



October 27, 2008

What's Going On...

Wednesday, October 29
Halloween Parade
Grades 1-4
9:00 a.m.

Thursday and Friday
October 30 & 31
Conferences for
Children's Garden and
Grades 1-8
School Closed
Upper School open

Tuesday, November 4
Crafts and Conversation
Yellowwood Building,
8:30-10:30 a.m.

Monday, November 3
AIMS Conference
School Closed
(work day for teachers)

Wednesday, November 5
Growing, Growing, Gone: the
Chesapeake Bay and the myth
of endless growth,
with Tom Horton
7:00 p.m.

Friday, November 7
Tot Swap deadline

Monday, November 10
Experience Second Grade
Eurythmy with Noris Friedman
Eurythmy Room, 8:30 a.m.

Friday, November 14
Elementary Lantern Walk,
6:30 p.m.



From the desk of the Administrative Chair

On Thursday and Friday of this week the Children's Garden and the lower (grades 1-5) and middle (grades 6-8) will be closed to students in order that parent teacher conferences can be held. Please note that the upper school (grades 9-10) will be in session these two days. If you have not signed up for your conference please do so as soon as possible to insure that conferences can be held at times convenient to you and the teacher. **Also note that on Monday, November 3 all schools will be closed so that faculty and staff can either attend the Association of Independent Maryland Schools (AIMS) annual conference or participate in an in service work day at the school.**

Last week, I mentioned that I was assisting Jim Mesevage, the upper and middle school mathematics teacher, as he was demonstrating surveying techniques to the 10th grade. Several people have asked why I was offering this assistance. Before I entered the world of education, I was an engineer and manufacturing manager, which included working on a number of projects that involved the accurate measurement of large steel structures, including the Fort McHenry Tunnel in Baltimore. We used surveying techniques similar to those which we were teaching the 10th grade. I became familiar with surveying through these projects and from my experience as a student at the Baltimore Polytechnic Institute.

As the weather turns colder, you should familiarize yourself with the school closing policy, which is located on page 16 of the Parent Student Handbook for the Children's Garden and the Lower and Middle Schools, and page 30 of the Upper School Student and Parent Handbook. As a point of interest, the school is a member of the Weather Bug network and has one of their weather stations located on the top of the Tamarind Building. If you want to know the weather conditions at the school, you can log on to weatherbug.com and then click on "change tracking station" and select our school. You will see real time readings for temperature and wind conditions at the school. The weather station feeds its information to a computer located in the school library.

Growing! Growing! Gone! The Chesapeake Bay and the myth of endless growth

Please join us for an evening with Tom Horton on Wednesday, November 5 at 7:00 p.m. Renowned for more than 30 years of writing about environmental issues, Horton is author of eight books on the Chesapeake

Bay, including *Bay Country*, winner of the John Burroughs Medal Award for nature history writing, and *An Island Out of Time*. His writing has appeared in the *New York Times*, *National Geographic*, *Rolling Stone*,

Audubon and *Smithsonian*.

Horton says we're growing too fast, with too many human beings already living—and driving—in the Chesapeake watershed. He asks: what would it

Continued on p.. 3

Submit by Friday noon via e-mail: csnyder@bcpl.net

Contact information for School Chairs

Upper School Chair: Donald Bufano, dbufano@twsb.org; 410-367-0647

Middle School Chair: Ed Meade, emeade@twsb.org; 410-367-6808 ext 365

Lower School Chair: Noris Friedman, nfriedman@twsb.org; 410-367-6808 ext 371

Children's Garden Chair: Charlotte Landgraf, cdlandgraf@hotmail.com; 410-664-7714

Administrative Chair: Larry Snyder, lsnyder@twsb.org; 410-367-6808 ext. 201

Kim West (The Sleep Lady) is a Waldorf alumna

Last week Kim West came to talk with parents about the importance of children's sleep and how to gently teach a child to go to sleep and sleep through the night.

Although not many parents were able to attend, those who were there found her insight and advice very useful. I will be forwarding Kim's information to all Children's Garden parents, as I have heard a number would have liked to attend but were in the middle of bedtime routines!!

