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Fri	Oct 16	7:30 p	Mulberry Bush & Dandelion Parent Meeting				
Mon	Oct 19	7:00 p	GS Photo Retakes				
Tue	Oct 20	7:00 p	Class Rep Meeting				
Sat	Oct 24	7:30 p 7:00 p	The First Seven Years Seminar Series: The Media Stone Soup, Gr12 Fundraiser				
Tue	Oct 27	7:30 p	The First Seven Years Seminar Series: Free to Play				
Wed	Oct 28	8:45 a ▶ 10:15a	Waldorf Welcome				
Thu	Oct 29	7:00 p	Gr2 Parent Meeting				
Sun	Nov 01	7:00 p	All Souls Day community gathering, Roundhouse				
Tue	Nov 3	7:00 p	Eugene Schwartz lecture for parents				
Thu & Fri	Nov 5 & 6		NO SCHOOL for Dandelion PS: Parent Teacher Conferences				
Mon & Tue	Nov 9 & Nov 10		Parent Teacher Conferences for Mulberry Bush PS, Kindergartens, GS and HS NO SCHOOL, NO AFTERCARE				
Wed	Nov 11		Remembrance Day, NO SCHOOL				
Thu & Fri	Nov 12 & 13		Midterm Break, NO SCHOOL				
Wed	Nov 18	7:30 p	Board Meeting				
Fri	Nov 20	12:20 p	Early Dismissal, Christmas Fair Set-up, NO AFTERCARE				
Sat	Nov 21	10:00 a ▶ 3:00p	Christmas Fair, NO Parent & Tot				

School Announcements

▼ IMPORTANT: After School pick-up

Dear Grade School Parents/Guardians: Please remind your child to come to you directly for pickup after the dismissal bell at the end of the day. Children are not to wait for their parents in the play yards. There are several Gr7 students and a teacher on duty on for 15 minutes after school to help with traffic and assistance at the crosswalk.

If a parent does not arrive for pick-up by 3:15p, (or 2:25p on Thursdays), children may ask permission to go into the school and either call their parents or get assistance to do so from the receptionist, a teacher or staff person. We also ask everyone to be mindful that the area from the crosswalk south to the end of the building must be clear for bus parking before and after school.

▼ **Absentees** Grade School parents: If your child is absent please call ▶ (604)985-7435 and press 5 to leave a message in the Attendance voice-mailbox. We need to know that your child has not been sent to school and for what reason. High School parents: please call High School reception at ▶ (604)986-2922. Early Childhood parents may leave a message with their child's teachers by dialing ▶ (604)985-7435, then enter x104 for Red Rose, x103 for Plum Cottage, x101 for Sunflower or x102 for Dandelion and Mulberry Bush Preschools.

Thank-you, Ronaye

▼ **Early Childhood Applications** I am pleased to announce that this school year has full enrolment in all of our Early Childhood programs, some of which also have waitlists. In anticipation of full enrolment in 2010-2011, I highly recommend that any families within our community who are considering Parent & Tot, Preschool, or Kindergarten for their little ones and who have not yet submitted an application for 2010-2011 *do so as soon as possible*. Applications are available on our website at www.vws.ca under the admissions tab. Please contact Fiona Thatcher ▶ (604)985-7435 x200 or Email ▶ admissions@vws.ca if you have any questions.

▼ **Lost and Found** Please label your children's clothing. It makes it much easier to locate the owner! Thank you, Ronaye

▼ **Wanted:** We need help this year to build a beautiful costume inventory, replacing old, tired items and making some new pieces from donated fabric. If you have time and skill to cut, sew and chat alongside the costume visionaries please contact Ms. Glick for work party information. Work parties are ongoing through the year, to be held at Ms. Glick's home/studio. Ms. Glick ▶ (778)686-8198

Upcoming Events

▼ Our community's wonderful **Stone Soup** adults-only evening is on **Saturday October 24** –

The Updater

Editing & Production

M. Woldring
Mary Paradis
AninA Formankova

Distribution

by email

The Updater is published bi-weekly during the school year for the parents and friends of The Vancouver Waldorf School.

The next Updater publication will be

Friday, October 3, 2009

Submissions are due

Monday, October 26 at 3:00p

Submit to:

bulletin@vws.ca

In order to be published, submissions must be received electronically before the deadline and include the full name of the contributor.

Hand written submissions will not be accepted.

Marketplace and Community

Advertisements

Maximum 100 words.

