



Newsletter

08/03/2013

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Dear Robyn,

Please enjoy the current issue of our newsletter.

All-School News

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TCWS Board of Trustees Announcement

The TCWS board of trustees is pleased to announce that Tom Wolgast, previously serving as vice president, has been elected president and Chief Governing Officer of the board. The board welcomes Tom in this new capacity. We also join with the entire TCWS community in thanking Lisa Conaghan for all that she has brought to both the board and TCWS during her time as president and CGO. Thank you Lisa!

Kelly Anderson and John Tinker remain board treasurer and secretary respectively.

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Tributes to the Teachers

This year has been a year of transition for Three Cedars and of the many changes, perhaps the most significant and noticeable will be the departure of several beloved teachers. Terri Fristad, Eleanor Seidman, Jenny Foster, Lolly Rogers and Juan Carlos Gandara will all be embarking on new journeys come the end of the school year. We wish to honor them now for their many contributions to the school.

Terri Fristad has been working with Three Cedars as a Developmental Support Teacher since the spring of 2003. Each year she helps teachers of kindergarten through 8th grade students assess the developmental needs of the students and provides individual and group therapeutic work for children who need it. Her colleagues have deeply appreciated her insight into child development and her objective observations of the students. Terri helped to bring the Social Inclusion Program to Three Cedars and has continued to play a major part in supporting the social health of the students through her work on the Social Health Group and later the Care Group. She has brought a great deal of depth to faculty studies, retreats and in-service days. Terri has been a great help to parents by teaching therapeutic moves that parents could later do at home with their children. We wish Terri well as she moves to be closer to her grandchildren this year.

Eleanor Seidman joined Three Cedars School as a 2nd grade class teacher in December of 2003. She carried that class up to 5th grade and in 2007 looped back to take the new 1st grade which she formed and carried to complete their 5th year this year. During Eleanor's almost nine years at Three Cedars she played several major roles in the school's development - helping develop an Executive Council, Pedagogical Carrying Group, Professional Development Group, and collaborating in the writing of many TCWS Handbook documents including some which enabled our school to move into membership status and acquire the Waldorf name. She took a leadership role in bringing the Social Inclusion Program to Three Cedars and played a major part in forming and developing the Social Inclusion Group in Three Cedars, later called the Social Health Group. For a number of years, Eleanor also worked in the Care Group, attending many after-school meetings. Eleanor's consistency, professionalism, dedication, and fine insight into children has played a huge part in bringing a high quality of teaching and aesthetic depth to Three Cedars Waldorf School. Her students, colleagues and class parents will miss her care and wisdom and wish her greatly deserved success, recognition, and happiness in her new Waldorf School and tasks in Boca Raton, Florida.

Jenny Foster first worked at Three Cedars as a Kindergarten Teacher in the 1997-1999 school years and returned in 2007 as a Eurythmy Teacher. Her mastery of eurythmy is easily apparent through her speech and her movement, and her talents and abilities are far-reaching. Each day she meets her students with grace and integrity, and her love for each child shows as she greets them with joy. She also holds them to high expectations. This is apparent in her students through their love and respect for Eurythmy. In her last 5 years here she has been a tireless promoter of the Social Inclusion Program. Jenny always keeps a pulse on what is happening for the students in the social realm. She hears students' concerns, and takes what she has heard back to the faculty to find solutions through conversations with individual teachers, child study with the faculty and through her leadership work on both the Social Health Group and the Care Group. In addition to these groups, Jenny served on the Pedagogical Carrying Group for several years. Over the years she has been the director of the Michaelmas pageants, the faculty Shepherd's play and Maypole dances and has served as emcee during many Sharing Assemblies. Each year she has brought a beautiful fairy tale performance to Three Cedars and other local Waldorf schools with her eurythmy performance troupe, which we hope will continue in the years to come. Jenny will be missed by students, parents, and teachers alike. We wish her all the best with her new life on Whidbey Island with her fiancé and two step-sons.

Lolly Rogers joined Three Cedars in September 2008 as the 5th grade teacher. She has lovingly and artistically carried that class since and will continue to hold them through their 8th grade graduation in just two weeks. Lolly brought a refreshing vivacity, sense of humor, and warmth of heart to her colleagues and students alike and carried a bright torch of moral acuity and the courage to speak her heart in many a discussion. She willingly gave of her time to help colleagues, including teaching Morris Dances to all the upper grades' classes this year. She was also a regular member of PCG until this year. She will be very much missed by Three Cedars colleagues, parents, and students who will wish her well in taking up an exciting opportunity to teach several children of US family pioneering a Waldorf initiative on the island of Dominica in the Caribbean.