In emailing Kim after her talk I learnt that she had been at the Ru-

dolf Steiner Upper School in New York. Here's what she said about her experiences there:

I went to the Rudolf Steiner School in Manhattan for high school. I wished I could say that I went from Kindergarten to 12th grade but my family moved so often that I was not able to. I will say this...it was by far the best years of education I have ever received. It helped me with critical thinking and writing. I felt I really understood concepts, whether it was a historical movement or a chemistry formula, versus just memorizing them. I have saved my main lesson books and remain

proud of the work I put in to them. I even got to have some of my artwork hang in the Metropolitan Museum (of course it helps that the school was right around the corner). If there was a Waldorf School in my area I would have my daughters attending it!

Please feel free to contact Kim if you wish to talk with someone who has worked for many years with sleep deprived parents. Kim's website is www.sleep lady.com

Pat Whitehead
Admissions Director

Bring your opinions and ideas, please!

We are beginning to plan and organize our next set of evening talks and workshops. We would like your input to guide our choice of subjects.

Our Fall speakers series has brought a number of speakers into school from various walks of life; they have offered ideas and talks that have a bearing on the jobs we do as parents and educators.

We would like the next series of events to build on the workshops currently being offered by Noris Friedman, Edna Emmett, and Carol Steil (see the website for more details). These will be open to the school and wider communities and will focus on educating ourselves about Waldorf education.

Please contact me if you:

- Have ideas for talks and work-

shops, and/or

- Would like to join a small (but select!) group to draw up a speakers plan.

It's an interesting and fun area of work and can as much or as little time as you would like to give.

I look forward to hearing from you.

Pat Whitehead
Admissions Director

Elementary and Children's Garden Lantern Walks, November 14

Elementary

The days are growing shorter, frost has covered the ground, and the garden is nearly ready for its winter sleep. With the dimming light and chilling air, we now must kindle a spark of light within so that we may meet the coming winter with warmth of heart and soul. We celebrate this transitional season by remembering the heart warming story of St. Martin of Tours, a Roman soldier who reputedly cut his large cloak in half to clothe a freezing beggar on a bitterly cold winter night. During this

season of Martinmas, we celebrate his selfless deed and recognize the inner light that shines within each one of us.

Please join the children of the Waldorf School grades 1-4 as we re-enact the story of St. Martin with a short play presented by the Fourth Grade. The festival will take place on November 14 at 6:30 in the evening. Classes will gather in their rooms before the walk begins, prepare to process outdoors singing, watch the Martin play, and then pro-

ceed with lighted lanterns to the woodland path. There we will be serenaded by groups of woodland gnomes and follow a trail of brightly lit luminaries, all the while inhaling the crisp autumn air and reflecting on Martin's acts of kindness and love.

Class teachers will be in touch with you if there are any special directions or responsibilities. See you then!

Laura Trosch
Chair, Festivals Committee

Children's Garden

November 14, 5:00 p.m.
Rain date: November 21, 5:00 p.m.

The dark of autumn is setting in. The fiery colors will fade and fall in November. The mood of autumn turns inward. This is the time for festivals that greet the darkness with courage, and give confidence that there is a light which guides and protects us.

In many countries, there exist mid-autumn traditions connected with the theme of light and fire. Tihar festival in Nepal, more commonly known as Dewali or Deepavali in the West, is one such festival. The people of Nepal decorate their homes and businesses with colorful

lanterns. The Lantern Festival or Moon Cakes Festival in China is celebrated around the time of the autumnal equinox when the moon is the brightest. Halloween, Guy Fawkes and St. Martin's are a few European traditions. They all include an element of lighting a fire, a candle or a lantern.

Halloween, a tradition within this season of autumn and Michaelmas, dates back to Celtic times when it was thought that the departed souls returned to Earth. In the 10th century, it became a Christian festival, All Hallows Eve, the Eve of All Saints' Day, November 1. (*Festivals, Family and Food*, Haw-

thorne Press).

The spookiness of our modern Halloween is very real for the young children. Halloween gives us the opportunity to meet fears we carry about the dark and dark things through fun within the safety of our family. It is only fitting that after chasing the spooks of Halloween we celebrate the victory of the goodness and light. The **Lantern Walk** is a wonderfully positive and light filled follow-up. With family and friends we parade our lanterns through the darkness.

If weather is questionable, please call 410-664-7714 to find out if we will postpone until the rain date.

