



## Newsletter

*September 24, 2012*

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**Dear Robyn,**

Please enjoy the current issue of our newsletter. To view a larger version of any image, please click the article's title to open it. Then click on the image to view it full size.

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We will be moving to a new publication schedule for our Newsletter. It will continue to be published biweekly, with some breaks for longer holidays. However, it will now arrive in your inbox early Monday morning. The Calendar Update will be published on alternating Mondays mornings.

## All-School News

### New Year, New Developments

#### **We Want to Grow Our School, and We Need Your Help!**

Please give your school one hour of your time and respond to the few requests we make in our 'Three Ways You Can Help' white folder handed out at Back to School nights. More folders are available in the front office: take a few, invite your friends over for coffee after drop-off or over the weekend, and take the few simple steps we request to build a strong and vibrant school for all of us!

#### **Three Ways You Can Help**

##### **Donate**

- To our [Annual Fund](#) - Our goal for this year is \$50,000. The sooner you send your contribution, the sooner we will meet our goal. If 100 of us contribute \$3 per school day, we'll have reached our goal – let us all invest our morning lattes in TCWS!
- Use our [SCRIP program](#) – I shop, you shop, s/he shops, we shop: we might as well feel really good about it and make our necessities and indulgences work twice as much: use our scrip program to shop your usual stores and raise money for our school. Take these very

simple steps to set it up for your family and turn your everyday purchases into dollars for our school. Our Scrip program goal for the year is \$2,000. Any funds raised beyond that goal – and if we all sign up, that could be a LOT more – will go to the Parent Association Community Fund.

- Your time and your expertise – VOLUNTEER – see our [Volunteer Openings](#) for our most urgent needs.

## Grow Our School

- Understand where we come from and where we are going: read our [Progress Report](#).
- Let us know who in your circle of friends and relatives you would like us to invite to our Benefit Evening, festivals, and other events – fill out the [Friends and Relatives Information Form](#) and return to reception.
- Let us know of three families you think would be happy to know that we exist, for their children or their friends' children – fill out the [Three Families Who Should Learn About Our School](#) and return to reception. We will invite them to events and ask them if they would like to receive our newsletter to they can discover our wonderful community.
- Invite your friends to our [Adult Education](#) events – Keep a card on your fridge for reference, choose the events you like and enter them in your calendars, and give away our brochure at work, in your favorite coffee shop, or doctor's office. More brochures are available at reception: take a dozen to drop around town!
- Talk to your friends about Three Cedars Waldorf School – Use the '[Bring a Friend](#)' brochure to learn short ways to share unique characteristics of our school and invite friends to specific events that best address their area of interest.

## Tell Us What You Think

We want to build a strong school and a vibrant community - we need to know what you think: How are we doing? How are your children doing? What do you need to know? What do you need us to know?

In the coming weeks, Tom Doggett – parent of Bailey in Grade Seven and Lucy in Grade Four – will launch this initiative, new for our school, with six to eight teams of Board members, staff, and parents hosting conversations with each of the families who wish to tell us what they think. These teams of dedicated parent volunteers and school staff will listen attentively to what you have to tell us about your experience of our school: what you like, what you would like to see improved, what you would like our school to become, and how you would like to help us get there. These conversations will culminate in a community-wide conversation at our March 23 World Café in Trillium Hall.

Watch the next issues of the newsletter for how to sign-up for a conversation!

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## Parent Association

The first meeting of our Parent Association happened this past Thursday evening in the foyer. Most of the Class Coordinators and a few other parents attended, eager to know more about the Parent Association and their role in it.

The purpose of the Parent Association is stated in the Vision and Core Values, which can be summarized in a very simple statement: The Parent Association is a place of initiative.

This year alone, we see the fruits of the initiatives taken by parents: our Adult Education program is offered to us by Bernd Zabel, parent of Beatrice in Morning Star Kindergarten (and Grade Two class teacher), who worked throughout the spring and summer to birth a wonderfully collaborative program with our sister schools in the Puget Sound. Please click [here](#) to view the Waldorf Schools Adult Education Brochure.

Two new initiatives were born in our first meeting, both of them quite promising for our parents: Community Dances and Movie Nights. You will hear about dances in a few weeks. The parents who wish to offer us all a good and healthy social time will unveil their project at our next Parent Association meeting on Thursday, November 15th, if not before.