Juan Carlos Gandara came to TCWS in 2009. Since then he has been bringing creative inspirations and authentic cultural enrichments to the Kindergartens through Grade 8 classes as Spanish Teacher. Along with teaching Spanish Juan Carlos served in many capacities at the school. He was an assistant in the Grade One classroom this year and his work was instrumental in helping to form this lively group. Juan Carlos also served the community by volunteering for numerous leadership roles. He chaired the Specialty Teachers meetings, worked as a member of the Pedagogical Carrying Group and served on the Care of Personnel Group for the past year. His colleagues are very grateful for his willingness to serve in volunteer roles and know that this quality of service to the group will serve him well in his future endeavors. His plans for the future include attending University of Washington in the Fall to receive a Master's Degree in Special Education. He will be very much missed by the Three Cedars community.

Terri, Eleanor, Jenny, Lolly and Juan Carlos - We wish all of you well in your new adventures. We sincerely hope to see you at Three Cedars in the future, whether it be as a visitor or in a teaching capacity. You will always be a part of the Three Cedars community!

Michael Preston, MaryAnne Hinton, Stacy Evans-Agnew, Laura Mason and Geri Snyder on behalf of the Three Cedars Faculty

Fare Thee Well from Mrs. Fristad

It was announced to you in the last newsletter that I have elected to not return next year to serve at Three Cedars. I want to extend to you all my deep appreciation for your welcoming hearts and smiles over the years, and the love with which you care for your children. This school has a faculty that is outstanding in devotion to an "education towards freedom", and you have given your children a great gift. I am happy to have met and worked with a number of you. There is sadness in leaving, mixed with other emotions. I am departing because, after 40 years of working with students, my body needs a little rest. My need for a little break does not diminish my joy in this work, nor my affection for you. I do have other affections vying for my attention, too: four-year old twin grandchildren, who live a great distance away, and we need more regular time together. In the future I hope to work and live closer to them. While I dream of that, please know

that I hold the best for all of you in my heart as I move forward. I will send a postcard now and again from the "places I go and people I see". I look forward to following news from the school as well.

With warmth always.
Terri Fristad

Recapitulative Movements with Terri Fristad



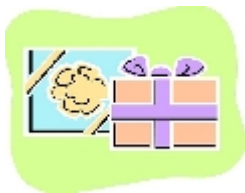
Developmental Support Educator, Terri Fristad, is offering a two-morning workshop for parents of children from early childhood (toddlers) through Grade 2 on the mornings of June 11 and 12, 9:00-10:30 in Trillium Hall. The workshop is during school hours.

The Recapitulative Movements are joyful ways of playing with your child(ren) to help revisit early stages of development and give opportunities for integration, where that has not yet been completed. Due to our current lifestyles, children often benefit from time allowed for further development of these moves. Attendance both days is encouraged, as different moves will be shown each day, and we'll discuss what kind of help each gives. If you cannot attend both, please note in your registration.

Registration required by email to [Terri Fristad](#).

Please see [flyer](#) for more information.

End of Year Gifts



Many families may wish to express thanks and appreciation for our beloved teachers as the end of the school year draws near. Cards for each class and specialty teacher will be available in the Front Office for you to sign beginning **Monday, June 4th**. There will also be 'green' shopping bags set outside of each classroom door on Monday, where you may place cards made by your child and tangible items for your class teacher. In addition, if you'd like to make a monetary donation toward gifts for the teachers, please place your cash contribution in the envelope provided in the Front Office no later than **Friday, June 8th**. A parent volunteer will re-distribute the funds when the total donation pool is known and will then purchase gift cards for each teacher. Class Coordinators or other parent volunteer will present each teacher with their gifts and cards on the last day of school.

Happy Summer!

Grade 8 Commencement Ceremony - Saturday, June 16



Please note that space is extremely limited for the Grade 8 Commencement Ceremony on Saturday, June 16th and we will only be able to accommodate a small number of attendees who are not guests of the graduating students. In order to honor the families of the graduates, and as many of their family and friends are elderly or traveling from great distances to attend, we ask that seating in the hall (in the blue chairs) be reserved for the graduates' families and their guests. If you would like to attend the ceremony, please be sure to call the office to inquire if room is still available, and that this event will likely be 'standing room only.' Thank you in advance for your consideration of our limited space in Trillium Hall!

