



November 17, 2008

## What's Going On...

Tuesday, November 18  
Talk with Carol Steil  
Children's Garden foyer  
8:30-9:00 a.m.

Tuesday, November 18  
Crafts and Conversation  
Children's Garden  
Multipurpose Room  
8:30-10:30 a.m.

Tuesday, November 18  
WCA Meeting  
Music Room, 7:00 p.m.

Friday, November 21  
Children's Garden Lantern Walk  
5:00 p.m.

Sunday, November 23  
Festival Choir rehearsal  
Music Room, 6-8 p.m.

Monday, November 24  
Experience Third Grade  
Eurythmy with Noris Friedman  
Eurythmy Room, 8:30 a.m.

Wednesday, November 26  
Thanksgiving Assembly  
Multipurpose Room, 10:45 a.m.  
**Half day: dismissal at  
12:15 p.m.**

Monday, December 1  
Experience Third Grade  
Painting with Edna Emmet  
Art Room, 8:30 a.m.



## From the desk of the Administrative Chair

The weather affected the lantern walks for the second year in a row. When there was a persistent steady drizzle throughout the morning and into the early afternoon, we decided to postpone the lantern walk for the Children's Garden. After consulting with the lower school class teachers, we decided to risk having the lantern walk in spite of the potential for more rain that evening. In spite of light showers during the afternoon, the rain stopped for several hours in the early evening. That allowed the fourth grade to present their play, which tells the story of Saint Martin and his encounter with a poor beggar, and to have the lantern walk in the forest behind the Tamarind Building. The fourth grade's presentation was excellent, so all of the hard work that I had observed from my office window paid off. The Children's Garden lantern walk will take place on Friday, November 21 starting at 5:00 p.m.

Since the beginning of the school year, the third grade teacher, Mrs. Good, her students and parents have been working on their building project. They have been building an outdoor oven. This past Friday they fired up the oven for the first time, and everyone was treated to freshly made and baked pizzas. The oven is not only a practical working oven, but is also a work of art of which the students should be proud. If you get a chance, take a look at it for yourself. It is located at the lower end of the driveway behind the Tamarind building.

On the inside of the this Weekly you will find an article by the WCA Green Committee which describes how they are going to make the Holiday Fair waste neutral. This committee has been working hard to raise our awareness of minimizing our impact on the environment. When the firm that we were using to recycle paper withdrew their containers because we did not generate enough waste paper per month (!), they contacted the City and found that we could participate in their single-stream recycling program. This is not the most ideal method for recycling materials, though, so the committee is investigating other firms that will assist us in our program.

In light of the efforts of the WCA Green Committee, and in an effort to reduce costs, we are going to stop producing paper copies of the *Weekly* at the beginning of January. The *Weekly* is posted on our website, and this will become the principal method for getting the *Weekly*. It will be uploaded to the website every Tuesday morning, and each family will receive an e-mail with a link to the *Weekly* that morning. It is posted in a pdf format, which allows those who wish so to print a copy for themselves. A few paper copies will be available in the lobby of each building.

## New baby for Rose Room family

Welcome to Eden  
Elizabeth Huddleston,

born November 11, and  
the new sister of Mason

and Ava (Rose Room)  
and Morgan.

## 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

## Scrip news

WITH THE HOLIDAYS JUST AROUND THE CORNER AND THE HOLIDAY FAIR THREE WEEKS AWAY . . .

Remember to place your orders for GIFT CARDS by **DECEMBER 5** to get Scrip in time 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. Don't forget about holiday shopping cards, like iTunes, AMC movies, L.L.Bean, LandsEnd, Bath and Body Works, Bed, Bath & Beyond, etc. Check out the list below for new companies (\*) offering bonus contributions during the holiday seasons.