Tom Horton on the Chesapeake Bay (continued)

really take to recapture the glory of the Chesapeake environment? Could better management and technology enable the human population and

economy to grow forever AND assure a sustainable quality of life in which there is room for the rest of nature?

This promises to be an evening of

cutting edge environmental debate and research.

\$5.00 will be collected for this event at the door.

Waldorf upper school students to participate in bridge-building contest

On Saturday, November 1st, at Morgan State University, 9:00 a.m. to 2:00 p.m., three of our upper school students—Chelsea Connor, Chelsea Moss, and Grace McClintock—will be competing in

the 2008 Maryland TRAC Design Build Challenge.

They are building a bridge together, using only glue and matchsticks, that will span 15 inches and support

a load. The bridge with the highest efficiency index = load supported / weight of the bridge will win.

Holiday Fair to include a silent auction

This year's Holiday Fair will include a Silent Auction and we are looking for items or experiences that you would love to bid on for a family member or friend, or for yourself! Do you own a business or patron-

ize a business that could donate services? Do you have a special talent for creating? Could you donate a special handmade something? Things that money alone cannot buy are always great fund-

raisers. Please e-mail Kathi Paradiso (kparadiso@twsb.org), Jo Keller (jojomaUK@gmail.com) or Alex Williams (addie11@comcast.net) if you have an idea. Thank you! The Holiday Fair team.

Crafts and Conversation

Calling all fellow crafters, those with no experience and those with plenty--Crafts & Conversation is back! The aim is to support our school by creating community and by creating things of beauty to show and sell at various events through-

out the year. We will meet in the MPR (multi-purpose room) of the Yellowwood building on Tuesday mornings from 8:30 a.m.-10:30 a.m. starting November 4th. Babies and toddlers are welcome, as are other members of our wider community.

Periodically, new craft techniques will be taught in special workshops. Spread the word--we'll see you there!



Student Council bake sales coming up beginning Wednesday

Watch out for home baked goodies!!! Treats for all the family, Wednesdays after school

The Student Council will be running bake sales as a fund raiser for the

Fall Dance. Please support their efforts by buying their baked goods after school on:

- October 28th
- November 5th

- November 12th

All proceeds will go towards funding the dance. The dance itself will be a food drive as well as a social activity. Food collected will go to those in need at Thanksgiving.

Scrip news

Our next order date is **November 7th**. Remember that you can pre-order scrip cards for the holidays or normal shopping at www.shopwithscrip.com. Our enrollment code is **D265A5CF12718**. Enter our enrollment code the first time you shop at shopwithscrip. After that, your ID will be your e-mail address.

Another great option is using your Safeway Scrip card to purchase gift cards at your local grocery stores. So, if you need a gift card in a pinch and have forgotten to place your Scrip order this month, consider this option. It is suggested that you include grocery items in your purchase so Safeway will accept your Scrip card for the purchase of a gift card. We usually have Safeway in our inventory during the month. Just check with Gail Kurek if you are not sure.

THE HOLIDAYS ARE JUST AROUND THE CORNER!

Need **gift cards** for the holidays? Remember to place your orders by **December 5** to get Scrip for Christmas, Chanukah, and Kwanzaa. Place orders for Scrip not available in the Plaza on Fridays: gas cards,

Amazon, Old Navy, Wal-Mart, cards for restaurants WSB doesn't normally carry, etc. And don't forget about holiday shopping cards, like iTunes, AMC movies, L.L.Bean, LandsEnd, Bath and Body Works, Bed, Bath & Beyond, etc.

Great gift ideas

L.L.Bean is offering an extra 2% Bonus Offer beginning October 25th until December 12th. That is a 17% contribution instead of the regular 15% contribution.

Cabela's World Foremost Outfitter is offering a 3% Bonus Offer from Oct 25th to Nov 28th—a 15% contribution instead of the normal 11% contribution.

Special Edition **Holiday Gift Card Wrappers**—All New Designs: sixteen wrappers for \$5.60 with a 20% discount for WSB. Go to www.glscrip.com.

UPCOMING DEADLINES FOR ORDERING SPECIAL SCRIP: No-

vember 7 and December 5.

Scrip Wrap-Up
(Week of 10/17/2008)
Scrip sold: \$1,300.00
WSB profit: \$ 63.50

Thanks for fund-raising for WSB!

