



Newsletter

October 8, 2012

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All-School News

Waldorf Featured in Forbes Magazine



In the past months and years we have seen articles about Waldorf schools in major newspapers and periodicals with an ever-increasing frequency, which, compared to a decade ago, points to a greatly-heightened awareness about Waldorf education. Waldorf education is now [featured in Forbes Magazine](#), better known for its focus on business than its interest in education.

You may want to print a few copies of this article, and bookmark it so you can send your relatives and friends. It is always very supportive to have resources available from reputable sources!

Michaelmas 2012 Appreciation



Michaelmas was a glorious celebration on a sunny, warm and beautiful Friday on September 28th. This is the season for harvesting the bounty of food nature provides. With enthusiasm, the **kindergarten and elementary students from Grades 1-4** pressed apples. Apple trees provided the apples they used in our cider press that truly tested the strength of each one as they turned the wheel to guide the apples through the grinder. Then two children took a pole to turn the cylinder to press the cut apples down and used great strength to squeeze the juice for placing in

the jugs. We are grateful that **Jason Canard** guided many of the classes through this experience. The **kindergarten teachers** with the children cut up two bushels of apples and grades children cut 4 more boxes to share with all who pressed them. **Bernd Zabel** helped set up the apple press and cleaned it after his class used it.

We are grateful for the many helping hands who made the festival such a gift for all who participated. Some took time to pick apples from their neighbors' trees while others gathered ones from orchards or brought organic apples to us. All of the classes tasted the apple juice after they had experienced the challenge stations in the morning. Many **middle school students with their teachers** prepared the challenge stations and guided the lower grades through each challenge of courage, strength, and balance. In the afternoon, the elementary students in Grades 2-8 played a game directed by **Cris Smith** at Wilburton Park in the glorious sunshine. We give a special thank you to **Pat Polley** who made the caps for this all-school game.



Joining together in our Plaza for the Michaelmas Pageant always brings a tangible sense of connection as a community. Each class called on Archangel Michael - the brave, shining warrior in glittering armor, the unconquered hero of the skies, riding on his horse as white as the foam of waves, uses his flaming, guiding sword of light to conquer the dreadful dragon! The living picture of triumph over adversity, brought with music, movement and dramatic events foreshadowed the strength and light available to us all to face our dragon and the darker months ahead!

It is with gratitude that we thank those who helped with our festival: **Robin Agnew, Natasha Bodorf-Schreier, Corey Colwell-Lipson, Brian Orlando, Javier Rodriguez, Rachel Rodriguez, John Tinker, and our class teachers** who inspired the children to bring the pageant to life. Apples were brought by others and we are grateful to them.

Thank you to everyone for work and preparations to support this important annual event and may you carry strength, inner light, and courage into winter!

Geri Snyder

Adult Eurythmy - Fall 2012



Thursdays, Oct. 11, 18, and 25, 2012 - 6:30 pm - Trillium Hall, TCWS.

Eurythmy plays an essential role in Waldorf schools around the world. Come find out why, and experience eurythmy yourself in Trillium Hall. After the generous amounts of sun we received this summer, we now find ourselves at

a juncture in nature - between darkness and light. It is at this time that the beauty of color is most dynamic. How does this dynamic live in us?

Together, we will explore this theme through eurythmy and poetry.

Maiko was born in Japan and grew up in London. She has taught eurythmy for many years at a Waldorf School on the east coast in Kindergarten through High School. She was part of the Eurythmy Spring Valley touring ensemble where she performed extensively in North America, Canada, Europe and Japan. Prior to completing the eurythmy training, she taught and performed dance in Tokyo and Beijing. New to the Northwest, she currently enjoys her time with her 2-year old daughter at home. Her husband, Jason, is the new Eurythmy teacher at TCWS.

Please click [here](#) for the flyer.

(Work) PARTY

Come join us on Saturday, October 13th from 9:00 a.m. – 12:00 p.m. for an adults only party (...work party that is)!

This work party will focus on our school's lovely grounds – weeding, pruning, and general fall clean up, so come dressed for the weather and for working outside. Please RSVP to sorzel@threecedarswaldorf.org. I look forward to seeing you there!

