

March 16, 2015

ALL SCHOOL NEWS

Grades

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Announcements



Executive Director Search Update

Search Committee members, who are working on the selection of our next Executive Director, had a successful day interviewing six potential candidates on February 28. In the end, the Committee selected three candidates to bring to our school to meet and talk with parents, faculty, administration, and children. All candidates will be here for a full day and a half.

The candidate visitation schedule is as follows:

Candidate 1: March 17 – 18

Candidate 2: March 26 – 27

Candidate 3: March 31 – April 1

The schedule of events for each visit is available by [clicking here](#). The specifics of the schedule for each candidate are exactly the same.

We have scheduled six opportunities (two for each candidate) for parents to meet with, listen to, and ask questions of the candidates. When each candidate visits, there will be one parent session the first evening of the visit and another the following morning.

We have asked each candidate to come prepared to spend five minutes talking about who they are and what they have accomplished, and ten minutes presenting a topic of their choice that they feel passionate about and that relates to our school. The rest of their time with parents will consist of discussion and answering questions.

After each session we will collect your feedback. Please do not leave without giving us your impressions.

When these visits are done and the Search Committee has had the opportunity to collect and review all feedback, we will set a time for our School Board to meet for two to four hours with our first-choice candidate. The Board will make the final decision on who is hired.

Thanks, in advance, for being part of this process. This is your school and this selection is an

important one. Please keep in mind that this process goes both ways—all of these candidates are evaluating us as well, to determine whether or not we are the community they wish to serve.

We look forward to seeing you at our first parent session on March 17.

—Jeff Altaras, Search Committee Chair

Spring Break Reminder

Please be reminded that school will not be in session for **Spring Break, Monday, April 13 through Friday, April 24.**

Extended care is available Monday, April 13 through Friday, April 17 for students in grades one through five on a first-come, first-served basis. The deadline for grades 1–5 spring break care registration is **Wednesday, April 8.**

Please note that care is available only from 8:30 AM to 4:30 PM. You may register for morning sessions, afternoon sessions, or both on the days of your choice. Payment is due at registration.

[Link to registration form](#)

2015–2016 Faculty Leadership Team

We are very pleased to announce that faculty and staff have selected the faculty leadership team for the 2015–2016 school year. Faculty Leadership is composed of Faculty Chairs and Workgroup Conveners from the Pedagogical Carrying Group (PCG), led by the Director of Pedagogy. In addition, a group of faculty members—Personnel Advisory Group—is also selected to assist in the management of performance review.

2015–2016 Pedagogical Carrying Group



Annette Campana

Director of Pedagogy and PCG Lead and Chair



Stephanie Packer

Full Faculty Chair



Monica Lander

Convener of Program and Curriculum Workgroup



Jenny Fawcett

Grade School Faculty Chair and Convener of Practical Needs Workgroup



Laura Mason

Early Childhood Faculty Chair



Mary Spurgin

Convener of Care of Personnel Workgroup

2015-16 Personnel Advisory Group (three-year term)



Aurora Garcia

First Year



Britt Urquiza

Second Year



Monica Lander

Fourth year, completed first round of three years and re-elected for a second term

Message from Our Director of Admissions

Dear Three Cedars Waldorf School Community,

I am so pleased to have joined the staff a couple of weeks ago as Director of Admissions. I would like to introduce myself to you: I have lived in Seattle for



the past 19 years, almost immediately connecting to the Seattle Waldorf School. My daughter, who is now 22, attended the Seattle Waldorf School from preschool to eighth grade; and my son is currently a senior at the Seattle Waldorf High School. I have worked as an assistant in both the kindergarten and first grade there, and have served on the Board of Directors. I am a graduate of the Sound Circle Center Waldorf Teacher training, having attended with both Britt Urquiza and Susan Brudi, as well as, doing a practicum under the tutelage of Monica Lander.

Last weekend, at the Open House, I was able to get a taste of what an incredible group of people are teaching your children! It was a great success in no small part due to the diligent and collaborative effort of the faculty to transform Trillium Hall into a showcase of the beautiful main lesson books, handwork, and artwork your children create. I would like to thank the teachers, staff, and eighth grade students who came out to help highlight this wonderful school and education.

I hope you will not hesitate to introduce yourselves, and I look forward to meeting each of you and your children! My regular office hours will be Wednesdays from 7:45 AM to 2:45 PM and Thursdays from 10:30 AM to 3:15 PM.