Holiday Fair Book Sales

It is time to bring in your books for the Holiday Fair book sales. Boxes will be available in both buildings to receive your donations. This is a wonderful fund-raiser that Holiday Fair attendees look forward to. Book Sales will share a booth with Scrip again this year.

Place your Holiday Scrip orders early to guarantee you receive them in time. Our last order date prior to the holidays is **December 5**, which is the day *before* the Holiday Fair. We are ordering inventory cards for the Scrip booth, but help us customize this order by giving Gail your holiday gift card preferences.

Gail Kurek, Claire Dorsey, and Sherry Frick, your Scrip Team

Missing flute

Last Wednesday, at the end of the day, Vincent Robinson (6th) was so excited about the boy's soccer match-up with the Jemicy School that he left his silver flute, in a black hard case which was covered by a maroonish/purplish soft case trimmed in black and with black

shoulder strap, in front of the school on the plaza. The Waldorf Wolves boy's soccer team triumphed, but upon returning to the school after the game, Vincent's flute was not in front of the school, or in front of the music room, or in the administrative offices, or anywhere to be found. As of the morning of Mon-

day, October 27th, the flute has not been located. Please check with your children and in your vehicles to make sure Vincent's flute is not hiding amongst your family's things. If found, please return to Vincent, or the 6th grade classroom. Thanks!

Alice Ike

Sports update

The middle school soccer teams all had games this past week. The girls were defeated by Jemicy and St. James but had a big win over Krieger Schechter, 6-0. The boys were also victorious, beating Jemicy 5-1. The teams are winding

down the season this week, with the boys playing Krieger Schechter on October 27 and the girls playing Odyssey October 28 at home at 3:30 p.m. Come support our teams.

Cross Country had another suc-

cessful meet, with all 3 boys beating their previous times.

Basketball season starts on November 10th. Remember to return uniforms.

Caroline Jones

Challenge math

On the window frame across the hall from the 6th grade classroom, Challenge Math is posted on a bi-weekly basis. The problems are meant for middle school students but many problems are fun for a wide range of ages. Students can take a copy from the magnet clip and work on it and turn it back to me.

The challenge this week concerns pairing all the numbers from 1-18 (9 pairs) and summing the pairs to make perfect squares. The challenge is to pair the numbers such that each pair adds to a squared number. For example: $18 + 7 = 25$ would work because $25 = 5 \times 5$; and $2 + 7 = 9$ would work because $3 \times 3 = 9$. The first six

squared numbers are 1, 4, 9, 16, 25, 36. Then with all the numbers paired such that all the pair sums are = to squared numbers, tell me what number is paired with 1. Hint: some of the squared numbers are used more than once. This puzzle was taken from Car Talk.

Ms. Breen

Teachers' potluck lunch contributions requested

Here we go again! Our potluck lunches for Parent Teacher Conferences are coming up on October 30th and 31st. Please pick one of the dates that will work best for you and bring in a dish for our teach-

ers. Your offering can be anything you'd like: sandwiches, salads, soups, side dishes, desserts, etc. The teachers really appreciate this gift from the parents. It is a treat they enjoy and look forward to for sustenance through the long con-

ference days. Please contact Linnea Worthington (linneaworthington@gmail.com) or Kimberly Field (410-366-5033) and let us know which date and what you would like to bring.

Community notes

Monthly Peace Circle: Second Sunday of the Month with the next Circle on November 19. Following dates will be on **12/14 and 1/11**. Time is 3-5 p.m. Beginners welcome. Dances of Universal Peace are heart-felt, healing, fun, community-building, with

simple movements. Words to the simple songs come from many spiritual traditions around the world and from Sufi poetry by Rumi and Hafiz. Singing circle or live hammer dulcimer tunes during the break. Looking for

more musicians to play as we move—written sheet music available (call Peggy to arrange). Near Catonsville at the Westchester Community Center, 2414 Westchester Ave., Ellicott City, MD 21043, 30 minutes from

Community notes (continued)

the Waldorf School. Young people are welcome to play quietly or weave in and out of the Circle, or play in the outdoor playground and fields. Wear layers: outside Circles held when weather allows. Donation requested to pay for the space we use; \$6 suggested. Followed by pot-luck dinner, optional, around the corner at our home. For directions, see www.oella.org. For more information see www.peacedance.org. For questions call Peggy (Naji, 7th) 410-465-1914. ♦