### Additional Bonus offerings for the holidays:

**Bath & Body Works**—an extra 5% Bonus Offer from November 8 to December 12—an 18% contribution instead of 13%. **BedandBreakfast.com**—a 5% additional bonus offering from November 1 through December 31—15% contribution instead of 10%. **Cabela's World Foremost Outfitter**—a 3% bonus offer from October 25 to November 28—15% contribution instead of 11%. **Dell** joins GLSC's retailer list just in time for the holidays, offering a 4% contribution. *Remember, you can go to [escrip](http://escrip) when you order online and WSB gets an additional 2.5%.* **Dick's Sporting Goods**—increased its con-

tribution to 8% starting Nov 8. **Gap**—an extra 2% bonus offer from November 8 to December 5—an 11% contribution instead of 9%. **Home Depot**—a contribution increase from 3% to 4% on all denominations, effective immediately. **JCPenney**—a 1% additional bonus offering from November 1 through November 28—6% instead of 5%. **Kmart**—a 6% bonus offer starting November 15 through December 19—10% for the holidays instead of normal 4%. **L.L.Bean**—an extra 2% bonus offer beginning October 25 until December 12—a 17% contribution instead of 15%. **Macy's**—bonus offer of an additional 2% from November 15 through December 12, a contribution of 12% instead of 10%. **Overstock.com** joins GLSC's retailer list in \$25 denominations with an 8% contribution. **Sears**—a 6% bonus offer from November 15 through December 19—contribution is 10% instead of 4% for the holidays. **Shutterfly**—bonus offer of an additional 5% starting November 15 to December 19, a contribution of 14% instead of 9%. **Staples**—bonus: double the contribution for the holidays, starting November 15 through December 5—10% instead of 5%. **T.G.I. Friday's**—a 1% additional bonus offering from November 1 through December 5—10% instead of 9% during this period. **Total Access Phone Card**—beginning November 1 until December 26, an additional 2% contribution for a 675-minute phone card. So the

contribution for the holiday is 17% instead of 15%. **Zappos.com** joins GLSC's retailer list in \$25 denominations with an 8% contribution. They currently stock more than 3 million shoes, handbags, clothing items and accessories from over 1,100 brands. 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](http://www.glscrip.com).

### UPCOMING DEADLINE FOR ORDERING SPECIAL SCRIP BEFORE THE HOLIDAYS

**DECEMBER 5**

**Scrip Wrap-Up**  
(Week of 11/7/2008)  
Scrip sold: \$275.00  
**WSB profit: 16.00**

And thanks for all your fund-raising efforts for WSB!

### HAVE YOU REGISTERED YOUR GIANT BONUS BUCKS CARD?

It is not too late to register or re-register your Giant Bonus Bucks card and designate Waldorf School of Baltimore as your school of choice. We raised \$226 last year. Enroll on-line at [www.giantfood.com/aplus](http://www.giantfood.com/aplus) by November 30th and WSB will receive credit for ALL of your November purchases!

Gail Kurek,  
Claire Dorsey,  
and Sherry Frick,

## Greening the Holiday Fair

One of the goals of the Greening Committee is to better reflect the values of the school through stewardship of resources and care for the environment. That's why we are putting in place a "zero-waste" program for the Holiday Fair. We need some support to help make this a reality. What are we doing and how?

1. Single-stream recycling: all of our plastic, cans, and miscellaneous paper will be collected in recycling bins. We are working with a local business, CDM eCycling, who will take this recycling for us, free of charge.
2. Composting: all of our organic waste—food, paper plates, paper

cups, napkins, and corn-based utensils—will be collected in specially-marked bins for commercial composting. We are working with local business, Waste Neutral Group, who will provide bins and signs, and then haul it all away at the end.

Obtaining compostable paper plates, cups, and napkins is not a challenge. We are researching whether it's possible to purchase compostable utensils at the typical stores that usually sponsor the Holiday Fair. We also have a line on another source.

