 Ext. 109.

Winter Solstice Celebration—A Winter Spiral

Come join us on Sunday December 13th to celebrate the winter solstice with the formation of a lighted spiral. This is an ancient tradition of bringing light into the darkest hour with joy, song, and warmth! Please arrive by 4:30 pm with everyone gathering together at the Turner's field. Follow the luminary path. Bring a candle stuck in an apple or a lantern for your own light to be shared in the spiral. A potluck dinner will follow in our home. I will have a giant pot of warm soup and hot cider so extras of bread, or treats will serve us all well. Wear warm clothing and sturdy shoes or boots to walk in the field comfortably. We welcome all to share this solstice with us. **If you please.....** If you have any extra GREENS to share for us to make this gigantic spiral you may drop them off in the lot between the store and our house by Saturday, December 12th. Thank you. Our house is on Rte. 123A in South Acworth, New Hampshire. *To RSVP (so I know how much soup to make) and any further questions, please call Michele Turner at 835-6654.*

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 school families we see the happier we'll be!

Kroka Expeditions "Where Consciousness Meets Wilderness" Invites You to the
New Hampshire-Ecuador Semester '09 Graduation Ceremony on Saturday, December 19, 2009 at 3:00 pm
Monadnock Waldorf School, 98 S. Lincoln Street, Keene, NH

Please come and join us to celebrate the completion of an adventurous four month long high school semester program. Trina Powers, one of the 14 graduates, is an alumna of MWS. A slideshow and presentation by the students will give you a glimpse of their experiences. *For information call 603-835-9087 or e-mail: semester@kroka.org, www.kroka.org.*

Women In Life Transitions with Gretchen Carmel

Saturday, January 16th, 1:30-5:30 pm, \$45

Transitions can be a time of upheaval, frustration and confusion. They can also be a time of strength, power and beauty. We are all on our individual paths, however, it is time to merge with others to find our true purpose, to serve, to spread our wisdom and light and to heal. All life transitions, whether large or small, are opportunities to define, shed the old and move closer to what brings us joy and peace. During this workshop, we will take the time to consciously explore what lies ahead and reveal life's next step. Take a journey of self-discovery through reflection, awareness, observation, and devotion. Join me for an afternoon of: yoga...move, strengthen; guided imagery and meditation. . observe, trust; mantra chanting...energize, empower; walking meditation...connect, breathe; journaling...reflect, discover; discussion...listen, learn; mandala coloring...heal, create; deep relaxation...surrender, integrate. *Please pre-register: Open to all ages and levels of experience. For more information and registration, please call The Yoga Space at 603.352.2686. Please bring a journal, pillows and/or blankets for comfort, and warm clothes for walking meditation.*

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.

Introducing a New Children's Chorus in Keene - for kids age 6-12: The Children's World Beat Chorus

Nancy Salwen of Music Together for Monadnock Families and Allison Aldrich of Animaterra Women's Chorus are joining forces! Together they will lead this new chorus in the joyous musical experience of singing songs of the world's traditions. The first session, beginning March 3rd, will be a 6-week mini-session to introduce songs, chants, movement, games and rhythms from around the world in an atmosphere of discovery and experimentation. Children will have fun while learning valuable music skills and repertoire. The 6-week session will culminate in a informal presentation for friends and family. *For information contact Nancy or Allison: Nancy - 603-357-4693 or nancy@salwen.net or Allison - 603-209-3304 or animaterra321@gmail.com.*

Camp Glen Brook February Vacation Day Camp

Camp Glen Brook in Marlborough, NH, is offering a new winter day camp program for third through eighth graders. Camp will be held during winter break February 22-26. Campers will enjoy sledding, ice skating, skiing, farm chores, baking, camp songs, crafts, nature study, and games amid Glen Brook's 250 acres of forest, field, pond, and streams. Indoor activities and meals will take place in Glen Brook's historic Main House. Our high staff to camper ratio ensures personal attention for your child. Camp Glen Brook has successfully held overnight camp programs for sixty-five summers and sixteen winters. All camp programs have Waldorf ideals woven into the daily fabric of their activities. The program is managed and run by Willow Nilsen, Glen Brook's program director and parent of Sage Gould MWS 6th grade. Camp will be offered from Monday through Friday 8am-5:00pm. A wholesome lunch and snacks will be provided by Camp Glen Brook's Chef, Ashley Sheehan, parent of River, MWS kindergarten, Taja, MWS 4th grade, and Dominic, MWS 6th grade. *For more information or to register please visit the camp on the web at www.glenbrook.org or contact Willow Nilsen at 603-876-3342.*

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

For: Immediate release

Date: 8 December 2009

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

Phone: 357-4442 extension 104

Monadnock Waldorf School Students Receive Dictionaries from Elm City Rotary

The seventeen fourth graders at Monadnock Waldorf School each received a new dictionary from members of the Elm City Rotary of Keene. Each dictionary carries a label naming the member who donated it.

The dictionaries were presented to the class during a visit from Rotarians John Round and Allen Mendelson. Students were encouraged to look up several words and definitions during the visit. Mr. Round and Mr. Mendelson spoke about the service work of the Elm City Rotary and the commitments to community made by each Rotarian.

Students will use the dictionaries throughout their fourth grade year and beyond. The dictionaries were a welcome gift since the development of dictionary skills is part of the fourth grade curriculum at Monadnock Waldorf School.

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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School Fundraisers

Eighth Grade Bread and Cookie Order Form

Name: _____ Grade: _____

Orders due: Thursday, December 10 2009

Pick-up date: Thursday, December 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: Onion, black pepper and parm.	\$4.75	
	Christmas Stollen	\$17.00	
	Wheat-Free: Whole spelt	\$4.75	
	Cookie: Classic chocolate chip	\$1.50	
	Oatmeal raisin	\$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