Oh No, I'm Late! (Road Construction in Bellevue)

As summer approaches and the weather improves, many cities undertake road construction projects. Bellevue is no exception! The city posts upcoming projects, including exact locations and times, on their [website](#). Parents may wish to check for information on potential projects that may impact their commute time to and from Three Cedars.

SmugMug

Volunteer photographers have been adding photos to the school's SmugMug site throughout the year. TCWS parents may access these photos by logging into our [website](#) and then following the link provided in "Resources > [Secure Resources](#)." The site is organized by year. Click on 2011-2012 to see photos from the recent Sharing Assembly, May Faire, the Spring Parade, and more!

End of Year Class Group Photos

Christiana Childers, TCWS parent (Grade 7) and a professional photographer, generously volunteered to take the end of year class group photos this past week. Classes gathered on the plaza for two poses - one formal and the other silly. These photos may be viewed on the school's SmugMug site. Please see the article above for access information to SmugMug. Thank you, Christiana, for these wonderful class photos!

Lost and Found

Parents are reminded to please check the Lost & Found at school for clothing, outerwear, or any other items that may have been misplaced during the year. All items that remain on the last day of school, Friday, June 15, will be displayed on the picnic tables next to the parking lot for your convenience. After that, items will be taken to Good Will.

Grades News

Grade 6 Mineralogy Field Trip



Recently the Grade 6 students went on a mineralogy field trip under the guidance of block teacher, Johannes Steegmans, and led by TCWS grandparent, Gary Nason. The class spent one day exploring a creek bed near Arlington, WA where they were taught by Mr. Nason to identify jade. Each student collected several stones, some large and some small.

Enthusiasm was so great among the students that a follow-up field trip was scheduled a couple of days later to visit Mr. Nason's home to observe the process of cutting and polishing jade.

Volunteering at TCWS

Computer Savvy Volunteer Needed

The Front Office is seeking a computer savvy parent volunteer, with a good eye for photo and design who is comfortable navigating online photo storage programs. The task includes sifting through the school's collections of photos, which are stored onsite on our server, and uploading selections to Picasa. Interested parents may contact Seraphina at sorzel@threecedars.org for additional information.

Community Announcements

AWSNA Newsletter INFORM

Read about: [the media blitz following a Washington Post article comparing the Washington](#)

Waldorf School with a more technologically-inclined counterpart, ATHENA (Association for Therapeutic Eurythmy in North America), and more.

Ultimate Frisbee - Thursdays at Wilburton



DISC UP!

THREE CEDARS ULTIMATE THURSDAYS AT WILBURTON PARK
2:00 TO 3:45 pm

TCWS students began playing ultimate after school in January, 2010, at Wilburton Park. A small but dedicated group of 1st to 4th grade girls and boys showed up every week and worked on their teamwork (head), running (heart), and throwing/catching (hands). In the spring of 2011, TCWS students formed a team, the Geckos, that competed in the Seattle Elementary School League. The Geckos had much fun playing and even won almost all of the team's games. In April, 2011, the Geckos attended Spring Reign, the world's largest youth ultimate tournament, and had 4 games of ultimate fun followed by much needed pizza.

In the fall of 2011, more TCWS girls and boys began to play ultimate after school and a second team was formed, the Frost Giants. In late October, 2011, the Frost Giants attended Fall Drizzle, a middle school tournament, and had 4 fun games of ultimate that included 3 victories. On March 17, 2012, both the Geckos and the Frost Giants will begin the 2012 Seattle Spring League season and compete with other schools in their respective leagues. All students are welcome to come out on Thursdays. For more information including ultimate summer camps contact David Hasbrook 425-453-6191 or check out <http://www.discnw.org/youth/home.html>

Lazure Workshop

Learn to paint beautiful rooms with the delicate art of glazing washes of colored paint on walls. Janet Lia will teach all you need to know about Lazure history, mixing the medium with the color pigments, applying layers to achieve a "breathing" of color on walls, color mixing, trouble shooting and fixing common mistakes.

This workshop is being graciously hosted by TCWS parent, Anna Shatrova, in her home in Redmond.

SATURDAY JUNE 9

10:30 a.m. - 4:00 p.m.

\$75 includes all materials.

To register email: janetlia@comcast.net or call 206-522-1937

Click [here for flyer](#).

BIODYNAMICS: Renewing Human and Natural Systems Through Agriculture



BIODYNAMICS: Renewing Human and Natural Systems Through Agriculture

Ninth Annual On-Farm Workshop, June 15-16th, 2012,
**S&S Center for Sustainable Agriculture and Homestead Farm,
Lopez Island, Washington.**

Presentations, Demonstrations & Practice in the How's & Why's of

- Humane on-farm animal slaughter and offal composting
- Making the Biodynamic Preparations
- Building soil health and fertility
- Applying Goethean Science on the farm
- Forming a healthy farm organism
- Holistic economics of the self-sufficient, small-scale farm
- Celebrating farm-produced food.

