

	T	I	M	E	L	I	N	E
Fri	Dec 18		12:20 p 7:30 p	Early Dismissal, End Fall Term Shepherds' Play				
Thu	Jan 7	Begin Winter Term						
Tue	Jan 12		7:30 p	First Seven Years Seminar Series: Guidance - A Path to Discipline				
Wed	Jan 13		7:30 p	Board Meeting				
Mon	Jan 18		7:00 p	Simplicity Parenting: Lecture with Kim John Payne				
Tue	Jan 19		7:30 p	First Seven Years Seminar Series: Nutrition				
Wed	Jan 20		8:45 a 10:15 a	Waldorf Welcome				
			7:00 p	Gr7 Parent Meeting				
Thu	Jan 21		7:00 p	Gr4 Parent Meeting				
Sat	Jan 23		8:00 p	Gr10 Play: The Haunted Hotel				
Tue	Jan 26		7:30 p	First Seven Years Seminar Series: The Healing Power of Sleep				
Wed	Jan 27		7:00 p	Gr2 Parent Meeting				

School Announcements

▼ Accessible Tuition for 2010/2011

Accessible Tuition applications for the 2010/2011 school year are due **January 22, 2010** for currently enrolled families. Please note that a copy of your **2008 Income Tax Assessment must** accompany your application or it will be returned. If you do not have this document, please call Revenue Canada immediately in order to have a copy sent to you. Alternatively you can register for an *ePass* and access a copy of your Notice of Assessment online. It can take several weeks to receive your password so please go online and register immediately. The link to the Revenue Canada website is: <http://www.cra-arc.gc.ca/esrvc-srvce/tx/ndvdl/myccnt/menu-eng.html>.

Accessible Tuition applications were mailed on **December 11** to all families who currently pay an adjusted tuition. Applications are also available from Fiona Thatcher in the Admissions Office, or on our website www.vws.ca.

▶ (604)985-7435x200

▶ admissions@vws.ca

▼ Mark your calendars for the **Shepherds' Play!** On **Friday December 18** at 7:30p, a select cast of VWS teachers will be performing *The Shepherds' Play*, one of three medieval plays in the Oberufer Mystery Cycle. The faculty perform this every year during the day as a gift to the students, and in the evening for the greater community. If the spirit takes you, come share in the joy of watching our teachers strut and sing, and join in the songs!
Wendy Noel

Our Greater Community

Upcoming Events

▼ Anthroposophical Study Group for parents

A study group for the community led by Elaine Mackee exploring the practical applications of Anthroposophy will begin in January. Please join us to plan the next few months of study, that will include some combination of practical exercises given by Steiner for the path to self-knowledge, artistic activities including observation as our children learn it in their Waldorf science and art classes, poetry and the word as revelation, speech, conversations about Anthroposophy, or other related themes that interest the group.

We will spend the first two or three weeks planning how we want to work together. We will meet **Thursday mornings, from 8:30 to 10:00**, at the lower school campus. If you are interested or would like more information please contact

Elaine Mackee ▶ 604-913-2930, or

▶ elainemackee@shaw.ca

▼ The Anthroposophical Society warmly invites you to the **Christmas Festival** at 8:00p at the Rudolf Steiner Centre (Delbrook Plaza) on **Wednesday December 23**. There will be an address and the lighting of the Christmas tree with live candles. Please call for more information. Michael Roboz ▶ (604)987-4935 or Marjorie Thatcher ▶ (604)985-3569

▼ **GTI (Grand Theft Impro)** is once again at Presentation House's Ann Macdonald Studio on **Sunday December 20**. GTI's mission is to bring some of Vancouver's best-loved players back to

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, January 15, 2010

Submissions are due

Monday, January 11 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

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Direct all questions to:

mwoldring@vws.ca

2725 St Christophers Rd
North Vancouver, BC
V7K 2B6

the wonderful world of improvisation. This month's line-up includes VWS parents Gary Jones and Alan Marriott. GTI is a celebration of all that is wonderful about improv theatre 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.

▼ January Events at the Compassionate Way.