Ad cost: \$ FREE

Submissions over 100 words will not be printed or returned.

Submissions submitted after the deadline will be included at the discretion of the editor.

Subscriptions

Email \$ FREE

Child \$ FREE

Pickup \$25 /year

Mail \$50 / year

Disclaimer

Items and advertisements appearing in this Bulletin may be the opinions or beliefs of their contributors, and may not necessarily reflect the policies or ideas of The Vancouver Waldorf School.

Direct all questions to:
mwoldring@vws.ca
2725 St Christophers Rd
North Vancouver, BC
V7K 2B6

in less than two weeks! Buy your tickets now in the Lower School reception office or from any Gr12 student. So far, the list of performers includes the following acts:

Gary Jones (parent) – comedic host and improviser

Barclay Hope (parent) – guitar and song
Shaine Rose Ireland (alum student)

– voice extraordinaire

Brian Lehto (teacher) and Allan Marriott (parent)

– musical improvisation

Drew Caunter (parent) – piano

Sarah Nelson (teacher) – guitar

Michael Trevillion (parent) – voice

Mark Fortin (parent) & Clive's Timing – band

We are still working on firming up a couple more acts. Stone Soup is presented by our Parent Council in concert with the parents and students of our Gr12 class. Parent Council is donating the net proceeds from the evening to this year's Gr12 year-end trip. Don't miss this superb entertainment, delicious food, a cash bar and dancing to a smokin' hot band while at the same time contributing to sending our amazing Gr12 class out into the world. We look forward to having a drink with you!

Meg Cameron on behalf of the Gr12 class.

▶ (604)619-4461

Email ▶ mcameron@vws.ca

▼ King Arthur's Kitchen

Sunday October 18 at 2:00p, Centennial Theatre.

The VWS has entered into a community sponsorship with local Centennial Theatre in an effort to extend the outreach of both of our organizations. This year we are sponsoring Axis Theatre's production of *King Arthur's Kitchen*. Heroism, great feats of daring, damsels in distress and good food! Two famous King Arthur tales woven into a unique new play told from the perspective of the King's overworked kitchen staff.

Axis Theatre is an award winning physical theatre company based in Vancouver who travels the world sharing its unique repertoire of plays for all ages. The play is appropriate for children ages nine through thirteen. As a community sponsor our school is listed on all the promotion of the performance and we will have an information table hosted by our staff in the theatre lobby.

Tickets \$14, \$18, \$20. Group rate for 10 or more.

Centennial Theatre Box Office ▶ (604)984-4484

Website ▶ www.centennialtheatre.com

Waldorf Education for Parents

▼ **The Artist as active observer:** *Work with a variety of techniques and mediums to enhance our observation skills and aesthetic appreciation of our world.* Presented by Elaine Mackee, alum VWS High School art and science teacher. Open to adults and students aged 15yrs and up from the VWS & greater community.

Saturdays, 1:30p-4:00p, includes instructional and studio time, **October 10 – November 14.**

Cost: \$160 for series, \$35 for drop-in.

Location: VWS High School, 307-3255 Edgemont Boulevard, North Vancouver. Please contact Elaine Mackee ▶ elainemackee@shaw.ca

▼ The First Seven Years Seminar Series for Parents

Our Early Childhood faculty are once again offering this excellent and very popular series on early childhood development. How does Waldorf Education see the first seven years as a foundation for life and what can parents do to support this development? Next session **Tuesday October 20: *The Media***. Please feel free to invite friends, family and colleagues! There is no charge if you have a child enrolled in the school. Please see visit our website or call for more information.

Ronaye ▶ (604)985-7435 x 0 or check ▶ www.vws.ca

▼ **All Souls evening on Sunday November 1 at 7:00p** in the Roundhouse. Join in a quiet community gathering in remembrance of loved ones who have passed on. Adults only. More details forthcoming in the coming weeks.

▶ (604) 985-7435

Our Greater Community

Childcare

▼ **Part-time Nanny/ Caregiver** required in East Van. A kind and gentle part-time nanny required Tuesday and Wednesday afternoons (+one more afternoon) for a family with a 13 month old boy and a 6 yr old girl. This flexible and creative person would work with mom to provide age-appropriate activities and to go on park visits. Some very light house management is required, but it would not be the focus. References required.