Tuition: \$175 for 2 days. Breakfast, lunch, dinner all made from farm-grown food optional (\$50/day).

For Schedule, Session Descriptions, and Registration Form, see sshomestead.org/workshops

Limited space available.

Some on-farm housing or campsites provided for a fee. Some work trade opportunities (in exchange for help with haying).

For further information, please contact: 2143 Lopez Sound Road, Lopez Island, WA 98261, sshomestead@rockisland.com, 360-468-3335.

Marionette Performance - Mother Holle

MOTHER HOLLE

Marionette Performance

When: Sunday, June 17, 2012 at 11:00 AM & 1:00 PM

Where: Seattle Waldorf School's Huckleberry Hall, 2728 N.E. 100 Seattle 98125

Presented by The Willow Branch Puppet Theater Group with 7 marionettes
(the story may be found in the Grimm's Fairy Tale Collection)

Visa/MC accepted

Advance Reservations: \$7 Child/Senior \$8 General Admission

At the Door: \$8 Child/Senior \$9 General Admission

Call: 206-985-2059

Magic Hill Summer Harp and Dulcimer Camp 2012

WHEN: July 20-22 (Friday-Sunday). Arrival and registration begins at noon on Friday, and the last session ends at 2 pm on Sunday.

WHERE: Olalla, WA – “Magic Hill”, Magical Strings’ own beautiful 5-acre home on the Puget Sound, overlooking Colvos Passage. Participants may camp in the woods near the studio, or make reservations at nearby B&B’s and motels in Olalla, Purdy, Gig Harbor or Port Orchard.

WHO CAN COME? Anyone, from bare beginners to intermediate students, with a desire to learn and explore the musical possibilities of the Celtic harp and hammered dulcimer. Harps and dulcimers will be available for rent and purchase.

WHO IS TEACHING? Philip and Pam Boulding – internationally known performers, teachers, composers, recording artists, and harp makers since 1978. Five assistants will be available for tutoring.

COST: The camp fee is \$295. **Instrument Rental:** \$35 for the weekend—can apply toward purchase of any instrument.

Come to Magical Strings' home on “Magic Hill” to learn to play the Celtic harp and hammered dulcimer, or enhance your current skills and repertoire in this beautiful setting situated amongst ancient fir trees overlooking the Puget Sound.

Students are welcome to participate in all sessions. The instruction will cover many elements of playing technique, and include timeless melodies from the Celtic tradition, as well as arranging, ornamentation, and improvisation. Each student, regardless of level or ability, may derive something of value from every session. Emphasis is placed on learning by ear, but music notation will be provided. Opportunity for practice and tutor’s attention will occur throughout the weekend. A highlight is the fire circle on Saturday night!

For more information or to register online, visit our website at www.magicalstrings.com

Ironwood Workshops - Crafts for girls & boys, 11 to 14.

'Pit Forge, Shaving Horse, & Pole Lathe'

www.ironwoodworkshops.com

Session 1

Monday, July 9 - Friday, July 13 - 9:00 am to 3:00 pm

\$360 (includes all materials)

Session 2

Monday, July 16 - Friday, July 20 -9:00 am to 3:00 pm

\$360 (includes all materials)

In these outdoor workshops limited to 10 participants, students will learn to work with three amazing tools dating back to antiquity. No previous experience is necessary. Each day students will work with the various tools, developing two or more projects over the course of the week. For more information and registration, visit www.ironwoodworkshops.com

The pit forge is composed of a pair of leather sacks connected to tubes or pipes, and a shallow pit in the ground. This primitive bellows system is used to coax hardwood to burn hot enough to bring iron to a yellow heat. We will use this to forge small objects such as coat hooks, hardware items, and rustic knives.

The shaving horse and pole lathe are used in tandem, along with a hatchet, to transform a section of tree trunk into refined spindle forms. After splitting the log to the desired size, it is chopped to a rough cylinder with the hatchet. The shaving horse, a clamping system in the form of a bench, is used to hold the wood while it is further refined with a draw knife. The wood is then put on the pole lathe, a foot-powered predecessor to the modern electric lathe, and turned with a gouge into various spindle forms such as knife handles, rolling pins, stool legs, and the like.