### **Movie Nights**

Four Friday evenings this year, come see a movie you won't see anywhere else. We chose movies that are related to our Waldorf school, from a 2012 documentary about Rudolf Steiner and his legacy to the newly released 'Cover Girl Culture' directed by an Elite model who shows it like it is: how our children – particularly our daughters – are targeted by the beauty industry and the harm it can do. We'll watch the movies together, eat popcorn and candy, and linger to share our impressions and our inspiration. \$5 suggested donation at the door, to fund future activities of the Parent Association Community Fund.

**Friday October 26, 6:30 pm – Movie starts at 7:00 pm.**

[The Challenge of Rudolf Steiner](#)

**Friday December 14, 6:30 pm – Movie starts at 7:00 pm**

[One Man One Cow](#)

**Friday March 8, 6:30 pm – Movie starts at 7:00 pm**

[Cover Girl Culture](#)

**Friday April 26, 6:30 pm – Movie starts at 7:00 pm**

[Queen of the Sun](#)

### **Parent Association Community Fund – What is it?**

The Community Fund is a pool of money managed by the Parent Association. Part of the school budget, the Community Fund is generated by the activities of the PA, who as a group chooses how to allocate these funds, either to meet a financial need of the school or to fund a PA initiative. The initial funding for the Parent Association - \$1,000 - is provided by the school as seed money,

refunded by the association once activities are generating income.

### Initiatives to grow the Community Fund

- Moneys raised through donations to PA activities (movie nights, entrance to the dance)
- SCRIP PROGRAM – Money raised through our SCRIP program in excess of \$2,000 will be allocated to the community fund.
- School Calendars – all proceeds go to the Community Fund

### **TCWS 2013 Calendar**

Before you head out to the store – even the ones you access through our SCRIP program! – to buy a 2013 calendar, STOP by the school office and buy one of ours. Featuring students' art in a beautiful and colorful format, our calendars are the PERFECT end of year gift to grand-parents, friends and family.



\$20, cash or check. Buy one soon: they will be gone fast!

### **Parent Association Vision & Core Values**

**Vision** - TCWS Parent Association embraces the vision of an engaged and valued parent body in service of the school's mission. The mission of TCWS Parent Association is to design, hold, and facilitate the effective participation of parents in the unfolding of the school's mission.

**Core Values** - The Parent Association is committed to generating, welcoming, and honoring parents' participation in the life of the school, and to working in synergy with the underlying principles of Waldorf Education as expressed in the school's Strategic Plan.

## **Michaelmas Festival 2012**



**Michaelmas Invitation for Friday, September 28, 2012**

***Students Wear Gold, Orange, or Red***

**Morning Glory and Morning Star Kindergartens** invite the Early Childhood families to arrive at 11:30 a.m. to their play yard for circle, lunch, and viewing the Elementary Michaelmas Pageant.

**Grades 1 – 8** invite the Elementary families to arrive at 12:40 p.m. to the plaza for the presentation of their Michaelmas Pageant, ending at 1:00 p.m.

The country festival of Michaelmas comes as the days grow shorter and the leaves turn red and gold with the harvest being gathered for the winter months ahead. After the equinox, autumn begins a dormant time when we look within to a time of inner awakening; a time to strengthen our resolve to conquer the fear that comes from challenges we face. This harvest time binds human beings together through courage, truth, strength, and love.

Michaelmas is named after the archangel Michael, patron saint of the sea and maritime lands, of ships, boatmen, and of horses and horsemen. The flashing meteor showers are said to be the sword Michael wields for us; each falling star is made of iron, the iron we need to strengthen the resolution of the heart. 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!

During the morning, Elementary students will experience ‘challenge stations’ of climbing ropes and bars, jousting on a balance beam, knocking the can and pitching horseshoes, plus a skipping rope challenge, a balancing challenge, and an All the World Ball Game. In the afternoon, the students will walk to the park for a courageous all-grades Michaelmas game. All activities are designed to present the students with a challenge and an opportunity to celebrate victory.

## **Benefit Evening – Where are we at?**

**Yes! We will have a Benefit Evening this year again! ...**

Our yearly Benefit Evening – auction – is beloved and awaited for by many of us. We can’t wait to begin working on our handmade items, cakes, and costumes, and we love to invite our friends for a fun evening and to support our school. So yes, we will have an auction this year again to channel all of this excitement!