Seraphina Orzel

Taekgyeon - Fall 2012

Taekgyeon is a soft-style martial art, which involves rhythmic, flowing movements and is wonderful for developing balance, strength, and flexibility, while having fun and exercising. Taught and practiced in a cooperative and safe environment, this class is open to students of all abilities. Ms. Kathy Davis is a 1st Degree Black Belt and Instructor of Taekgyeon at TCWS on Wednesdays at 3:30 pm in Trillium Hall. Class is sponsored by the American Taekgyeon Association. Interested participants are asked to return the completed [registration form](#) and full payment to the front office.

Regular Classes:

Wednesdays, beginning Oct. 10
3:30 – 4:30 p.m. in Trillium Hall
Grades 6-8 students and Adults

\$100 per student, per session

Please click [here](#) for flyer.

Simplicity Parenting - Fall 2012

**Wednesday evenings at 7:00 p.m. in Trillium Hall
Oct. 10, 17, 24, Nov. 7, 28, Dec. 5 and 12**

This program is designed to help families reduce stress and raise calmer, happier, more secure children who can be more creative and focused at home and at school by –

- Re-assessing priorities & schedules
- Eliminating clutter
- Reducing screen time & information overload
- Enhancing family relationships

Interested parents may [register](#) for our fall Simplicity Parenting group that will meet on Wednesday evenings beginning Oct. 10. This program is based on the book Simplicity Parenting by Kim John Payne and is facilitated by Judy Erbe who has been working with parents and children for over 20 years. \$10 donation, although no one will be turned away for inability to pay.



Simplicity Parenting Testimonial

In our fast paced world, it can be a struggle to get healthy meals on the table, keep the house clean, pay the bills on time, and all the while, play, laugh, and hug enough to meet our most basic and actual human needs. With the notion that less actually is more, the upcoming Simplicity Parenting course is a good place not only to gain perspective on what areas in parenting/family life could benefit from change, but also a place to acknowledge and appreciate the practices that are working well.

In a safe, supportive, and nonjudgmental environment, parents come together, and with the Simplicity Parenting book as a guide, they discuss and brainstorm ways to recognize and change stale behavior patterns, environments, and routines, for ones that may better serve children, parents, and families as a whole. Prioritizing areas needing simplification, parents set goals, knowing they have each others support whether they succeed this week or next year.

Topics discussed range greatly, but may include bed time routines, decreasing clutter, and mealtime simplification, just to name a few. With the tools gained from the course, parents can go out, confident that even small changes make big differences.

My most recent accomplishment in simplicity parenting was assigning seats for mealtime. I had not wanted to go this route as it felt rigid and did not seem to allow for flexibility. However, this 'flexibility' allowed for a nightly 'debate' about who sat where, next to mom, next to dad... After implementation and about a week of reminding everyone of their positions at the table, everyone embraced the routine feel of it. Now I have one less 'debate' to monitor, allowing for mealtime to start on a positive note and for more moments of quality family time. Simple! Success!

Erin Koehler, Parent in Grade 3 and Morning Glory Kindergarten

Lost and Found

The office staff continue to find many items of clothing left around school grounds at the end of each day. These items are taken to the school's Lost and Found, located in the stairwell at the base of Trillium Hall. These unclaimed items are donated to Goodwill periodically and our next scheduled trip is **Friday, October 12th**. Please be sure to check the Lost and Found before this date!



Portrait Day - Wednesday, October 17



We are pleased to be working with Vakker Portraits again this year for our student photos! Portrait order forms were sent home on Friday, October 5 with students in Grade 1-8. Kindergarten families may pick up their order forms from their classrooms during the week of October 9.

Order forms should be returned to the front office with payment prior to portrait day.

Parking Lot Reminders

Parents are asked to please walk around the parking lot landscaped areas, and to please keep children out of these areas as well. Walking through the beds causes damage to the plants and the irrigation, which results in very expensive repairs throughout the year. Thank you very much for your consideration of the school's grounds and resources!

As we move into the colder part of the year, the parking lot and cement walkways become increasingly slick and icy. Please drive slowly and walk very carefully in the parking lot, on the stairs, and walkways. The ramp to the foyer is scheduled to be covered with a non-skid material

in order to increase safety. Until that time, please use extreme caution when accessing the upper levels via the ramp.

Dogs

Families are reminded that dogs, other than service animals, are prohibited on school property. If your dog accompanies you to school, please be sure to leave him or her in your vehicle. Thank you!