Compassionate Way is a non-profit organization dedicated to assisting people to understand themselves better and have happier, less stressed lives. Spiritual teacher Janet (Premasudha) Hobbs has helped many people learn to more self-accepting, more patient and able to embrace life as it happens rather than arguing with it too much. Please call Janet to register for January events or go online for more details. Location is at 662 West Keith Rd, North Vancouver, near Bewicke Ave across from the Chevron.

Andrea Gray-Grant (Gr2 Parent)

Janet ▶ (604)929-9223

Website ▶ www.thecompassionateway.com

▼ As Rumi said, "*Come, come, whoever you are, worshipper, wanderer, lover of leaving, it doesn't matter..!*" to an extraordinary Persian music concert with the renowned **Kereshmeh Ensemble** and the **Vancouver Symphony Orchestra** at the Chan Centre on **Sunday January 10**. I am thrilled to have been invited to speak the poetry of Khayyam, Hafez and Rumi at this event, and would enjoy sharing this evening with my Rumi-loving friends.

Abegael Fisher-Lang, Gr 4 Class Teacher

▶ www.vso.com and

▶ www.kereshmeh.com

▼ Interfaith Waldorf Philanthropic and Spiritual Pilgrimage to the Holy Land for Peace, Healing and Prayer

We invite you and your family to an Interfaith Philanthropic and Spiritual Pilgrimage, March 21-April 2, 2010. Visit sacred sites in the Holy Land as well as Waldorf schools for Jewish and Arab children that are transforming polarized societies in the region. Celebrate an interfaith Passover Seder in Jerusalem and gain a deeper understanding of the Abrahamic connections between Judaism, Christianity and Islam.

Co-led by clergy who are also Waldorf parents:

- Peacemaker Imam Jihad Turk (to see the article on Imam Turk recently featured in the Los Angeles Times click on: www.latimes.com/news/local/la-me-jihad29-2009nov29,0,6075196.story .
- Jewish Renewal Rabbis Nadya and Victor Gross, Rabbinic Seminary for ALEPH and Shepha Schneirsohn Vainstein, co-founder of Salaam Shalom Educational Foundation www.SSEFoundation.org. (Follow the link to a recent article on Salaam Shalom's work: www.jewishjournal.com/tribe/article/peace_in_the_middle_east_20091130/

A \$200 deposit must be submitted by January 7 to reserve your place. For detailed itinerary and more information please contact

▶ shephav@earthlink.net

Childcare

▼ I am a recent graduate from Emily Carr University who is available for nannying for \$15/hour, any day of the week except Thursdays. I am a playful and responsible individual who lives 2 blocks away from VWS. I can legally work in Canada, and do not mind doing minor household tasks like cooking.

Josan Piñon ▶ (778)989-4849

▶ josan.pinon@gmail.com

▼ **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

▶ hellocello@hotmail.com

▼ My name is Arielle; I am 13½ years old and am available for babysitting any day of the week. If you are in need of a babysitter I can be reached at ▶ (604)988-5221x8

▶ ariellewilliams@shaw.ca

Accommodation

▼ **Basement suite** available to rent within walking distance to Vancouver Waldorf School. Bright and clean, includes three bedrooms + den, large living/family room, kitchen, full bath, dry sauna, big private back yard, shared laundry. \$1400/month.
Froo ▶ (604)985-0919

Marketplace

▼ **Wanted** I am visiting over Christmas with my 7 month old and am looking to borrow an infant car seat for the time I am here, from December 15 through January 6 or so. If you have one to lend please contact Ruth or Graham Oslund. Thank you, Rosemary Oslund (VWS alum)

Ruth or Graham ▶ (604)986-4888

▼ **House for rent during the 2010 Olympics!**

Lynn Valley, North Van, three level, two bedroom furnished character home (including yoga room which could easily be converted into a third bedroom) for rent for two weeks during the Olympics from February 13-27 (longer if necessary). Gardens (front and back) surround the house with big trees in front and back for privacy. Quiet neighbourhood, close to bus routes, and minutes drive away from Lynn Valley town centre. Price negotiable! Please check www.vancouverrental2010.com for more information and for photos of the house, garden and backyard.