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Gerry Paradiso (Chelsea, Class of 2007; Michael, 6th) is pleased to announce the publication of his first book, *The Job Factor*. It is available on-line via Amazon.com as well as Barnes and Noble (bn.com). The story is a personal one about Gerry and some of the ups and downs he and his family have had, as well as

his personal faith journey—one he is still on, by the way! If you'd like to know more about this book check out his website:

<http://www.gerryparadiso.com>. ♦♦

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Christopher Frick's (7th grade) two rock bands, The Modes and The Sequels, will be performing at the 8X10 club on Sunday Nov 2nd as part of The Music Workshop's Kidz Rock concert. Tickets are \$10 and can be purchased from Sherry Frick (410-433-2970). The Sequels are currently scheduled to go on at 4:00 and The Modes are scheduled at 8:30. The whole show runs 3:30-9 p.m.; doors open at 3:00. Hope to see you there . . . come rock on! ♦♦

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Waldorf Exhibit Table at the Bioneers Conference needs volunteers! "Baltimore Bioneers 2008: Cultivating Change, Inspiring Solutions," Nov. 7-9th at MICA. Sign up to man the WSB

exhibit table. Volunteer for a half-day, attend the conference that day for no charge. Contact Jennifer Downs at 410-542-5441 / jdownslac@gmail.com If you'd rather not volunteer, you can register for the full conference or one day on the website or make a scholarship donation to sponsor youth and community group attendees. Visit their website at www.cultivatingchange.org. ♦♦

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Baltimore Folk Music Society Family Dance, November 8 at St. Mark's on the Hill, 1620 Reisterstown Road, Pikesville. Family dance, 5-6:30; pot luck dinner, 6:30-7:30. All ages are welcome! We love to see three generations having a terrific time together. Admission: \$5 members, \$7 non-members; families: \$20 members, \$28 (maximum) non-members. For questions or to volunteer, please call Diane at 410-321-8419, or e-mail matchmaker2@comcast.net. ♦♦

Marketplace

Our family must give our three year old cat Quincy a new home because our new apartment allows only one pet. She is a calico and an absolute baby. She has been fixed and is updated with all of her shots. She loves attention and of course food. She would probably be best as an only cat with someone who can meet her demands for love. If you or anyone you know is interested in giving her a new home please contact Tami Moon at TamiHMoon@gmail.com. ♦

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For Rent: beautifully renovated Victorian rowhome on wonderful Charles Village street. Corner house with lots of light. 3 BR, 2 Ba. Large rooms, high ceilings, 2 new full bathrooms, clawfoot tub,

washer/dryer, beautiful eat-in kitchen, wood floors, new paint, mantle. Walk to farmer's market, Baltimore Museum of Art, JHU, Union Memorial, restaurants, stores. Big front porch, no backyard, great neighbors. Charles Village was recently named among top 10 neighborhoods in America! Go to <http://www.planning.org/greatplaces/index.htm> for details! Available beginning of November. Call Judith Geller (Jakob, 3rd; Rebekah Rose, Rose Room) at 410-243-5826 or email jgellermsw@aol.com for more info. ♦

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Free to a good home: red metal bunkbed frame twin on top and double on bottom. Call Kathleen

Breen, 410 664-2135, or mcclintockj@verizon.net. ♦

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Are you or your child dealing with fear, anxiety, sadness, sleeplessness, lack of confidence, social problems, or an inability to focus? Are you wondering about your path in life or unable to let go of traumas from the past? These are just a few of the issues that flower essence therapy can address in a gentle, non-invasive way. Annette Laugel-Schloss, LMT, (Ariel, 2001; Ethan, 2004) makes custom flower essence formulas to help children, adults, and pets cope with, shift and grow through their life's journeys and obstacles, allowing them to discover their true authentic Selves from the inside out. A 15% discount

Marketplace (continued)

will be offered for the first appointment for anyone in the Waldorf Community. For more information, call Annette at 443-570-7859.