Grades News

Grade 8 Shakespeare Essays



"A Comedy and a Tragedy" by Zoe Evans-Agnew

Two different plays, two different themes; one a comedy of great merriment, the other one, a tragedy of deep despair. Let's take a closer look at two of Shakespeare's most famous plays.

The characters in 'Much Ado about Nothing' are quite distinct from each other. Claudio and Hero at first seem to be the perfect couple, like two puzzle pieces that fit perfectly together. But as their wedding approaches and Claudio is misled by Don Jon, you begin to see that Claudio and Hero's relationship might not be on solid ground.

Beatrice and Benedict's relationship is altogether a different story. They fall ever so slowly for each other that only after they overhear the opposite is madly in love with them, do they admit their love. After that, their relationship is fairly smooth and I think they share a long and happy marriage.

Hamlet is a very intense play, about Hamlet, a young man who has a very intellectual mind and then is compelled to avenge his father's death with murder. Hamlet decides to feign madness to get close to his uncle (the murderer) but in this way drives his love, Ophelia to insanity and suicide.

I don't think that Hamlet had a lot of choice with this decision; it was practically forced on him when his father's ghost appeared to him and said, "Avenge my death!"

He did have more choice when it came to accusing his mother of disloyalty because the ghost specifically told him not to do this! If he had not accuse his mother, he would not have stabbed Polonius, so he would not have been challenged to a duel by Laertes which cause his death, his

mother's, his uncle the king's and Hamlet's friend.

"A Comedy and a Tragedy" by Anna Tinker

In his life, William Shakespeare wrote many great comedies and tragedies. A Shakespeare comedy is not all funny; it means that everything is sorted out in the end. A tragedy shows us what could happen and causes us to pity the characters. Along with this, tragedies help us to understand that not everything is a tragedy!



One of Shakespeare's comedies is 'Much Ado About Nothing'. In this play, the couples, Hero and Claudio, Beatrice and Benedict, have two very different relationships. Hero and Claudio fall immediately in love - which leads to easy deception, where, on the other hand, Beatrice and Benedict shoot witty comments back and forth through the course of the play. The relationship of Hero and Claudio show that you should probably wait a while to see if you love each other. For, even though they do, it is still uncertain. Beatrice and Benedict's relationship really shows that even if you make fun of someone, instead of making it seem like you don't like them, it might prove that you do.

In the tragedy, 'Hamlet', the prince is put into just about the worst situation you could be in, having to kill the king to avenge his father. Hamlet's fatal flaw is that he thinks too hard, which causes confusion. Even though I understand his point of view, Hamlet didn't have to feign madness. He could have pretended to love his uncle as much as his mother did, which would have gotten him closer to the king without sending Ophelia to madness and suicide. Even if he was pretending to be mad he should have controlled himself instead of stabbing the curtain.

Grade 5 Writing - Trips

These examples of 5th grade writing come from an assignment to describe the class trip that really happened, and an imaginary field trip that is distinctly NOT real.

Kim Holscher, 5th Grade Teacher

"A Trip to Lake Serene" by Kira Campana

On September 21, 2012 my class (the 5th grade) went on a field trip to Lake Serene. Once we got to the parking lot, we all received whistles to blow, in case of an emergency. Ms. Holscher also asked us to look for a place to sleep if we had to spend the night in the forest.

We started out in one pack, then began to split up into smaller groups going at different speeds. I

was in the front with Aidan at first, then he slowed down and Angelina and Kaia caught up to me. We ran up, seeing many mushrooms, ferns, and trees. We also saw a waterfall, a cliff dripping with water, and much more. My favorite part was the top: the lake (which you could hardly see because of the fog,) and lunch rock. I climbed down a 5- or 6-foot cliff to the water and could not climb up again, so I had to get help. Ms. Holscher cut her hand in a fall and later had to get 6 stitches. On the way down, Lily got sick and the ambulance had to come.

The place where I would spend the night would be a small cave I saw at the side of a creek. The trip was fun, and I learned many things.