**...and no, we do not have the date yet.**

Initially we scheduled the Benefit Evening for early November. Now we realize that we simply cannot create an event in that short timeframe: a few changes happened that call us to adjust our thinking – and our doing!

The Auction has been in past years carried by a small team of parent volunteers who created and managed the event from start to finish, with the support of a larger team of volunteers for specific tasks. They were dedicated, efficient, very successful...and now they are just too busy to do it once again in that same way.

It is time for the school to think about the best ways to involve more parents in the Benefit Evening team. To that end, our key volunteers of auctions past are putting their heads together to make explicit what was implicit - the myriad tasks, large and small, which when well executed make a great event. Already we have renewed our [Procurement letter and form](#), and our [Procurement Guidelines](#), now on our website.

In the next issue of the newsletter, we will publish the date of the event – likely in late January or early February – and the list and description of tasks, how much time each takes, and a link for you to sign up as a volunteer for any number of these. It will be much simpler for you to know what you are signing up for. We are confident that you will step up to the challenge and help us create a successful and fun event. (We have to be confident in this, since if you don't join our team the event might not happen at all....)

In the meantime, you can begin to think about ways you would like to contribute – volunteering, procuring and making items for the auction, refining your very best sweet for the Desert Dash, and putting together your costume. Yes, we do have a theme: it is funny, light, close to home in a second degree kind of way, and best kept secret from your children: '**Fairies and Gnomes**' is the color of this year's event. To our rainbow silks we go!

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## Information on Pertussis (Whooping Cough)

The Washington State Department of Health has asked that information about Pertussis be made available to families of school age children. Please follow this [link](#) for additional details regarding current statistics and vaccine recommendations in Washington State.

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## Simplicity Parenting Information Night - Fall 2012



**Wednesday, September 26th at 7:00 p.m. in Trillium Hall**

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

Following the introductory evening, 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.

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## Taekgyeon Classes Return to TCWS!



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.

### FREE Intro Session:

Wednesday, October 3rd at  
3:30 – 4:30 p.m. in Trillium Hall  
Grades 6-8 students and Adults  
RSVP 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

## Grades News

### Archery in the Upper Grades



Warmed by this Northwest Indian summer, the upper grades began their archery block. Premier Northwest bowyer, Jay St Charles, archer Fred Sevier and Tom Doggett, bow hunter and Three Cedar parent, were present to teach technique and safety.





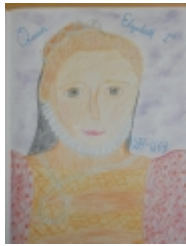
Using bows made by Mr. St Charles students took turns target shooting. Under the command of Games/Movement teacher, Ms. Smith and with the guidance of the mentoring archers, students learned how to stand, find their anchor point and to use their breath to release the arrows.

Initial frustrations gave way to delight and satisfaction when the student's arrows found their mark.

6th grade is when archery is introduced and the students visit Jay St Charles to make their own bow made from bamboo and Epi wood. In the spring they use their bows and their archery skills to compete in the archery events at the medieval games. By 8th grade, these young archers will be ready to shoot flying targets and play rounds of archery golf.

*Cris Smith, Games & Movement Teacher*

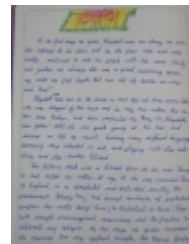
## Shakespeare and the Modern Age



This block provides a special entrance into the modern age. Although Shakespeare and his times were accounted the pinnacle of the English Renaissance, Ben Jonson acutely noted of the great bard, "He was not of an age, but for all ages."

We began with a background to the Elizabethan age, with Henry the VIII's impact on England's culture. His younger daughter, Elizabeth, inheriting his talents and willpower and her mother's intellect and looks, brought wisdom and a deep love of the arts, particularly theater. Shakespeare's company was honored with several royal performances for her and later, King James 1st.

As gateway to our modern world (beyond preparing for our own production of The Tempest), Shakespeare's importance lies in his astonishing ear for our language. His invention of more than 1,500 words and phrases, his legacy of over thirty-six plays, and his 154 sonnets, have served to propel our consciousness forward in breadth of imagination and an authority of language that continues to nurture our modern age.



In the second part of our block we will be studying Shakespeare's histories, comedies, tragedies, and The Tempest, thought to be his farewell to theater. On his plays-more to come!

