

T	I	M	E	L	I	N	E
Fri	Nov 20	12:20 p	Early Dismissal, Christmas Fair Set-up, NO AFTERCARE				
Sat	Nov 21	10:00 a ▶ 3:00 p	Christmas Fair, NO Parent & Tot				
Tue	Nov 24	7:00 p	Gr2 Parent Meeting				
Thu	Nov 26	7:30 p	Gr11 Parent Meeting				
Wed	Dec 2	8:45 a ▶ 10:15 a	Waldorf Welcome				
Thu	Dec 3	11:00 a & 8:00 p	A Fairy Tale Christmas with Gr12 Eurythmy & Cascadia Bell Choir, Kay Meek Centre Studio Stage				
Mon	Dec 7	7:00 p	Gr3 Parent Meeting				
Tue	Dec 8	2:10 p	Early Dismissal GS only. AC Open				
		7:00 p	Christmas Music Concert				
Wed	Dec 9	7:30 p	AGM/Board Meeting				
Fri	Dec 18	12:20 p	Early Dismissal. End Fall Term				
		7:30 p	Shepherds' Play				

School Announcements

▼ The VWS library is **missing two copies** of *How to Save the World*, a DVD by Peter Proctor on Bio-Dynamic farming. If you have them please let me know as soon as possible. Also, there are still outstanding student and parent library books that have not been returned. As we are on the honour system in our library and don't charge late fees, we rely on everyone to keep track of books borrowed and return in a timely fashion. Please have a look around and return any that you find. Thank you.

Christiane Rolland

▼ I have complimentary tickets for the upcoming performance of the Vancouver Academy of Music. The Academy Symphony Orchestra will be performing at the Orpheum Theatre on **Sunday November 29 at 7:30p**. Leslie Dala will be conducting and Jinyou Lee is the featured violinist. Music by Verdi, Mendelssohn and Dvorak will be played. This is a great opportunity for budding musicians to see a quality orchestra! See Ronaye in the front office.

Waldorf Education for Parents

▼ **Eurythmy** is a form of movement art taught in Waldorf schools world-wide. In these classes we will experience some simple exercises and move to poetry and music. The classes will be on Monday evenings, 7:45p till 9:00p in the Roundhouse at the school. For further information, please see the poster on the Lower School notice board or phone.

Esther Chase ▶ (604)925-4194

Upcoming Events

▼ **The Cascadia Society and VWS High School students** are very happy to announce that they will present *A Fairy Tale Christmas* with Bell Choir and Eurythmy at the Kay Meek Centre Studio Stage on **Thursday December 3** at 11:00a and 8:00p. Young and old are invited. Ticket prices are \$10, \$15 and \$20 and are available at the Reception office at the Lower School.

Our Greater Community

Upcoming Events

▼ Just to let everyone know, GTI (**Grand Theft Impro**) is once again at Presentation House's Ann Macdonald Studio on **Sunday November 29**. GTI's mission is to bring some of Vancouver's best-loved players back to the wonderful world of improvisation. Last year GTI guested Richard Side, Jay Brazeau, Mike Black, Veena Sood, Ian Boothby, Christine Lippa and more. This month's line-up includes VWS parents Gary Jones and Alan Marriott as well as welcoming once again the prodigious talents of improv veterans, Mike Black and Roger Fredericks. GTI is a celebration of all that is wonderful about improv theater and is a joy to watch. So come on down! Show time is 7:00pm, Tickets are \$10 at the door and seats can be reserved in advance by emailing ▶ cfcnorthshore@gmail.com. The Ann Mac Studio is at Presentation House on the corner of 3rd and Chesterfield in North Vancouver

▼ **The Compassionate Way** presents *Inner Yoga - the Yoga of Emotions and Relationships* Yoga

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, December 4, 2009

Submissions are due

Monday, November 30 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

isn't just physical. It's mental, emotional and spiritual as well. When we make friends with and understand our inner climate, internal conflict diminishes; we feel lighter; and we have more fun. Spiritual teacher Premasudha Janet Hobbs is hosting a series of interactive discussions on Saturday afternoons through November. Location: 662 West Keith Rd., North Vancouver. By donation, \$20 suggested. Please see website for more information on each weekly discussion.

▶ (604)929-9223 or

Email ▶ thegateway@shaw.ca

Website ▶ www.thecompassionateway.com

Andrea Gray-Grant, Gr 2 parent

Childcare

▼ **Great Job for the Right Nanny** Our nanny of one year has to finish her degree, so we're looking for another energetic soul to care for our musically inclined 23-month-old son. A Waldorf background is ideal but not essential. If you are playful, responsible, can work legally in Canada, willing to do minor household tasks and happy to get out in the rain, please contact us. We offer \$15/hour in a warm, respectful household. Hours are Mon-Wed, 8:30a-6:00p. Start date is mid-December or beginning of January.