"An Imaginary Field Trip" by Rachel David

First, I sprouted wings to fly with, and flew to the bridge with the waterfall. Then I turned human again and walked with some clones of Isabella, Kaia, Angelina and Lily, who all complained about butterflies, pigs, and TV - even though Kaia and Lily said they liked bacon. Then I decided to fly up on an angel pig, which the clones were not happy about, so instead I surfed up on a slice of bacon, which, of course, dumped me in the lake. That was not very nice, so I said I would not eat bacon for breakfast if it did not turn into a portal back to class. The bacon heeded my orders, but teleported me to Africa, so I had to call the angel pig to come and rescue me. Luckily, I got back in time to hear the clones had bought a flat screen.

Rattlesnake Ledge - Grade 4 Field Trip



"Time to go," said Mrs. Evans as the door opened and the chaperones entered the room. Soon we got in cars and started driving to Rattlesnake ledge. When we got there, we started hiking.

When we got to the top of the ledge, we ate a scrumptious snack. We saw cute brown chipmunks. They tried to eat our precious food! While I ate my snack, I looked at the wonderful view. Then it was time to go back down.

When we were at the bottom, we ate our delicious lunch. Then we sketched the beautiful lake. After that, we played a game that Ian invented called "Puffball." We used a very light brown stump as a "Puffball" ship. Soon it was time to drive back to school. So that was our adventure to Rattlesnake Ledge!

Chris Rotella, Grade 4 Student

Early Childhood News

Michaelmas Capes in Kindergarten



Every year we have a beloved tradition of plant-dyeing silk capes for our Michaelmas Festival. This year, we chose to dye our capes with yellow onion skins. Our golden capes help us celebrate the arrival of autumn and our desire to be noble knights. We began by unwrapping, washing and preparing silks. Many families saved their yellow onion skins and brought them to school for us to use.

On the morning of silk dyeing, the children helped place a few onion skins in the big dye pots. Then, using tongs they submerged the silks in the big dye pots. The pots went onto the stove to boil and simmer.

During outdoor time, we brought the pots outside and carefully removed the silks with tongs. The moment of removing the golden capes from the pots was magical! Some of the capes were a light, clear yellow, most were golden yellow, others shone almost orange. One of our most faithful helpers found a true orange cape hiding in the very bottom of the last pot--such a surprise treasure! After rinsing the capes in cold water and hanging them to dry, several moms helped us iron our capes until they were all ready for our festival day.

Michaelmas morning we began our circle time by tying golden capes around the shoulders of each child. Then, as noble knights we galloped and sang our circle. During our festive celebration, one could see golden yellow capes as the children ate their harvest feast and watched the Graders' Michaelmas Pageant.



Maggie Reilly, Morning Star Teacher

Kindergarten Michaelmas Festival and Harvest Lunch

Thanks to all of the Kindergarten parents for your help in making our Michaelmas Festival and Harvest Lunch a great success. Your donations of onion skins, apples and vegetables were much appreciated. Special thanks to Brian Orlando who donated enough onion skins to last us several years and to Dashka Blyzniukova, Ginger Galando and Nailya Eremin for ironing so many silks for us. We are very grateful to all of you for your time and effort!

Biographies

Annette "Kim" Holscher - Class of 2016, Elementary Faculty Chair



Ms. Holscher was born in West Germany and first entered the United States as an exchange student at the age of fifteen. She has been living in the US since starting college in 1977. Her work outside elementary teaching has included office management with Seattle Tree Preservation, owning and directing a home-based Waldorf preschool, home-based child care, and customer service with Pacific NW Bell. She holds a B.A. in Communication Arts from Minot State College, ND, and a Masters in Whole Systems Design from Antioch University Seattle. Her world travels in Europe, the middle East, and Asia prepared her for the adventures of Waldorf teaching. She completed a foundation year in Mannheim, Germany and has experienced most of her other Waldorf training in the U.S. at the Seattle Waldorf School and Rudolf Steiner College, Fair Oaks, CA. Ms. Holscher has taught Waldorf preschool through grade 8 since 1992. She taught for twelve and a half years at the Seattle Waldorf School, taking an elementary class through grades 1-8 and then another through grades 1-5. During her sabbatical year, she taught Grade 8 blocks at both Seattle Waldorf and Whidbey Island Waldorf School, and was a founding board member of Hazel Wolf High School. Ms. Holscher enjoys Indian food, travel and hosting international students, and is a member of Toastmasters and the Seattle Labor Chorus. A newly naturalized citizen, she has two adult sons, both of whom attended Waldorf K-8 programs in Seattle and now work in Silicon Valley. Ms. Holscher joined Three Cedars Waldorf School in 2009.