We are still finalizing the budget for these measures. The added costs are for the composting service and

the compostable utensils. Here's how you can help us immediately: we need to identify one or two sponsors to help defray the cost. We can put their logo and name on the signs that will hang near the compost and recycling bins. If your company or business is interested in being associated with such earth-friendly practices, please contact one of us. We need two sponsorships at \$250 each or one at \$500 each. It's likely our costs will be less than this, but this will also help seed future greening efforts. Alejandra Lorenzo-Chang at [malorenzochang@hotmail.com](mailto:malorenzochang@hotmail.com) or Julie Gabrielli at [julie.gabrielli@verizon.net](mailto:julie.gabrielli@verizon.net) (Toby, 1st).

## Play your music at the Holiday Fair!

The Holiday Fair is coming! This is the major event each year in which the Waldorf School of Baltimore showcases our wonderful community and approach to education. Each year we feature live music in the multi-purpose room and in the Elementary School lobby. This is a great opportunity for our students, faculty,

instrumental music instructors, alumni, and parents to perform. We'd like to fill as many slots as we can on December 6 with performers from our community.

Please contact Brent Flickinger at [brentflick@verizon.net](mailto:brentflick@verizon.net) or 410-367-

1777 if you would like to help coordinate the scheduling of musical acts (it's fun!) or if you or are willing to perform from 15 minutes to an hour.

I look forward to hearing from you.

Brent Flickinger  
(Emmie, 10<sup>th</sup>, Sequoia, 7<sup>th</sup>)

## Holiday Fair student vendors apply now

All Students! Holiday Fair Student Vendor Application forms are now available through Jean Engelke. We

look forward to seeing your wares at the Fair. Please return forms as soon as possible. If you have questions please contact either Jo Keller, 410-

323-7761, or [jojomauk@gmail.com](mailto:jojomauk@gmail.com); or Alex Williams, 410-370-0114, or [addie11@comcast.net](mailto:addie11@comcast.net).

## We need your children's books

We would love to have a book sale again this year, but we need your old children's books. Boxes in each building are waiting to be filled. This

is a great booth each year at the Holiday Fair. Everyone enjoys purchasing gently used books for under a dollar. As last year, the book sales booth will share the Scrip ta-

ble in the Multipurpose Room. But without your book donations we will have limited offerings. After the fair, all the unsold books will be donated to a great charity.

## Festival Choir forms again

We hope you will once again join us (or join as a new member) as we raise our voices in celebration of the Holiday Season at the Waldorf School of Baltimore "Festival of Light" on Thursday, December 11<sup>th</sup> at 7:00 pm. We will again be performing with the Upper School—WSB Upper School Classes of 2011 and 2012! We welcome new members, including WSB alumni, to join us. Ms. Kim Weisheit, our cho-

ral teacher, will polish us until we gleam. We can promise a fun time, camaraderie, and good cheer!

The first of our three Sunday evening practices will be on November 23<sup>rd</sup> from 6:00-8:00 pm in the Tamarind Building Music Room. There will be two more practices—one on November 30<sup>th</sup> and one on December 7<sup>th</sup>. We may have the

opportunity to work with the Upper School students during their regular morning practices (if you like, and entirely optional.)

To R.S.V.P. or for questions, call me at school—410-367-6808, ext. 0.

Looking forward to seeing everyone!

## Tot Swap update

This past weekend was the tot swap at Timonium Fairgrounds. Although, we will not know how much was earned until the next newsletter, I wanted to thank all of you for your wonderful donations. My basement these past weeks was filled to the brim! I want to thank Eileen

Silverman and Laurel Vincenty for coming over to hang, tag, and, when necessary, clean some of the "stuff." Eileen also kept everything organized, and she even did laundry! And also thank you to Karen Vanderheyden, Kathy Niager, and

Sherry Frick for helping to drive all of the donations from my house to the fairgrounds (8 carloads!). If all goes well, perhaps we can participate in the spring tot swap! Thanks again!