Warmly,
Laurin Jones, Director of Admissions

Welcome to New Students

Just after mid-winter break, we welcomed a new family to Three Cedars Waldorf School. **Orlando Impas** (Grade 5) and **Mica Impas** (Grade 2) joined right in and it seems as though they have been here all along. Please welcome the boys and their parents, Stacy Lewis and Rom Impas, to the Three Cedars Waldorf School community!



Parent Appreciation and Talent Sharing

On Friday, February 27, Three Cedars Waldorf School hosted a Parent Appreciation and Talent Sharing evening of music, good food and wine, friends, and prizes. The celebration was enjoyed by all who attended!



eScrip Online Mall

Over the years, since Three Cedars has been enrolled in various affinity programs, nearly \$30,000 has trickled into our school. Affinity programs bring revenue to our school when parents and school supporters do their shopping.



Recently, options to give in this way to our school have become available through purchases made on the Internet. Many of you have already designated Three Cedars as the organization to whom 1.2% of what you spend will be donated when you shop online at Amazon. Vendors such as Amazon donate to our school when shoppers, who sign up through our website, do their shopping through the eScrip online mall—which is also accessible through our school website.

Did you know that if you shop in the eScrip online mall at Macy's, 2.4% of what you spend will be donated to Three Cedars?

Or if you shop at Nordstrom's in the eScrip online mall, 4.8% will go to Three Cedars?

There's also The Body Shop in the eScrip online mall, who will direct 6% to our school.

And 1-800-Flowers gives 12%!

There are many more merchants, too numerous to list, who are affiliated with the online donation program called eScrip and who collectively have donated millions of dollars to schools across the nation.

If you've not done so yet, please visit our school website, and in the upper-right corner of the page, click **Support Us**. Next, click **Shop through our Scrip programs**, and follow the directions from there. For more information, please [visit our website](#).

If you have questions, please [email Cameron Altaras](#).

Future Rain Garden and Cistern Site Coming to Three Cedars Waldorf School

Permaculture instructor, Zsafia Pasztor, is working with Three Cedars Waldorf School to help bring a robust gardening initiative to our school. Zsafia is teaching a class at Edmonds Community College and two of her students (Shari Helgeson and Suzanne Juergensen) are designing our rain garden as a class project and volunteering additional time on site toward our garden as part of their class experience. They were on campus Friday, February 6 to dig two holes to do a perk test (to determine the water infiltration rate) and returned Tuesday, February 10 to continue that work.



For more information about what rain gardens are for, visit the [12,000 rain gardens website](#). The rain garden will work in conjunction with the cisterns that we are getting (donated by the Cascade Alliance along with some irrigation for the garden) and will add to our curriculum understanding about the water cycle, pollution, and water conservation.

As part of the effort to connect our future rain garden and our current irrigation supply, we will be removing the current rotting wood to expose how to best connect our irrigation water to the garden, make space for the rain garden/cistern, repair the steps, and repair the southeast corner of the sports court that is settling. We will transfer some of the soil to our new garden beds.

–Chris Pressey, Facilities Manager



Chris grew up in a small town in Ohio and attended the University of Cincinnati where he received a Bachelor's degree in Civil Engineering. A two-week Baker, Adams and Rainier climbing course brought Chris to the Northwest and started a life-long love of hiking and climbing. This also precipitated relocation to Seattle following a 12-month road trip where he attempted to climb the highest peak in all 50 states.

Chris comes to us with a wealth of hands-on maintenance and repair skills from building, owning and operating rental houses. In addition to his formal education and work experience as a consulting engineer, Chris is a Licensed Professional Engineer (PE), a Certified Facilities Manager (CFM) and an Accredited Professional in Leadership in Energy and Environmental Design with a special designation in Building Design and Construction (LEED BD+C).



Work Party

On Saturday, February 28 we were blessed with sunshine and hardy volunteers who came out to help Chris Pressey, our Facilities Manager, install a beautiful new split-rail fence, many new plantings from King County's native plant sale, and piles and piles of mulch and cardboard to protect them from the remaining frost of our early mornings.