Stephanie Packer - Spanish Teacher, Grade 1 Assistant



Señorita Packer grew up in New Jersey, and graduated with a BA in Organizational Studies from the University of Michigan - Ann Arbor. During college, she spent a semester living and studying in Seville, Spain where she formed a strong connection to the Spanish language and culture. This connection brought her back to Seville after graduation, where she has been teaching English and American culture to both children and adults in various settings for the past several years. Simultaneously, she spent a few summers volunteering on a Biodynamic farm in Princeton, NJ, which sparked her interest in Waldorf education. She then went on to pursue this path further by working primarily as the Grades School After School Teacher at the Waldorf School of Princeton, and has completed her Waldorf Teacher Training at the Centro de Formación de Pedagogía Waldorf in Madrid, Spain. Señorita Packer is excited to merge these two interests, and be able to bring her love of Spanish to the Three Cedars Waldorf School!

Community Announcements

AWSNA Inform - October 2012

Read about: [Schools for Tomorrow, Waldorf Alumni Party, and more.](#)

Community Events

Local, Organic Pears – Delivered to Three Cedars!

Have you heard the word about Valley View Farms' organic pears?

Farmer Vince has offered to make a special delivery of these amazingly delicious, chemical free pears to Three Cedars Waldorf School on Friday, October 19 at 3:00 p.m.

These are the last pears of the season and won't be available for long, so contact Farmer Vince to place your order soon! Valley View Farms currently has Packham Triumph pears, which have a long shelf life (refrigerated) and are crisp, sweet and juicy. Packhams are great for canning and eating fresh and are also excellent juicers. There are some late harvest Anjou pears available as well! Price is \$25 for a 30# lug of clean, fresh fruit from the orchard - no chemicals, no coatings - just pears!

To place your order, contact:

Vince Carlson

Valley View Farm

Zillah, WA

425-482-9030

Visit Valley View Farm's [Facebook page](#).

Ultimate Frisbee

Ultimate will take place Thursdays when school is in session at Wilburton Park from 2 to 3:30 pm (possibly to 4). New players and beginners from grades 3 and up welcome. Teams will be forming for spring league play from March to late May. Hosted by TCWS parents David Hasbrook and Jenny Doggett.

Local Events

Wild Spruce's ART Class is open for registration!

This ART class is for 5-11 year olds to come and enjoy a fun 50 minutes of art with our lead teacher Jesse Hays, every Tuesday for 8 weeks. Come ready to explore painting, beeswax and other projects in a Waldorf-inspired way. You don't need to be a "Waldorf" family to enjoy her wonderful fun-filled classes.

For all information for this new class beginning on Tuesday, October 9th, check out the info [here](#).

Johanna Steegmans Lecture Series at Madrona School



If you missed Johanna's talks at Seattle Waldorf School last year and want to hear a re-run, here is an opportunity to hear her speak on Bainbridge Island. Just a 30 minute boat ride from Seattle! 60 minute drive from Port Townsend, 90 minutes from Tacoma, 2 hours from Olympia.

Tuesday, Jan 29 at 6:30 - Navigating the Middle School Years

For more information, please see the [flyer](#).

Rosetta Lee Diversity Workshop



Saturday: October 13, 2-5 pm

Harvard graduate Rosetta Lee currently teaches at the Seattle Girls' School an independent girls' school that aims to empower young women from various ethnicities and socio-economic backgrounds while providing a top tier educational experience. Ms. Lee serves as Vice President on the Board of Directors for SMARTGirls, an organization that encourages girls to excel in science, technology, and math, as well as on the Board of Directors for the Northwest Association for Biomedical Research (NWABR), with which she is developing an ethics curriculum funded by the National Institutes of Health.

Since 2004, Rosetta has been a diversity speaker, trainer on a variety of issues, including cross cultural communication, identity development, relational aggression among adolescent girls, ending bullying and bias in schools, prejudice reduction and coalition building, and gender bias in the classroom, especially in the STEM fields. She has served several years on the faculty of the National Association of Independent

Schools (NAIS) Summer Diversity Institute, as well as its diversity think-tank cadre, Call to Action.

The Real Deal about Raw Milk



Kimberly Hartke, blogger, small farmer advocate, food sovereignty activist, and publicist for the Weston A. Price Foundation and the Campaign for Real Milk, will be giving a presentation in Seattle entitled "The Real Deal about Raw Milk."