Adriana Barton

Email ▶ hellocello@hotmail.com

▼ **Part-time Nanny needed at UBC.** A sporty and fun part-time nanny is needed Monday & Friday afternoons for a 5 year old Waldorf kindergartener. Prefer person with good biking and gymnastics skills. References required.

Michelle Krakowski

Email ▶ mlkrakowski@me.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

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

Marketplace

▼ **Homeopathic Tools for Parents Who Do Vaccinate and Parents Who Don't Vaccinate Their Children** - Upcoming seminar with homeopath Susan Drury, RSHom(NA), CCH (Gr 9 parent). Vaccination is a confusing and difficult subject for many parents. Whatever your viewpoint, this seminar offers a supportive environment in which to further your understanding and learn options to safeguard your child's health through any vaccination decision you make. **Thursday November 26** from 9:00a to noon at the Mollie Nye House. Fee \$35. You must register to attend this informative session.

▶ (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

▼ If you are interested or intrigued by the idea of a yoga practice in a beautiful studio environment, **Yogapod** is excited to offer Waldorf families 15% off, and Waldorf teachers 25% off our membership packages. We have a full schedule of yoga classes to choose from 7 days a week. Come in to our zen modern studio just a few blocks from the Lonsdale Quay and let us know who you are. We look forward to seeing you there. Contact us for a class schedule, upcoming events and more.

Bountiful blessings,

Laurie and Todd Inouye, (PS & KG parents)

▶ (604)924-9642 or

Email ▶ www.yogapod.com

▼ All the toys and supplies to nurture a child's imagination available at Maplerose Store in Nelson, BC and online at www.maplerose.ca. Waldorf dolls, wooden toys, craft and felting supplies, Waldorf art supplies, yarn, woolens and handmade gifts. Friends and relatives looking for natural gifts? Send them to ▶ www.maplerose.ca for a Canadian mail-order source.

▼ Local food manufacturer Tarragon Foods is looking for a part-time, high energy demo person to work from 5 to 20 hours per week. Must have a car and experience (or ability) to sell products. All applicants must have a Food Safe certificate. \$15/hour. Please send resume. Thanks, Andrea Gray-Grant (Gr 2 parent)
Email ▶ info@tarragonfoods.com or
Fax ▶ (604)438-7781

▼ **Plumbing** - Our Services to community members for more than 14 years include but are not limited to: replacement/repair of water and drainpipes, supply/install hot water tanks, energy saving tank-less water heaters and radiant heating systems, faucets, fixtures, water filter systems, waterlines to fridge, natural gas BBQ or heater box outlets, gas inserts for open fireplaces. **Consulting & Construction Management** for bathroom and kitchen renovations. For references and more info check out our website or call us. Andrea and Rudi Bruns, (Gr 9 parents) Kodiak Heating & Plumbing Ltd.
▶ (604)990-7611

Email ▶ andreabrunsh@shaw.ca
Website ▶ <http://web.me.com/andreabrunsh>

▼ **Esthetician-in-Training** Facials, waxing, body exfoliation. Great prices from Waldorf graduate, student of Blanche McDonald School. Call for an appointment soon. Great gift ideas!
Ampo Running ▶ (604)375-2789

▼ **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

▼ **Cello Wanted** I am looking for a well-loved 3/4 cello for sale for my son Aiden. Thank you,
Ms. Fisher-Lang, Grade Four Teacher
Email ▶ afisher-lang@vws.ca

▼ 2010 Stella Natura Calendars are Here! Part of the proceeds go to people with special needs. Not just any calendar, comes with a wealth of information, a planting guide and sky chart.

Michael ▶ (604)987-4935
Email ▶ mroboz@infoserve.net

▼ **Biodynamic meats** from Lillooet Farm.
Richard Hug ▶ (250)256-7141

▼ *Brouwers Farms* (friends of VWS teacher Lorna Fortin) is really excited to provide you with this 100% all natural, **grass finished Angus beef** at \$3 lb before butchering (ca. \$5 lb processed). Only three sides left!! Grass-fed beef can have a third less fat and up to 2 to 4 times as much omega-3 fatty acids than meat from grain-fed animals. To order please contact Tanya Brouwers.
Email ▶ t.brouwers@explornet.ca
For more info on grass-fed beef visit
Website ▶ www.eatwild.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)

▼ **Non-pasteurized Organic Honey**
At the moment: cranberry/blackberry, Abbotsford wildflower. Sizes available are 240g, 1 kg and 3.1 kg.
Michael ▶ (604)987-4935
Email ▶ mroboz@infoserve.net

▼ **Biodynamic Organic Fruit** from Rothe farm in Oliver, 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 from my white Ford Explorer at the Lower School. 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