Volunteers included Cameron Altaras, Mark Collier, Pavel Dolezel, Vladimir Eremin, Jenn Miller, Mary Spurgin, and many children playing and working alongside the grownups! Everyone worked hard and enjoyed a chili lunch and sourdough bread donated by Kristi Hartman.

We are so grateful for the contributions of our volunteers and the money it saves our school from hiring professional labor to complete projects. If you are able to lend your hands and heart in the future, please consider doing so!

On **Saturday, March 21, from 10:00 AM until 2:00 PM**, we will join forces again to help Chris complete more work on the grounds. Our hope is to work on garden elements, including an arbor, beds, and more, that will create the groundwork for a new community garden we can all enjoy. If you would like to help with this effort and get outside with your family for some fresh air and lunch, please sign up on [Sign-Up Genius](#). We need worker volunteers from 10:00 AM to 2:00 PM, and also a volunteer to prepare and serve lunch for the group at noon.

Thank you everyone for your help keeping our school beautiful!

—Kristi Hartman, Director of Advancement



Kristi Hartman is a dual citizen of the United States and Canada, with family roots that stretch from the deep south of Louisiana and Texas, northward across the southern provinces of Canada. In that she believes there is nothing quite so fine as messing about in boats, her heart lies close to the water, and she has been an on-again-off-again Seattleite for most of her growing up years into adulthood. A former longtime live-aboard, Kristi and her family own a house-barge on Lake Washington where she can be found in the summertime reading, and spotting turtles and Blue Angels. She has strong ties on land as well, with a love for growing all things plant and animal. Kristi's home crows, coos, clucks, barks, squawks and howls, and she tends her substantial menagerie, as well as a P-Patch plot along the Cedar River with her husband and three daughters who have grown up cloaked in the magic of Waldorf from tiny tot-dom. Kristi hails from a real estate, law and insurance background and education at PLU, and has completed early childhood coursework for the Child Development Associate certification. She credits her grandmother and mother with teaching her the value of lifelong community service. She brings with her non-profit development and volunteer training experience from 14 years in the Junior League of Seattle, tenacity advocating for youth with 18 years in the National CASA program, and diplomacy, serving seven years on the Women's Interclub Council Board for the

Grand Fourteen Yacht Clubs of Puget Sound. Kristi loves coffee, bringing people together (usually over food), and considers herself a lifelong learner.

Salad Day

As we are looking ahead toward spring break and all the fun playtime coming up; we should take pause. Our children's teachers are busily putting together their lesson plans and pulling their hair out with trip planning—and although summer feels far away, there is much to get done in the last couple months of school. They are a gift to our children and our school.



So, as we remember that, let's reach out to offer the faculty and staff support in the way many of us know best... food. If you are unable to step into this at this time, please rest assured that other parents will step up. If you are up for it, remind other families in the community to read about this opportunity; it comes around twice a year, once in the fall and once in the spring.

Salad Day this spring is Thursday, April 9, 2015. What is Salad Day? It's the day when we as the parent community come together and supply lovingly made nourishment for our faculty and staff while they gather for their weekly meeting. The teachers love this event—it's a favorite as they so appreciate the variety and general yumminess that shows up on their table. If you are interested and would like to bring a dish, please let me know what you think you may like to bring. It's called "Salad Day," but please feel free to bring whatever dish speaks to you. This is a gift of the heart, and what your heart longs to bring is just perfect. It can be a salad, a soup, a main dish, a dessert, some bread, some cheese, whatever feels right. Let us join in in celebration of all the gifts our faculty brings us.

If you want to step into this and email me, I will send a personal email out the week of Salad Day and let you know more specifics in addition to what folks have offered to bring.

Many thanks!

—Christa Tinker, Grade 6 parent [email](#)

GRADE SCHOOL NEWS

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Grade Four: One Walk, Many Experiences

Excerpts from nature essays in the fourth grade

This morning my class went to the woods. The air smelled like sweet water. I remembered when I built my fort.

—Dominic Uyematsu

The rain smelled fresh and made me thirsty. The brown, squishy mud reminded me of chocolate pudding. I heard the raindrops falling quietly on the shiny leaves that looked like they were polished.

—Nikka Stanley

I saw very green leaves that were like green pieces of paper.

—Gregory Lee

We were about to go into the quiet woods when my friend Adonis found a bunch of raccoon tracks. When we were in the muddy forest, the leaves were shining like jello. The mud was like half-melted chocolate.