October 21st

Beginning at 2 pm

The Seattle Chapter of the Weston A. Price Foundation is organizing this event which is **free** of charge, open to the public.

United Evangelical Free Church
1420 Northwest 80th Street
Seattle, WA 98117

This lecture promises to be a fascinating and revolutionary educational experience which will empower everyone who attends with rare insights about the health benefits of raw milk, while also providing cutting edge information about why the production, availability and consumption of this incredibly nourishing traditional food have become such controversial issues.

Kelli Estrella of Estrella Family Creamery will be accompanying Kimberly at this presentation. You may recall that the FDA came down hard on the Estrellas, and that the Estrella family has been greatly challenged both financially and emotionally by their ongoing struggle with the FDA.

Due to limited seating availability, [registration](#) for this event is required by clicking on the link below and adding your name and the number of people in your party.

Click [here](#) for flyer.

Discipline Workshop for Parents and Teachers



presenter, **Briana Bennitt**

Saturday, October 27, 2012, 9:00 a.m. to 3:30 p.m.

STARS credit available for teachers and childcare providers registered in the Washington DEL MERIT system: .6 CEUs/6 hours

Enjoy this refreshing and common sense approach as we explore discipline and child-rearing. Working with material developed by Ronald Morrish, Kim John Payne, Po Bronson, and Ashley Merryman, this workshop demystifies "discipline" and illustrates the common pitfalls of some of the more prevalent behaviorist advice that bombards parents and

teachers. Participants will be introduced to the basic principles of “Real Discipline,” “Collaborative Counseling,” “Simplicity Parenting,” and newer resources now available on the science of human development, parenting and teaching. Adults will become more confident and skilled in their approach to discipline so that children may relax into the safety and security of authentic adult authority.

Attendees will benefit from reading the following texts ahead of time, but the recommended reading is not a prerequisite. Recommended Reading:

- [Secrets of Discipline](#), Ronald Morrish
- [Simplicity Parenting](#), Kim John Payne
- [Nurture Shock](#), Bronson and Merryman

NOW REGISTERING:

info@SimplicityLearningCenter.com

425.614.0145



\$90 with certification for 6 hrs STARS CEUs, \$75 without STARS credits

Sound Circle Offerings

Sound Circle Center Parenting Courses - Autumn 2012



Sound Circle is dedicated to supporting a community of parents as they raise children in a conscious, sensitive and creative way. To that end, three courses are being offered this autumn. Please see brief descriptions below that link to our website for more information.

Family Foundations

A Course to Educate and Renew the Parents of Young Children

With Flora McEachern, Patti Pitcher and Susanna Reynolds

Orientation Evening: Tuesday, October 9th, 7 - 8:30pm

Saturdays once a month from 9:00 - 3:30pm.

Develop skills and a deeper understanding of the lively dynamics of the first seven years in a parent and child's life together. This heartfelt class provides a nourishing and informative respite

from the daily challenges of parenting.

Orientation and all classes will be held at Bright Water School

For more information, click [here](#)

Soulful Parenting: Guiding the Soul Forces of the 7- 14 Year Old

With Jenny Fawcett, Flora McEachern, Mary Oak and Susanna Reynolds.

One Friday a month, 5:00 - 9:30pm beginning October 19th

Become aware of the thinking and feeling that creates your parenting responses and actions. Through this carefully built process, you can meet your own soul, while shepherding your children into living out of theirs.

All classes will be held at Seattle Waldorf School

For more information and an introduction to the course, click [here](#)

Media Literacy: A Course for Middle School Parents and Educators

With Caroline Cummings

3 Saturday mornings: November 10th and 17th and December 1st, 9:15 - 10:45am

Explore how improved media literacy helps to develop critical thinking and active participation in our media culture. Access, analyze and evaluate various forms of media ubiquitous in our culture. Practical steps and resources for educators and parents of middle and high school students to be used in the home and classroom will be presented.

All three sessions will be held at Seattle Waldorf School For more information and an introduction to the course, click [here](#)

The newsletter is published every two weeks during the school year.
The deadline for submissions for the next newsletter is Sunday, October 14.
Please email submissions to newsletter@threecedars.org.

*We only intend to send you helpful information and respect your decision to **modify your subscription.***

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