Louise ▶ (604)321-4064 or

Email ▶ ldebruijne@yahoo.com

▼ **After School Care Group** for children Gr1 through Gr8 from 3:00p to 6:00p, Monday to Friday beginning in November, in my home. Tutoring available, handwork, painting, baking and more creative projects, walks, snacks provided! Book now in month-long blocks, multi-day discounts available. Group size limited to seven. Suzanne Glick ▶ (778)686-8198

▼ I have a small family **daycare** close to the school. I am a trained Nursery Nurse and Kindergarten teacher and also studied Anthroposophy at Emerson College. Over the years I have looked after some of the very young children of faculty members and other parents, and my children attended the Waldorf School. I have created a space in my home for the daycare with a beautiful garden with a gate allowing access to a forest and creek. I have natural toys, wooden blocks and cloth dolls and the children bake with me and paint. Eileen Reilly ▶ (604)984-7929

▼ **Available for Babysitting** My name is Teresa Macintosh; I graduated from the VWS in 2006. I have been a nanny for three years including looking after children from the Waldorf community. I also worked at the VWS as an aide in the Red Rose kindergarten for a year. I live close to the school and am available days, weekends and evenings. Call me if you have any questions. Teresa ▶ (604)990-4670

▼ Caring, consistent, patient, highly qualified **nanny** is looking for the perfect family - possibly families! I have over 10 years experience working with children of all ages from infants to teenagers. I have a B.S. in child learning and development as well as a teaching certificate for Early Childhood to Gr4 which I am currently in the process of transferring to BC. My name is Angela Mendez (Gr8 parent) and if you would like to schedule an interview please call ▶ (778)688-5263 or Email ▶ stay.human.ajm@gmail.com

Accommodation and Transportation

▼ Evgeny Shcherbakov, VWS high school choral director and eurythmy accompanist, is seeking to move closer to the school with his family and one well behaved cat. They are looking for a **2 bedroom apartment or suite**. Evgeny or Irina ▶ (778)397-3889 Email ▶ <mailto:evgshch@gmail.com>

▼ We have a sunny extra-large **one bedroom suite for rent**. \$1000 month includes all utilities, in suite laundry, off street parking and walking distance to the school or on the bus route to the high school. Available immediately. Amanda ▶ (604)617-2507

▼ Gr6 student in great **need of car pool** between home on East 21st (just off Grand Boulevard) and VWS. May add maybe 10 minutes to your trip if you are willing to go out of your way. Any trips greatly appreciated!! Can reciprocate with gas \$, Shamanic Reiki Healing, or beginner belly dance lessons/workout. Juliette ▶ (604)671-7032

▼ **Carpooling Needed** Kindergarten student, for Thursdays and Fridays picking-up from Aftercare at 3:00p. Can carpool, exchange am/pm driving from/to East Vancouver (Commercial Dr.). Alternatively we can offer some gas money, tutor French or repair or teach computer. Louise or Barry ▶ (604)321-4064

Marketplace

▼ **If you missed the previous Sessions, back by popular demand!** Prepare for the upcoming influenza season using homeopathy and other natural healing tools. Join classical homeopath Susan Drury (www.healinglifehomeopathy.com) for a 2 hour seminar on natural ways to build up your immunity, protect yourself from contracting the flu and learn how to treat any illness that does come up (including the H1N1 virus) with a specifically designed selection of homeopathic remedies to have on hand. Session is **Thursday October 29** from 9:30a to 11:30a at the Mollie Nye House. \$25 per person, Call to reserve your place and be prepared for whatever influenza scenario will play out this year. Susan Drury ▶ (604)671-7863

▼ Dear Friends, I have recently completed a 3-year program in Integrated Energy Healing, opened a studio in Lynn Valley and am ready for clients! First session is 50% off. For more information you can check my website ▶ www.thepurpleheart.vpweb.ca Ronaye Ireland

▼ Canteris A. Hartley, DCH, HMC, Classical Homeopath, warmly welcomes parents and their children to her North Vancouver practice. She has been in practice for 10 years, specializing in young families. Have you been wondering how homeopathy may benefit you and your family? Homeopathy can help with anything from colds and flus, to sleeping difficulties, behavioural and emotional conditions and more. Please feel free to contact Canteris for more information or to book a consultation. ▶ (604)984-3266

▼ **Piano and Vocal Lessons** Irina Shcherbakova, the VWS high school choir accompanist, experienced and highly qualified teacher for piano and voice is offering lessons, beginning in September. For all ages and levels. Evgeny or Irina ▶ (778)397-3889 Email ▶ evgshch@gmail.com