—Ethan Parker

[Form drawing by Finley Colwell-Lipson] There were also parts of the ground that were hard like cement. I could tell that plants were trying to push their way up. I immediately knew that spring was coming. —

Finley Colwell-Lipson

I saw some new little sprouts. Also, I saw tiny buds on a new growing plant. They were the color of light pink popsicles. —Gali Bobrov

As I walked, I felt like I could almost hear the buds blossoming on the bare trees that looked like toothpicks sticking out of a sandwich. As we walked along, I saw a spider web full of dew drops that looked like a hundred little diamonds glistening in the sun... I saw old ivy dying and new suckers coming up. I felt great because I knew spring was coming. —Nolan Wright

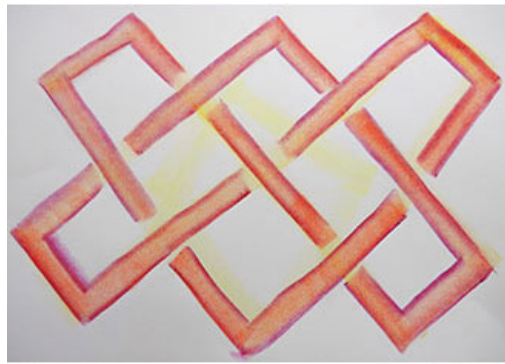
The air was more fresh than clean laundry... The wind was rushing like a fan at full speed. —Riley Nochlin

[Octopus drawing by Willow Anderson] The leaves were wet and shined like a new coin. The mud was squishy; it felt like jello and I almost lost my shoe under my feet. Inside I felt happy.

—Willow Anderson

I saw, on my walk, leaves as shiny as glass in the sun and puddles of dirty water... I had a lot on my mind that day, and a lot to think about... —Jake Parsons

I felt the mud on my socks; it was cold and wet. I heard the wind like it was singing a soft song to me... The clouds looked like whipped cream on water. —Alexa Jeantette—Coca



I could hear my tires rushing through the mud which was as brown as a brown bear stepping on the slippery, orange leaves. –*Joseph Mantis*

There was so much greenery that I felt like I was walking through a bush with very green leaves. The mud was so squishy that my feet were sinking in as if they were in quicksand. –*Vova Trifonov*

I saw a footprint of a raccoon and they said it looked like a baby handprint. –*Santiago Steinman*

I could smell pine trees, mud and dogs... I felt like running over to the dogs and barking and playing with them. –*Alorah Leale*

I smelled the morning dew since it was raining! I saw holes in some of the leaves. I think snails or slugs ate them. –*Guy Cohen*

I had an awesome time and I can't wait for the next walk in the woods! –*Makena Lane*

The mud under my feet did not feel like melted chocolate and it smelled horrible." –*Adonis Baez*

The ground beneath my feet was squishy like jelly. –*Eva Rodriguez*

–*Mary Spurgin, Teacher, Class of 2019*



Mary Spurgin has fond memories of a childhood in Tarrytown, NY, spent chasing four brothers on the roof and sledding on frozen creeks. Mrs. Spurgin majored in Interdisciplinary Visual Art and minored in Japanese at the University of Washington where, during her senior year, her love for art, interest in child development, and enthusiasm for teaching pointed her in the direction of becoming a Waldorf teacher. After earning her BA at UW, she

began training at Sunbridge College in New York, where she earned a Masters in Education. Mrs. Spurgin spent four years class teaching at Green Meadow Waldorf School in New York. It was then that she began the greatest journey of her life: motherhood. While she was pregnant with her son, she and her husband returned to Washington State, where she began tutoring students from both Three Cedars and Seattle Waldorf School. Mrs. Spurgin became a class teacher at Three Cedars in 2012–13. She enjoys playing guitar, oil painting, knitting, cooking Japanese food, and gardening. She also enjoys traveling and has visited Thailand, Korea, Japan, China, Italy, and England.

Grade One Play



EARLY CHILDHOOD NEWS

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Spring Parade

Date: Friday, April 10, 2015

Time: 10:15 AM—Sign out your children at their classrooms and line up for the parade.

10:25 AM—Parade to Wilburton Park through the woods, share a community circle on the grassy (muddy!) meadow, and then enjoy a snack on the grassy (muddy!) hill.

12:00 PM—Farewell circle and dismissal. You are most welcome to stay and play at the park as long as you like after the event.



