



# Waldorf Weekly News

NOTES TO THREE CEDARS PARENTS, RELATIVES, AND FRIENDS

## CALENDAR REMINDERS

**Monday-Friday  
Feb 21-25**

Mid-Winter Break  
No School

**Friday, Feb 25**

TLA applications  
deadline: PFS and  
supplemental docs to  
SSS Financial

**Monday, Feb 28**

Return to School

**Tuesday, Mar 1**

Kindergarten Parents  
Class Night  
6:30 P.M.

**Thursday, Mar 3**

Parents Brown Bag  
Tea and Crafting  
DROP-IN 8:30 A.M. TO  
12 NOON

**Thursday, Mar 10**

School Tour  
BY APPOINTMENT

**Friday-Saturday,  
Mar 11 & 12**

Grade 7 Renaissance  
Faire  
BELLINGHAM

**Saturday, Mar 12**

Prospective Mixed-  
Age Kindergarten  
Families Experiential  
Morning  
9:30 A.M.

**Wednesday, Mar 16**

Students and Siblings  
Portrait Day  
AFFILIATED PRESCHOOL  
AND PARENT-TOT FAMILIES  
INCLUDED!

**Thursday, Mar 17**

Parents Brown Bag  
Tea and Crafting  
DROP-IN 8:30 A.M. TO  
12 NOON

**Friday, Mar 18**

NO SCHOOL  
FACULTY IN SERVICE DAY

**Saturday, Mar 19**

Buildings & Grounds  
Work Party  
10:00 A.M. TO 2:00 P.M.  
CHILD CARE PROVIDED

## NASA program puts aspiring engineer, Waldorf School graduate to work on Mars rover

Published:  
Sunday, December 05, 2010

### SARATOGA SPRINGS —

“His engineering talent has taken one local graduate all over the country; one day, his ideas could be flown in space.

Michael Maylahn, 19, a 2009 graduate of The Waldorf School of Saratoga Springs, recently led a team of engineering students in creating a prototype Mars rover at NASA’s Marshall Space Flight Center in Huntsville, Ala.

A sophomore at Santa Monica College in California, Maylahn was recommended by a teacher to participate in the project, in which just 89 students from across the country were accepted into NASA’s National Community College Aerospace Scholars program after completing a rigorous months-long application process.

To qualify, Maylahn spent about 800 hours last summer completing four web-based research assignments in which he drew up a plan for a hypothetical robotics mission to Mars — in addition to holding down a full-time job and taking an online class. His plan — including a financial proposal, timeline and sketch of the rover — was accepted, and the process culminated in Maylahn flying from California to Alabama for the three-day, hands-on experience at the NASA center earlier this fall.”



*Waldorf School graduate Michael Maylahn, 19, led a winning team of engineering students to create a Mars rover prototype during a competition at NASA’s Marshall Space Flight Center in Huntsville, Ala., this fall. A sophomore at Santa Monica College in California and a Saratoga native, Maylahn was accepted into the NASA’s National Community College Aerospace Scholars program after a rigorous application process. (Photo provided)*

# Resources and Reminders

## INFORMATIONAL CLASSES FACILITATED BY SONIA M. HOGLANDER, BSEE

at Three Cedars Waldorf School in March and April

HomEvolution was founded in August of 2010. The idea was born in February at the Healing the Brain conference presented by Dietrich Klinghardt M.D., Ph.D. and the Klinghardt Academy of Neurobiology. It became clear that our society was at risk from an unseen force, electromagnetic radiation.

Sonia M. Hoglander is an expert in electromagnetic radiation and mitigation of its negative effects. She has an MBA and a background and degree in electrical engineering. She is a former Boeing Engineer and Microsoft Senior

Project Manager. For the past 20 years she has worked in the field of physiological/electrical connections and hosted a radio talk show on health impact. She brings to the contemporary healthcare scene a wellspring of new knowledge and effective responses to this developing field.



Sonia believes that living in a healthy environment is a goal that anyone can accomplish. With her skills, people can eliminate or manage many health problems that impact our lives.

For more information please contact

### [HomEvolution](#)

Healthy Home Consulting 206.604.0836

“...evolving the concept of Green Living to Healthy Living”

## How to Protect your Children from the Hazards of our Electronic World

Wednesday, March 9<sup>th</sup> 7:30 p.m. to 9:00 p.m.

- What are the hazards? (Cell phones, Radio and Cell antennas, WiFi, Power Lines, laptops)
- Simple, inexpensive remedies to protect your family

## Creating a Healthy Home in a Toxic World

Wednesday, March 23<sup>rd</sup> 7:30 p.m. to 9:00 p.m.

- Identifying the toxins you may not know about
- Alternatives and remedies

## Making the Healthiest Baby's Room

Wednesday, April 6<sup>th</sup> 7:30 p.m. to 9:00 p.m.

- What you need to know before you redecorate
- New stuff your mother never needed to know

## Healthy Space for your Pregnancy

Wednesday, April 20<sup>th</sup> 7:30 p.m. to 9:00 p.m.

- The invisible hazards to your baby
- How to protect yourself and your baby

## BUILDINGS & GROUNDS WORK PARTY

Many thanks to the volunteers who helped out at last weekend's B & G Work Party: Julie Elithorp, Rick Long, Martha Mize, Beth Parker, Jared Parker, Javier Rodriguez, Rachel Rodriguez, Sanae Stanley and Scott Stanley. The grounds were tidied, walkways swept, rain gear areas cleaned, light bulbs replaced, furniture repaired, childcare staffed and much more! We greatly appreciate the volunteers who join us once a month to help keep our school running ship-shape and the older elementary grades students who help to entertain the younger children!