Are you suffering from neck/shoulder/back problems but can't afford a full-body massage? Consider trying a Myokinesesthetic System treatment. The Myokinesesthetic System is an efficient, problem-specific soft tissue approach to correct slight misalignments (not true bone subluxations) caused by chronic/acute muscular tension, resulting in the habitual over-firing of root nerves. The treatments communicate to the root nerves that they can relax and re-set, then allowing the muscles to relax. This system was developed by chiropractor Dr. Michael Uriarte who trains massage therapists, physical therapists, and chiropractors all over the country to do this work. The treatments are 10-20 minutes long and you remain seated and fully clothed. This can be a full treatment in-and-of itself, or combined with a neck/back or full-body massage (different rates would apply). A 15% discount will be offered for the first appointment for anyone in the Waldorf community. Annette has both Mt. Washington and Lutherville office locations. For more information or an appointment, call Annette Laugel-Schloss, LMT at 443-570-7859. ♦

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Have your children outgrown their kitchen play sets or other Waldorf items (i.e. doll cart)? I'm in search of such items for my daughter and would like to buy them from you. Please contact Megan Steinbeck via e-mail: megansteinbeck@aol.com or 410.210.5208. Thank you. ♦

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Dragon Turtle Arts Presents: Pre-Lunch Tai Chi and Qigong at Rus-

combe. Bob Darlington will be teaching Tai Chi and Four Minute Qigong every Tuesday morning and Thursday morning from 10:30 a.m. until 11:30 a.m. in the Ruscombe Mansion Community Health Center Community Room, starting Tuesday, November 4. Come and learn Tai Chi and Qigong in a relaxed environment, and stay at Ruscombe for a terrific vegetarian lunch. Each class is only \$10, and there are no contracts or commitments required. Home practice DVD's are available. Spend two hours a week learning how to improve your health and reduce your stress. For more information, please email: howlinfido@aol.com, or call 410-340-5551. ♦♦

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Dragon Turtle Arts presents: Bob Darlington is now giving private Four Minute Qigong and Tai Chi For Busy People sessions at the Ruscombe Mansion Community Health Center. Four Minute Qigong can be learned in *one* 2 hour session for \$75 (includes a home practice DVD). Tai Chi For Busy People can be learned in several brief sessions. The first session is \$35 (includes a home practice DVD); following sessions are \$20. Group sessions at Ruscombe or at your home can be arranged. For more information or to make an appointment, please email howlinfido@aol.com, or call 410-340-5551. ♦♦

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Wanted: Sixth grade class teacher, Matthew Thurber, seeks reliable, economical used car. If you have one for sale or know of one for sale, please contact me at 443-759-6105. ♦♦

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Beth Links (WSB '01, McDonogh '05, Williams College '09) invites all interested in following her post-

Waldorf artistic development to visit her new website, www.bethsdolls.com. Beth credits her Waldorf experience for providing her with the foundation of skills and creative drive at the root of her works. To give feedback, or inquire about purchasing a work, please contact Beth at 9erl@williams.edu. All comments, suggestions, praises, and criticisms are greatly appreciated! ♦♦

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Weleda products at incredible prices! Weleda's motto is: "In Harmony With Nature;" I am honored to sell their products. Weleda's goal is to provide everyone with products made from high-quality natural raw materials that enhance self-healing and general good health. Weleda has never conducted or commissioned animal experiments. If you are interested in learning more, or if you would like to order anything, please contact me, Jeanne Deignan-Kosmides (Ariana, Class of 1998; Justin, Class of 2001) at: www.breathofjoy.com or 410-833-6067 or e-mail me at: breathofjoy@hotmail.com. Thank you for your support and have a wonderful day! ♦♦

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Lovingly tended home for sale! Wonderful ranch on lovely, private, nature-filled, ½-acre lot bordered by trees on Willow Lane, a quiet side street in Ellicott City. 30-minute drive (no Beltway) to WSB! 4 bedrooms, 2 fireplaces; main bath is a split pass-through with privacy door, 1 tub. Side patio with built-in brick BBQ. Finished lower level with 1 bedroom, 1 office/den. Greenhouse exit invites you to start your garden early in March! The Vincenty/Rump family (Emma, 9th) is relocating due to job change. Please call Susan Klukas (REMAX) at 410-370-8035. ♦♦♦

Waldorf School of Baltimore
4801 Tamarind Road
Baltimore, MD 21209