Our annual Early Childhood Spring Parade will be held on Friday, April 10, in celebration of springtime. During this event early childhood students and parents, first grade students, and teachers will parade from school to Wilburton Park for a circle, snack, and social time. All early childhood families are invited to meet us at school at 10:15 AM to join our parade. Upon arriving at the park, we will all gather at the meadow for a community circle and finally to the hill for a snack. Please join us to celebrate this lovely (and likely wet!) time of year. In support of the students we ask that at least one parent or adult friend/guardian from each family attend this event. Additional friends and relatives of early childhood students are most welcome to join us—the more the merrier! Students not normally at school on Friday are invited to arrive at school with their parents, dressed for the weather at 10:15 AM to join us.

Important things to know:

- What we lovingly call “the meadow” could just as easily be termed “the swamp.” It is usually very muddy! In order to enjoy this event fully we strongly recommend that you wear full rain gear, most importantly waterproof boots. If you are bringing a baby along we very strongly recommend using

a sling or carrier as the areas we will be walking through and gathering in are not at all stroller friendly.

- It is almost never warm on the day of the Spring Parade. It is better to overdress for this event than to be cold and uncomfortable while at the park. Dress for the weather!
- Table seating is limited. You are welcome to bring a waterproof blanket for your family to sit on. However, if you are in full rain gear it will not be a problem to just sit on the ground!
- Please leave your cameras at home so that you can fully participate in the event without distraction. We will identify one designated photographer will take photos and share them on the Three Cedars website.
- Our snack will consist of buns, fruit, and hot cider. If your child has food allergies, please bring an alternate snack.
- This is a half day for EC students. In our experience as it is very difficult for children to transition to after-school care after a festival so we strongly recommend that you make arrangements for your child to go home or to a friend's or relative's home after the event. After-school care will be available from 12:00 – 6:00 PM only upon request. Please contact us no later than **Friday, April 3** to let us know if you will be needing after-school care.

We will be posting sign-up sheets for this event by our sign-in books. Please confirm that a parent or adult guest from your family will be in attendance and check in directly with a teacher if it is impossible for your family and/or if your child will need to stay for a full day that day. Please do not hesitate to contact us if you have any questions about this event. We look forward to having you all with us for this special day!

—Laura Mason, Morning Glory Kindergarten and Woods Day Teacher

Born in Kirkland, WA, Laura Mason was raised in the then-rural neighborhood of North Rose Hill. Though she and her sisters spent long hours playing in horse pastures, open fields, and woods surrounding their home, her favorite place was the dirt pile in her yard, where she spent many hours digging tunnels and making mud pies. Childhood vacations were spent hiking and camping in the Cascades as well as taking road trips to museums and historic sites. Many of these experiences are well known to her students, as she brings them to life in the classroom through storytelling. Miss Laura attended local schools from kindergarten through high school, sharing a classroom with several friends for the entire 13 years. Throughout school, she loved vocal music programs, particularly performing at music festivals. After Miss Laura transferred her elder daughter to Three Cedars Waldorf School in the first grade, she began a new career as an early childhood teacher. She joined Three Cedars in 2002 as a preschool assistant, then served as a preschool teacher, and finally, as a mixed-age kindergarten teacher. Miss Laura received her Early Childhood In-Service Teacher Training Certification from Rudolf Steiner College, where she discovered a love of wood carving and a renewed enthusiasm for gardening, both of which she brings into her work as a teacher.





On February 24, the Buttercup class got a very special surprise. One of our class parents, Liang Du, parent of Mai, came to spend the morning with the Buttercup class and share a celebration of Chinese New Year. Liang brought in all the materials for making red paper dragon puppets. She also brought red paper cutouts depicting themes of good fortune to decorate the windows. When the children walked into the classroom, they noticed right away that something was different. Then when they went to the table and saw all the brightly colored paper, glue, and scissors, their faces lit up with excitement. The children eagerly gathered around the table to see what was happening. Liang, with the help of myself and Miss Emma, helped each child make their own red dragon puppet. The children were very patient and used their listening ears to hear their instructions. They loved watching the dragon

come into form, right before their eyes. And when the finishing touches were put on, the children had big smiles and wanted us to watch as the dragon opened and closed its mouth!