-Mrs. Orzel, School Office

## SPRING FAIRE TAKE-HOME CRAFTS THANK YOUS

Thank you to our crafty-est community volunteers who are helping to create a lovely array of prizes for the upcoming Spring Crafts Faire: Alixx Hutsenpiller, Christiana Childers, Julie Elithorpe, Martha Mize and Petra Hines. Did we miss your name? Are you currently creating items to be caught in the Fishing Pond or picked from a Pocket Person? Please contact Mrs. Bennett if you would like to help with creating items or wrapping.

*“There is no question EMFs have a major effect on neurological functioning. They slow our brain waves and affect our long-term mental clarity. We should minimize exposures as much as possible to optimize neurotransmitter levels and prevent deterioration of health.”*

*Eric Braverman, MD, Brain researcher, Author of The Edge Effect, and Director of Path Medical in New York City and The PATH Foundation. Expert on the brain's global impact on illness and health.*

# Photo Gallery —Grade 6 Class Play

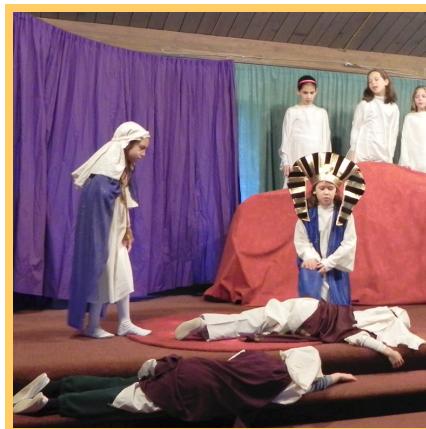
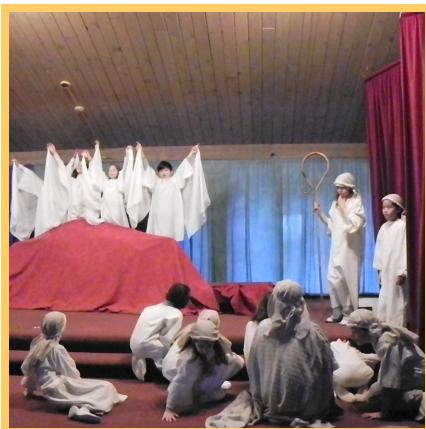
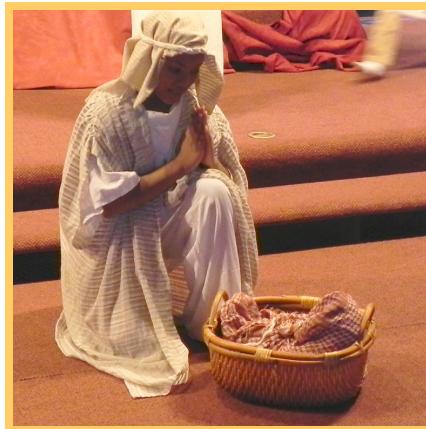
*“The Knight and The Loathly Lady”*



## Photo Gallery —Grade 6 Class Play *“The Knight and The Loathly Lady”*



## Photo Gallery —Grade 3 Class Play *“The Life of Moses”*



19 FEBRUARY 2011

# Photo Gallery —Grade 3 Class Play

*“The Life of Moses”*





# Three Cedars Waldorf School

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The original motivation for the Waldorf education movement was to promote the peaceful evolution of humankind by leading children away from narrow interests toward a broad worldview. Three Cedars Waldorf School continues the active development of that tradition. Consequently, it is not merely an act of compliance with federal law, but of free, willful and deliberate policy to offer Waldorf education to families who desire it for their children regardless of race, color, national or ethnic origin, class, gender, sexual orientation, family structure, or, to the extent our resources permit, their ability to pay.

Three Cedars Waldorf School opened our doors in 1995, in space rented from Unity Church in the Crossroads neighborhood of Bellevue. In 2001, the school purchased our current, permanent facility from the Temple De Hirsch Sinai, in the Wilburton neighborhood of Bellevue. Our school provides elementary grades 1-8 and mixed age kindergarten in service to Eastside families who desire Waldorf/Steiner education for their children.

a Candidate Member of



a Candidate Member of



Submissions to this newsletter may be made to [seraphinao@threecedars.org](mailto:seraphinao@threecedars.org) with "WWN" in the subject field of your message. The deadline is 5 P.M. Wednesday for inclusion in that week's edition. Submissions may be refused or trimmed by the editor to fit to the available space in a particular week's newsletter. Requests for a paper edition of this weekly may be addressed to the school office.

## Supporters Thank You Event

### SUPPORTERS THANK YOU CRUISE MOVED ASHORE

Our annual **Supporters Thank You Event** is coming ashore this year, in part to attract our community's landlubbers, who have avoided lake waters in recent years. This is also an opportunity to have a change of scenery, simplify the event and save on expenses as an acknowledgment of difficult economic times, while retaining the festive and celebratory mood so many of our supporters have enjoyed in recent years.

Please be on the lookout for a new date (probably June) and details. Planning is still in the early stages, so if you have any ideas for our shoreside event, please contact the school office!