*Michael Preston, 8th Grade Teacher*



## Grade 6 - Autumn Mineralogy Trip



This past week the 6th grade journeyed to Mount St. Helens as a part of their studies in Mineralogy. On the south side of the mountain they ventured through the Ape Caves - the longest lava tube caves in North and South America. These caves were formed about 1900 years ago when the surface of the lava flow cooled and hardened, but the molten lava beneath the surface continued to flow. While sitting inside the cave and turning off all their headlamps, the students agreed that it was the 'darkest' place they had ever experienced.

The following day they participated in a presentation at the Johnson Ridge Observatory on the north side of the mountain, viewing the crater formed by the explosive 1980 eruption.



*Annette Campana, 6th Grade Teacher*

## 5th Grade Participation in the Michaelmas Pageant



The 5th grade will be dressed as Indian Villagers and contribute a brief "Bhangra" dance to the Michaelmas pageant. Bhangra is a harvest dance from the Punjab, athletically performed by men and accompanied by a loud Dhol drum. It looks like an Indian version of aerobics and is surprisingly strenuous. Please come and watch the pageant at 12:40pm on Michaelmas

Day, the 28th.

*Kim Holscher, 5th Grade Teacher*

## Volunteering at TCWS

### Volunteer Opening: Web Master

Many of you volunteer in a number of positions, all vital for our school: Board Members, Class Coordinators, Parent Drivers, and many more...

This week we feature our most needed Volunteer position – which when filled will make other parent volunteers very happy (those who are now carrying more than their fair share!)

Volunteer Position Open: Web Master. Pavel Dolezel, father of Lucie in Morning Star Kindergarten, designed our beautiful new website last year, and is kindly updating it as we need. There are however many, many tasks related to maintaining our website in good order and to further enhance it. We need help with populating and maintaining the photo gallery as well as with improving the search engine rankings through submitting the school information to various web directories, etc. If this sounds daunting, then know that Pavel will walk you through the nuances of these tasks. Please help us and Pavel by volunteering for this position. For specific details about the needed tasks, please contact Pavel at [webmaster@threecedarswaldorf.org](mailto:webmaster@threecedarswaldorf.org), or Seraphina at [sorzel@threecedarswaldorf.org](mailto:sorzel@threecedarswaldorf.org).

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## Featured Volunteer: Julie Elithorp



Julie is the mother of Gwyneth (1st grade). This will be her family's third year at Three Cedars and in that time she has enjoyed volunteering as a way to get to know and support this vibrant community. She began by sewing prizes for the Spring Craft Faire and then helping organize and set up the crafting activities at the faire. Julie has helped with the last two TCWS

Annual Benefits by entering donation information, making phone calls, and organizing and packing the auction items. Now she keeps busy making sure the TCWS website calendar is up to date.

At home, Julie is often thinking of what to plant next in the garden, taking walks with her daughter or testing out new recipes (mostly vegan) on her family.

Her family has been nurtured artistically, socially, and in the gift of just playing by joining the Three Cedars community. She is looking forward to seeing her daughter continue to learn and grow in such a healthy academic environment.

## Community Announcements

## *Community Events*

### 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*

### SWS Adult Eurythmy Course - Autumn

#### **VIVA EURYTHMY**

Move with us into autumn with the enlivening art of Eurythmy, including verse and music.

**A class for adults begins on September 24th, 7:30 to 8:30 in Huckleberry Hall**, guided by SWS- teachers, Bonnie Freundlich and Andrea Preiss.

There will be 6 weekly sessions except October 15th.

All are welcome, no experience is required.

The class fee is \$60.00.

Please sign up on the registration forms at the front desk of Seattle Waldorf School and make checks payable to SWS.

Please bring Eurythmy slippers or Gymnastic shoes and arrive at 7:15 to allow transition time. (If you don't have Eurythmy slippers- no problem, we will find some for you.)

Please call us with any questions.

Bonnie Freundlich: (360) 381 0329

Andrea Preiss: (206) 383 7705

### Puppet Show: Hansel and Gretel

Sept. 30, 2012

11:00 am & 1:00 pm

Presented by:

Willow Branch Puppet Theater Group

With 6 silk and wool marionettes & 4 felted wool animals

Held at:

Seattle Waldorf School's Huckleberry Hall

2728 NE 100 Seattle, 98125

Visa/MC Advance Reservations: \$7 child/senior \$8 general

Call: 206-985-2059

At the Door: \$8 child/senior \$9 general

## Seattle Biodynamic Study Group Resumes Meeting

Come for thought-provoking discussions and activities for all, whether new to BD or an advanced practitioner. Last year we worked with Richard Thornton Smith's Cosmos, Earth, and Nutrition, visited Jubilee Farm, and enjoyed the Engler's garden.