Later in the morning, Liang shared mandarin oranges with us during our snack time, and she shared some stories with us from her own childhood. She told us about the food she ate at Chinese New Year and how she celebrated with her family. The children were most interested in hearing about the dragons. Liang told us that in Chinese tradition, the dragon is a symbol of strength and good luck. The children loved hearing about the festival and they were so happy to take the dragon puppets home with them!

Thank you Liang for bringing this wonderful festival—it was such a treat for us all!

As you can imagine, the children were talking about this festival throughout the day, and many interesting conversations ensued. Here is a snippet of a conversation that happened later that day at the lunch table.

One child said, “Do you know what Miss Amie? I like to eat salsa, I like to eat salsa with my chips all the time... Do you know what happens if dragons eat salsa? They get tummy trouble.”

And another child responded, “And, if they eat salsa, then they will have fire breath and the people will say, “aaaaah” and run. Then we will have to call the firemen and the fire alarm will be loud!”

Amie Aylward grew up in the Goodenough Community. As a former Waldorf student who spent preschool through grade eight at the Seattle Waldorf School, she can speak confidently about the approach and benefits of this form of education. Miss Amie’s first experience at Three Cedars was as a young college graduate, teaching After-School Care shortly after earning a BA in Psychology from Western Washington University. Her experience at Three Cedars and in other early childhood programs inspired her to pursue a career in Waldorf teaching. She completed the Waldorf teacher training and storytelling training at the former Emerson College, UK, where she enjoyed cooking and organizing for events and community-wide festivals. During her time in Europe, she took many opportunities to travel and especially enjoyed two trips to Israel to participate in the Healing Words Festival, an initiative using storytelling to



create dialogue between the people of Israel and Palestine. Her work history also includes summer camp counselor, teacher, and director; alumni outreach coordinator at Emerson College; and preschool teacher at the Waldorf-inspired Tara's Tots in Seattle. She joined the Three Cedars kindergarten program in 2010. Miss Amie's interests include festivals, cooking and baking, nutrition, travel, hiking, fiber arts, singing, and puppetry.

ANNOUNCEMENTS

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From AWSNA

Inform Newsletter: The Association of Waldorf Schools of North America (AWSNA) is a nonprofit membership organization of independent Waldorf Schools and Institutes in Canada, the United States, and Mexico. To read their March 2015 newsletter, please visit [AWSNA Community Newsletter, March 2015](#).

Webinar—The Human Encounter: Parent-Teacher Relationships in a Waldorf School Community: Join us for a webinar on April 21, 2015 at 2:00 PM EDT. A school is a community, and like all communities its health depends upon the quality of its relationships. Join us as Torin M. Finser, PhD, speaks to the parent-teacher relationship in all its dimensions offering both practical advice and deeper, spiritual insights. This webinar is co-sponsored by AWSNA and the Anthroposophical Society in America. [Register here](#).

Sahale Summer Camp: Tenth Anniversary

June 22–28, 2015

With a focus on practicing skills of friendship such as inclusion, collaboration and fun, this overnight camp is specifically designed to meet the needs of youth aged 9–12. Explore 65 acres on the Tahuya River where camp life includes games, drama, archery, art, music, nature exploration, and group work-together time. Your child will benefit from a multigenerational staff and community who demonstrate and teach how to build relationships and self-esteem. Our staff includes Waldorf-trained educators and student counselors, elders as mentors, family life educators, and professional musicians and artists who all volunteer to create a week of living in a magical village camp setting. For more information [contact Irene Perler](#), Waldorf alumni parent, subject teacher, and camp director. Flyers are available in the office. [Register here](#).





Meditative Moms

Come and join us in ten minutes of quiet and peace with some meditation before you start your day!

This group is for people who want to be more connected with themselves and to create positive change within that radiates throughout life.

Where: Foothill/Woodland Commons Clubhouse

805 137th Ave NE, Bellevue, 98005

When: Friday mornings after drop off

Questions? Trina Casey, 845.417.6579

We will also be introducing some yoga and seminars on well-being. We hope you can join us!

—Trina Casey, Buttercup Preschool Parent

Needle Felting Workshop

Briana Bennitt is offering a needle felting workshop free of charge for TCWS Parents on **March 26, 8:00 AM to 10:00 AM** at her Simplicity Learning office (12443 Bel-Red Rd, Suite 360, in Bellevue). This is a great opportunity to try out needle felting, which is wonderfully creative and fun, perfect for dimensional toys. Kids are welcome to come and can play there. Join us if you can!