Anita Shefts

## What's a Treasure Chest?

Is the change in your pocket weighing you down? If so, we can help! In the near future, there will be a treasure chest where you can deposit your spare change and lighten your load (bills are welcome too!). First we need to name our new

campaign. Some suggestions so far have been: "Change for change", "Coins for our campus" and "Benjamins for Baltimore". We want your input. There are boxes in both lobbies where you can write in

your treasure chest slogan idea. Next week we will announce the top three choices and take a final vote. Thanks!

Waldorf Community Alliance  
(WCA)

## Therapeutic Eurythmy, Block II

It is time to sign up for the second block therapeutic eurythmy. First payments will be due before the Winter Holidays on or before December 10<sup>th</sup>. There will be 10 sessions in this shortened five week block. The block is shorter because of when our mid-winter break falls. The cost is \$30 per session for a total of \$300 for the

block.

If you would like to have your child take part in this program, please call or write me a note. Financial aid is limited; if you would like to receive it, please make a written request. This must be in before November 28th. Any requests received after that may

not be able to be honored.

I also thank those parents who have had their children in the first block of the year. It has been a pleasure working with them.

Virginia Efta  
410-258-7274 (H); 410-367-6808 (S)  
vefta@twsb.org

## Community notes

Series at the Green Building Institute: **Basic nutrition**, Tuesday, November 18<sup>th</sup>, 7-9 p.m.; **Practical tools for better eating**, Thursday, November 20<sup>th</sup>, 7-9 p.m. Talks are held at The Enviro Center, 7761 Waterloo Road, Jessup, MD 20794. For more infor-

mation call 443-733-1234.♦

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Even in this economy, people are buying or selling houses. If you would like advice or assistance, please contact Brent Flickinger of City Life Realty at [bflick-](mailto:bflickinger@cityliferealty.net)

[inger@cityliferealty.net](mailto:inger@cityliferealty.net) or 410-428-3627. In our company, "We love where we live." I will donate 10% of any commission to the Waldorf School.♦♦

## Marketplace

Wanted to buy: your gently used Playmobil stuff for our 7-year-old. Interested in figures and props—especially knights, Roman soldiers, pirates, cowboys, and Indians. Boats, horses, accessories, whatever! Email [julie.gabrielli@verizon.net](mailto:julie.gabrielli@verizon.net), or call 410-530-0389. Thanks! Julie Gabrielli (Toby Garver, 1st grade).♦

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Free guinea pig supplies! Cage, bedding, food dish, and lots of food. Call Kerrie Hartman (Matt, 7th; Jake, 5th) at 410-466-5475.♦

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Treat yourself, your loved ones, and friends to a smoked salmon appetizer from Friedman Family Fisheries and start your Thanksgiving meal off the best way possible. Available in 3 delicious flavors, in a variety of sizes. One new customer wrote back to the effect that "this was the single best food item I have ever tasted in my entire life." Now, that's high praise, but there's a reason the first people to have tried our salmon back in 1990 are still buying it today. That reason is because it tastes good, it's clean and pure wild salmon from Alaska, and it's caught and processed single-handedly by me. Well, Mrs. Friedman and Celia help, too! I guess that's more than one reason. And think about this - you can't feed your family turkey the whole, entire weekend. Not if you want a happy family. So make it easy on yourself—serve them freshly frozen sockeye or king

salmon which you've just cooked to perfection, and enhance your culinary reputation. Got questions? Want to order? Call Avi 410-358-3008, or email [triplef@qjs.net](mailto:triplef@qjs.net).♦♦

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Dragon Turtle Arts Presents: Pre-Lunch **Tai Chi For Busy People** at Ruscombe. Bob Darlington is teaching this class every Tuesday and Thursday, 10:30 a.m. until 11:30 a.m. in the Ruscombe Mansion Community Health Center Community Room. Come and learn Tai Chi in a relaxed environment, and stay at Ruscombe for a terrific vegetarian lunch. Each class in 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: [howlin-fido@aol.com](mailto:howlin-fido@aol.com), or call 410-340-5551.♦♦