This year we will begin work with Extraordinary Plant Qualities for Biodynamics, by Bockemühl & Järvinen (2006, Floris Books). This book presents the biodynamic preparation plants and "shows how their nature and habits relate to the positive characteristics they can bring to biodynamics." This book will also be a means to explore the phenomenological, "Goethean science" affiliated with biodynamics, which can foster our connection with nature and which complements both modern science and ancient traditional practices.

This will be of general interest, not only for biodynamic gardeners and farmers.

The Seattle BD study group will meet next on October 1st at 7:00 pm at Scott & Pam Engler's home, 7022 21st Avenue NE, Seattle. We meet monthly on every first and third Monday evenings.

For more information contact Rita Howard at [howard.rita@gmail.com](mailto:howard.rita@gmail.com) or 206-877-3545.

## Kelsey Creek Farm Fair



[Kelsey Creek Farm Park](#)



410 130th Pl SE, Bellevue 98005

Oct 13 2012 - Oct 13 2012

11:00 AM - 4:00 PM on Sat

### Event Description

Bellevue's annual celebration of autumn. Bring your family to the farm and enjoy a variety of old-time activities, pony rides, and food. Attractions include:

- Live entertainment by Cowboy Buck
- Heritage demonstrations by Eastside Heritage Center
- Tractor-pulled hayrides by NW Vintage Tractor Club
- 4-H and Kelsey Creek Farm animals
- Pumpkin decorating
- Inflatables and Fun Rents Kids Corral
- Pony rides

**Cost:** Free admission. Other costs vary depending upon activity. There will be a charge for kids' activities, pony rides and food. Sorry, no ATM on site, and no charge cards are accepted.

**Food:** Hot dogs, snack food, kettle corn. Fresh honey from Honey Bee Booth.

**Parking:** Free parking and shuttle to the event from:

- Bannerwood Sports Park, 1630 132nd Ave SE, Bellevue WA. (From I-405, take SE 8th Street exit east. Turn right on Lake Hills Connector. At the "Y" intersection, keep right, turning onto Richards Road. Turn left at park sign.)
- Wilburton Park & Ride, 720 114th Ave SE, Bellevue WA.
- Shuttle service begins at 10:45am and runs throughout the day, approximately every 30 minutes, but wait times can be longer. The last shuttle leaves Kelsey Creek Farm Park at 4:30pm.

## 6th Annual Sammamish Arts Fair

**Saturday October 13th and Sunday October 14th 10:00am – 5:00pm**

[Sammamish City Hall, 801 228th Ave. SE, Sammamish, WA 98075.](#)

The Sammamish Arts Fair is an annual Arts Fair, which is now in its sixth year. It has grown in reputation to be one of the most anticipated arts events on the Eastside, and it will feature some of the best jury selected local artists in our area.

Come and visit with the artists, see their work and learn about their creative process. Inside the City Hall building, the highest quality and variety of fine art will be available for purchase, and will include original works of art such as paintings, jewelry, mixed media, encaustic art, glass

arts, ceramics, woodcarving, photography and textile art.

In the adjacent Sammamish Library and the outside Plaza area, there will be an exciting program of arts encounters, which will include performance artists, hands on family arts activities and projects during the fair weekend. Admission and parking are both free.

The Arts Fair is a community-wide cultural art experience, which is produced in partnership with the participating artists and the Sammamish Arts Commission.

See our event website at <http://sammamishartsfair.wordpress.com/>

Sammamish Arts Fair email: [sammamishartfair@gmail.com](mailto:sammamishartfair@gmail.com)

### *Classifieds*

## Home Keeping & Personal Assistant Services

Including house cleaning, interior decorating & a la carte errand services

Weekly, bi-weekly, monthly, one time sessions available

Contact Marie Gizard

206.734.7912

[mariegizard@gmail.com](mailto:mariegizard@gmail.com)

The newsletter is published every two weeks during the school year.  
The deadline for submissions for the next newsletter is Sunday, September 30.

Please email submissions to [newsletter@threecedarswaldorf.org](mailto:newsletter@threecedarswaldorf.org).

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

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