Please RSVP to [Karen Wegehenkel](#) so we can get a head count before the event.

—Karen Wegehenkel, Crafts & Tea Mom

[Crafts & Tea Website](#)

[Facebook Group](#)

Tracking the Ancient Mysteries

Date: Sunday, March 29, 2015

Location: Mirabella at Fairview Ave. N. 116 Fairview Ave. N. Seattle, 98109

Had you ever heard about the Ancient Mystery Centers by the time you graduated from high school? Why did so many Roman historians cite the important role these centers played in the development of world culture, mythology, and religion? We will explore their history and track their sponsorship of Early Christianity and their influence on so-called heretical theologies, how they

went underground by the sixth century, and their continued brief flowerings through the Renaissance and on to the founding of America. What happened at these mystery centers? What knowledge flowed into civilization? How did Christianity relate to their wisdom?

Schedule:

1:00 – 2:20 PM: Vanishing of the Mysteries: Plato, Aristotle, and Alexander to Justinian and Haroun al Raschid

2:20 – 2:40 PM: Break with coffee/tea

2:40 – 4:00 PM: Other Streams of Christianity: Heretical Theology, Cathars, Rosicrucianism, and Manichaeism

4:00 – 4:20 PM: Break with coffee/tea

5:40 PM: Flowering of the Ancient and Early Christian Mysteries in Renaissance Art (A study of Leonardo's Virgin of the Rocks and other students of Leonardo)



Guest Speaker: Andrew Linnell, a 40-year veteran of the field of computers and related technologies, has been the president of the Boston Branch of the Anthroposophical Society, a member of the Anthroposophical Society since 1979, and member of the School for Spiritual Science. He has written for New View, Being Human, and other publications. This past summer, he gave 16

lectures on "Tracking the Ancient Mysteries from Egypt to the Founding of America" as a faculty member for the Village University of Concord. He has spoken to branches and libraries throughout the USA and abroad. His lectures have covered various topics from Quantum Physics to Nanotechnology to Color to Knights Templars to Christian Mysticism. Andrew has an MSE degree from the Univ. of Michigan, Ann Arbor, Michigan.

Sponsored by: Center For Anthroposophical Endeavors and The Rudolf Steiner Books Store & Children's Shop, 9727 Lake City Way NE, Seattle, WA 98115. 206-985-2059.

Steinerbooks@outlook.com

Donation for each lecture: \$20 (\$60) advance Visa/MC; registration for entire seminar by March 25 is \$55.

Organic Meat from Farmer Vince

Black Angus Beef, pasture raised, supplemented with organic non-GMO fodder, corn and barley. Pricing is \$2300/half or \$4700/whole. Price is for hanging weight (est. hanging weight 1250–1350#, est. yield approximately 700# meat). Price inclusive cut, wrapped, and delivered. Also available by the pound is ground beef at \$8/lb



(USDA certified).

Large Black/Berkshire Cross Pork, pasture raised, supplemented with organic non-GMO fodder, corn, and barley. Pricing is \$5/lb hanging weight. Currently, pig hanging weights range between 220–280 lbs. At your option, additional cost for cure/smoke (bacon, ham, hock) is \$0.70/lb. Once your pig is ready I will deliver to your freezer. If you want half of a hog let me know and I will put you on a list to pair up with the next person interested in half.

Columbian/Suffolk Cross Spring Lamb, pasture raised, supplemented with organic non-GMO fodder, corn, and barley. Pricing is \$10/lb hanging weight (average weight is 50#). Price inclusive; cut, wrapped, and delivered.

Eat well!

Farmer Vince

425-482-9030

www.facebook.com/agricolor | vincecarlson@centurylink.net

Should Schools Still Teach Cursive?

June 28, 2013, Holly Korbey, MindShift

In our January 2015 newsletter, we ran an article and [link to studies on handwriting versus typing](#)—exploring the role of body memory in letter recognition. The following article continues to explore the connections between handwriting, brain development, and thought processes—and whether and where instruction in cursive writing fits into today's school curriculum.

[Link to full article](#)

Our newsletter is published once per month when school is in session.
Submission deadline for our next newsletter is **Monday, April 20, 2015**.