Ironwood Workshops, located in north Seattle, are led by Mike Kline, a trained Waldorf teacher and practicing artist. For the past fourteen years, Mr. Kline has been teaching various 'practical arts' using wood, copper, iron, and willow to students in grades 5-12 in Waldorf schools in upstate New York, Vancouver, B.C., and currently in Seattle. Mike Kline's artwork can be viewed at www.mklineart.com.

Youth Ultimate Project

Sara Mae Kline, senior at the Seattle Waldorf High School, is the co-Captain of the high school's A Team, with plans to continue playing Ultimate in college. Sara Mae recently joined the [Youth](#)

Ultimate Project, started in 2011 by a group of Northwest School students. This initiative is best described by its **mission statement**: "*Investing in the community and leadership of Cambodian youth by providing a positive outlet through the sport of Ultimate Frisbee*".

Sara Mae, along with the four other student team members and an advisor will be traveling to Cambodia for two weeks this summer, to teach two camps for youth in underprivileged areas of Phnom Penh. Sara Mae invites you to support this student initiative to bring Ultimate Frisbee to youth in Cambodia in the following ways:

- 1) **Donate used discs, jerseys, and shoes** in decent condition. A collection box is available at the front office.
- 2) **Make a donation** via PayPal at youthultimateproject.com.
- 3) **Stay tuned** - visit our website for information on an auction featuring Cambodian art and traditional crafts organized by the students. All money raised go directly to making the camps available free of charge to these youth (each of the trainers are personally responsible for their travel expenses)- your interest and support is much appreciated.

For more information, visit youthultimateproject.org

Sahale Summer Camp, July 1-7th, 2012



With a focus on practicing skills of friendship, 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, group work together time, and learning skills of outdoor living. 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, SWS alumni parent and camp director, at irene_perler@hotmail.com, and visit www.goodenough.org.

Family Seeking Living Space

Dear Families and Friends at Three Cedars Waldorf School,

I hope you are well. Kailas and I will be returning to Washington State this summer. I would like Kailas to attend Three Cedars Waldorf School for 7th and 8th grade. We are looking for a place to live that is located near the school.

This is a description of what I am seeking:

- A mother-in-law apartment
- A duplex
- An apartment
- A shared living space
- Work exchange in payment for rent
- It would be helpful if my payments did not exceed \$500-\$700/month.

We look forward to being a part of the Three Cedars Waldorf School community again. Thank you for your efforts in supporting Kailas and me in this transition.

Sincerely,
Nancy and Kailas

My best contact is my e-mail address at nkrivanka@hotmail.com.
A phone number contact is 510-223-3568.

Baldwin Acrosonic Piano

I am the original owner of a beautiful Baldwin Acrosonic piano built in 1948. It is a fine musical instrument and an elegant piece of furniture. In recent years, it has been played only occasionally and is in need of tuning to restore its wonderful sound.

When it was made, the Baldwin Acrosonic was at the top of Baldwin's line. This lovely piano and accompanying bench are in fine condition with the exception of a few minor scratches. It is classically styled with reeded legs and a graceful music stand. The keys are original, as is the gleaming finish.

I have the written appraisal which was \$1,000 in 1980.

I am asking \$800.

Please call Lillian at 425-451-8470 for more information

Downstairs Space for Rent in Wilburton Neighborhood

Wilburton neighborhood. Garden level studio apt in lower level of split level home. Private entrance. Garage with automatic door (remote provided). Bedroom, furnished with bed, dresser, desk. Private full size bathroom. Large family room, furnished with couch, large table, cabinet for TV,DVD.

Functional kitchenette, ideal for light cooking. Includes small refrigerator. Renter provides

electric appliances (microwave, etc.); lots of cabinets for dishes, pots, pans, etc.

Laundry room with washer and dryer shared with owner. Utilities payments; cable, water, electric recycle are shared. Storage space, and good closet space.

Walking distance to Bellevue Botanical Garden, Kelsey Creek Park and walking trails. Located a mile from 405/I-90, and 520. Walking distance to bus route, Uwajimaya, Whole Foods, Bartells, medical facilities.

No pets, no shares, no smokers, no drugs, no parties. Seeking individual with quiet lifestyle. Available June 1, 2012. \$900 mo. plus 1/2 utilities. One month Security and first and last month's rent upfront.

Contact 425-451-8470 for more information.

The newsletter is published every two weeks during the school year.
The deadline for submissions for the next newsletter is Friday, June 8.

Please email submissions to newsletter@threecedars.org.

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

Three Cedars Waldorf School
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425-401-9874 ~ <http://threecedarswaldorf.org>