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Pregnancy Yoga Class starting at the Waldorf School of Baltimore on January 12, 2009. Classes include: special stress management breathing exercises, warm-ups, flows and special postures for pregnancy, toning to help prepare for labor and birth, exercises to help eliminate common prenatal complaints, pelvic floor (Kegels) exercises, guided relaxation, support, sharing and discussions, and Yoga exercises to relieve tension, fatigue and stress. I have two classes to an-

nounce: Sundays at St. Joseph's Medical Center in the St. Claire Building, 5:30 -6:45p.m.(rolling admissions) and Mondays at WSB beginning January 12, 2009. Contact Jeanne Deignan-Kosmidis, E-RYT-500 (Ariana, Class of 1998; Justin, Class of 2001), 410-833-6067, or [breathofjoy@hotmail.com](mailto:breathofjoy@hotmail.com) to answer questions and more information. Please share this information with all your pregnant friends.♦♦

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Do you remember your first day of school? What do I when my child gets anxious each morning? What can parents do to help their children during difficult adjustment times? A group discussion for parents on Tuesday nights 7-8:15 p.m.; \$30 per session. Hilla Keren, LCSW-C, psychotherapy for children and adolescents. For more information and registration call 410-592-6332.♦♦

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For Sale: Sunny and charming Cape Cod cottage with wood floors and trim, large windows, high ceilings, front porch and back deck, 3 BR, 1 BA, LR, DR, kitchen, large room for study, craft room, or children's play room, unfinished basement with second full bath, central heat and A/C, detached garage, off-street parking, and low maintenance, tree-lined yard, all tucked in welcoming Arcadia, high on a quiet hill. Walk to Red Canoe, Chameleon Cafe, and more. Asking \$210,000; please contact Victoria Mansuri, [frecklenosed-](mailto:frecklenosed-)

## Title

cat@gmail.com, 410-254-3639 (home), or 410-925-8532 (cell). ♦♦♦

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Ina Grundmann, MD, will be practicing Integrative Medicine at Ruscombe Mansion beginning Nov. 3, 2008. She is trained as a Family Physician, board-certified in Holistic Integrative Medicine and certified in Medical Acupuncture. Dr. Grundmann utilizes Functional Medicine, Acupuncture, Herbs, Homeopathy and Anthroposophic Medicine in her treatments. She counsels her patients on nutrition and lifestyle modification with the goal of optimizing health and wellness. Detailed brochure at the Ruscombe Mansion (1st floor display area, main entrance). Office hours M-F. For appointments, call between 10am-1pm, 410-367-4075. ♦♦♦

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IKEA twin mattress and bed frame with bookshelf headboard, 43" high x 58" wide; two large drawers under bed; heather blue and green finish; excellent condition. Call Holly Howard, 410-664-2408. ♦♦♦

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For rent: beautiful house near the Waldorf School. This house in Mt. Washington is perfect for a family with three bedrooms and two full baths on Brambleton Road and is available now. Please contact Brent Flickinger of City Life Realty at [bflickinger@cityliferealty.net](mailto:bflickinger@cityliferealty.net) or 410-428-3627 for more information. ♦♦♦

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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, claw foot 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, 3<sup>rd</sup>; Rebekah Rose, Rose Room) at 410-243-5826 or email [jgellersw@aol.com](mailto:jgellersw@aol.com) for more info. ♦♦♦

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Free to a good home: red metal bunk bed frame twin on top and double on bottom. Call Kathleen Breen, 410 664-2135, or [mcclintockj@verizon.net](mailto: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 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 Myokineshetic System treatment. The Myokineshetic 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](mailto:megansteinbeck@aol.com) or 410.210.5208. Thank you. ♦♦♦

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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](mailto: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. ♦♦♦