Susan Bull ▶ (604)985-1994 (home) or

▶ (604)916-8305 (cell) and leave a message or

▶ susanbull@shaw.ca

▼ **Welcome to Bodywork Therapy**, the North Shore home for Jin Shin Do Bodymind Acupressure. Relieves stress, tension and pain (physical and emotional) while stimulating the body's natural healing abilities. Reconnect body, mind and spirit to experience the life you have always imagined –

healthy, vibrant and joyful. For more information please visit my website or call me.

Sharon Johnson(Gr5 parent)

▶ (604)649-7559

▶ www.bodyworktherapy.ca

▼ **Private Art Lessons** available from Elaine Mackee, students \$30/hr and adults \$40/hr. Call to arrange a time; evenings, mornings, afternoons or weekends.

Elaine ▶ (604)913-2930

▼ **Zen-Shiatsu Therapy** Elena Deljanin, certified Shiatsu practitioner, has opened a practice at her North Vancouver private studio.

Elena (Gr1 Parent)

▶ (778)899-3590

▶ www.healing-moves.com

▼ **Women Healing Through Movement Group** Work on posture and beautiful movement through Spacial Dynamics and dance (Flamenco and Latin American). Six weeks classes at private studio, all interested women are welcome.

Elena Deljanin ▶ (778)899-3590

▶ www.healing-moves.com

▼ 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

▶ www.yogapod.com

▼ **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

▼ **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, (Gr9 parents)
Kodiak Heating & Plumbing Ltd.

▶ (604)990-7611

▶ andreabrun@shaw.ca

▶ http://web.me.com/andreabrun/Kodiak_Web/Welcome.html

▼ **Open Studio:** for that special Christmas gift, paintings, drawings, pastels available; open studio by appointment. Prices from \$50 to \$2,000.
Elaine Mackee ▶ (604)913-2930 or

▶ elainemackee@shaw.ca

▼ **Funky Home Made Cakes** Want a truly homemade cake for a birthday or special occasion which is natural and healthy but also unusual and funky? I can make you something fun and unique to order: organic, wheat/dairy free, fruit based, sugar free - whatever you fancy! Can do most anything from homemade vegetable coloured marzipan figures to wonderful fondant icing creations, crazy chou pastry towers, and magical royal icing multi layers. Email me for photos of previous cakes. Weird and wonderful one off's are a specialty! Other crazy catering also occasionally undertaken.

Cluny South(Gr 2 parent)

▶ (604)929-0210 or

▶ cluny@south.demon.co.uk

▼ **Mexico for New Year's Eve?** Located right on the beach in Cabo... minutes walk to downtown, 2 bedrm, 2 bath condo for rent. Sleeps 6 people. Only \$1000 for the week. Good airfares still available.

Lisa Parish ▶ (604)980-2269

▶ lisaparish@shaw.ca

▼ **Full size violin wanted.** Preferably to rent with option to buy. Looking for excellent quality. Please contact Zan (Gr6 parent).

▶ (604)205 5175 or

▶ romeder@gmail.com

▼ **For Sale** Metal fold-away bed with brand new firm mattress. \$75.

Froo ▶ (604)985-0919

▼ 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.

▼ **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

▶ mroboz@infoserve.net

▼ **Biodynamic meats** from Lillooet Farm.

Richard Hug ▶ (250)256-7141

▼ **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

▶ mroboz@infoserve.net

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

Apples Fuji fancy tray pack

\$55 for 42 lbs/box or \$1.30/lb

Super dried apple chips

\$10/350 g bag

Organic Ferme Delapointe #1 medium grade maple syrup: \$65/4 litre; \$35/2 litre; \$15/750 ml fancy glass; \$9/540 ml can.

You can preorder by emailing or phoning me. Thank-you for supporting healthy farming practices and specifically the Rothe Biodynamic Farm which has supported this Waldorf community for the past 40 years.

Les Tulloch ▶ (604)765-3548 or

▶ Lestulloch@shaw.ca