▼ **Delicious and Authentic Mexican Food** - home made with fresh ingredients. We offer catering and take out always with the real flavor of Mexico. For more information about our menu and options, please visit our website at www.mexicantaquiza.com. Really, the best Mexican food in town! Gabriel & Liliana Ramirez (parents of Emiliano in Red Rose)

▼ **Eat Your Way to Health - Raw Food (Cuisine Crudivore) Classes** Come learn how to create delicious vegan, organic meals, from knife skills to kitchen tools and organization, how to create your own organic food buying club or join Agathe's club and more. Agathe will share her many tricks she has come up with over the years to provide delicious healthy meals for her 3 children from food preparation, storage, sprouting ... easily and efficiently. Find out more about the Cuisine Crudivore at www.natureprovides.ca. Mandy Zacharias (Gr1 parent)

▼ **Free!** Home-made set of wood steps/bench for crawlers and toddlers to play on, eat on, move around on...Needs a bit of TLC. Structurally sound and ready for a new generation of crawlers and toddlers. Call John Hart ▶ (604)980-9019

▼ **Family Yoga at Northshore Elements** Experience the many benefits of yoga with your child (4 to 11 yrs) in a non-competitive environment. Classes will incorporate partner work, breath work, and lots of fun! It will brighten your week! Saturdays from 3:00p to 3:45p.

▼ **Non-pasteurized Organic Honey** At the moment: cranberry/blackberry, raspberry, Abbotsford wildflower,

blackberry/clover. Sizes available are 240g, 500g, 1 Kg and 3.1 Kg. Michael ▶ (604)987-4935 Email ▶ mroboz@infoserve.net

▼ Dear Waldorf Community, My name is Tina Thorndycraft and I have been a doll maker and crafter in our community for the past 16 years. I invite you to browse my on-line store at ▶ www.craftinat.etsy.com. If you have something special in mind I would be happy to do a custom order. You may also order directly from me at ▶ tthorndycraft@yahoo.ca to avoid the shipping cost. I look forward to serving you.

▼ **Twin size loft bed** Looking to buy or borrow a twin wooden loft bed with or without a mattress (in a good shape). Please call Anina ▶ (604)988-8042 or Email ▶ anina@abbe.ca

▼ We are taking over a 3 bedroom unfurnished house at the beginning of November, and presently just have a sofa. Please get in touch with me if you have any furniture you would like to sell or loan us as we are looking for the full stock: bed frames, tables, chairs etc. Thank you! Cluny (mum of Orlanda Gr 2 & Arlo Red Rose KG) ▶ (604)929-0210 or ▶ (788)998-9486

▼ **Biodynamic Organic Fruit from Rothe farm in Oliver** The following boxes of Biodynamic fruit are available now:

Apples

Gala fancy tray pack
\$50 for 40 lbs/box or \$1.25/lb

McIntosh extra fancy tray pack
\$40/box or \$1/lb

Pinolas (loose fill) \$45/box or \$1.12/lb
Golden Delicious (loose fill)
\$40/box or \$1/lb

Spartans (loose fill) \$45/box or \$1.12/lb

Pears

Bartlett (small)
\$40 for 45 lbs/box or 90 cents/lb

Bosc \$50/box or \$1.12/lb

Asian apple pears

\$40 for 25 lbs/box \$1.60/lb
Super dried apple chips will be available soon. Late season apples, such as Fuji, Braeburn, Winesap, Newton and Ambrosia will be available as they ripen. Preorder by emailing or phoning Les Tulloch, or first come, first served from my white Ford Explorer in the Lower School parking lot. Thank-you for supporting healthy farming practices and specifically the Rothe Biodynamic Farm which has supported our Waldorf community for the past 40 years. Les Tulloch ▶ (604)765-3548 or Email ▶ Lestulloch@shaw.ca

▼ **Free Horse Manure** in convenient bags or recycling boxes. Lora (604)929-9347

▼ **\$2000 for a 1990 Honda Accord ex-R.** The car is in great condition. Has a fresh transmission, muffler and front all season tires. Much care and money has been invested in this little car. Christian Tulloch ▶ (604)765-3549

▼ I have tickets available for the following Canucks hockey game: 7:00p **Saturday October 18** vs Minnesota Wild, \$75 each; section 304. All the seats are together in 2 rows, so this is a hard-to-get opportunity to bring friends and family to the game. I also have 4 seats together in the lower bowl, section 112 row 11, for most home games, \$120 each.

Les Tulloch ▶ (604)765-3548 or Email ▶ Lestulloch@shaw.ca