

T	I	M	E	L	I	N	E
Fri	May 14	7:00 p 7:00 p	Gr7 Play: Treasure Island Gr1 Parent Evening				
Tue	May 18	2:10 p 7:00 p	Early Dismissal. AC OPEN Spring Music Concert, Hillside Church				
Wed	May 19	8:45 a ▶ 10:15 a	Waldorf Welcome				
Mon	May 24		Victoria Day. NO SCHOOL				
Tue	May 25	6:45 p	Colin Dutton High School Awards, GS hall				
Sat	May 29	8:00 p	Gr12 Play: The Final Case of Sherlock Holmes, CapU Arbutus Theatre				
Sun	May 30	7:00 p	Gr12 Play: The Final Case of Sherlock Holmes, CapU Arbutus Theatre				
Sat	Jun 5	1:00 p	Gr12 Graduation				
Mon ▶ Fri	Jun 7 ▶ Jun 11		Outdoor Week for GS and HS				
Mon	Jun 7		Gr2 Parent Meeting				
Wed	Jun 9	7:00 p 7:00 p	Board Meeting Gr4 Parent Meeting				
Tue	Jun 15	12:20 p	Early Dismissal. End Spring Term				

School Announcements

▼ Annual Giving Campaign – Donate Today!

Our school needs your support – please consider giving a tax-deductible donation to a cause at the very center of our lives: the Vancouver Waldorf School. **Participation matters!** By achieving our goal of 100% participation from the entire community we are building the foundation we need to grow and expand. No donation is too small, all contributions will make a difference in helping our school thrive. DONATIONS ARE NOW POSSIBLE ONLINE AT www.vws.ca.

For more information, contact

▶ Mary Paradis ▶ (604)985-7435 x 203

▼ Dear Grade School Parents,

In the morning the school bell rings at 8:15am. If you bring your children to school it is at this time that you say your goodbyes and send them off into their respective classrooms. With the exception of Gr1, this occurs in the area in front of the school. If you need to speak to your child during the school day we ask that you check in with Ronaye Ireland (Reception) and she will assist you.

Thank you for your understanding and cooperation. Sincerely,

Arnold Grimm, Pedagogical Administrator

▼ **Gr12 Year End Trip Fundraiser** The cedar hanging flower baskets are back again. For those of you who might remember they were a big hit in past years! If you want a basket, or lots of baskets, please sign up with Ronaye in Reception. They cost \$50 each, a real bargain compared to what

you would pay at the garden centre, and they last well into the fall. Please order soon as there are limited quantities. Delivery date is in the first week of June. Proceeds will go to Class of 2010 for their trip to Peru.

Ronaye ▶ (604)985-7435 x 0

Waldorf Education for Parents

▼ Study Group for Parents

What is imagination? What is thinking? How is imagination brought in the Waldorf curriculum? What does anthroposophy have to offer me as a parent? Elaine Mackee, VWS alumna parent and High School teacher is leading a new study group for the community. Classes will include 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, and conversations about Anthroposophy. **Thursday mornings, 8:30a to 10:00a**, at the Lower School. For more information please contact

Elaine Mackee ▶ (604)913-2930 or

▶ elainemackee@shaw.ca

Our Greater Community

Upcoming Events

▼ **Animal Tales** The Cascadia Society Bell Choir and Sinfonia Orchestra of the North Shore present a world premiere of *Carnival of the Animals* by Camille Saint Saens, and *Animal Tales*, for

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, May 28, 2010

Submissions are due

Monday, May 24 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

symphony orchestra and hand bell choir. Stories, poems, theatrics and music for Peter and the Wolf, The Bee, The Pink Panther, and more. The story of Peter and the Wolf will be read by VWS parent Barclay Hope to which the Cascadia Companions will act out the parts in beautiful hand crafted costumes. This is a performance not to be missed!

Saturday, May 15, 7:30p

For tickets call Centennial Theatre Box Office at

▶ (604)984-4484 or ▶ www.centennialtheatre.com

▼ **CRIC? CRAC!** North Shore Storytellers hold their last splendid event of this season, on Sunday June 6, at the Silk Purse Gallery on the beach in West Van, 5:30p potluck feast, 7:00p auction of stories and donated items to raise money for the people of Haiti. Lively Haitian folktales will be told from The Magic Orange Tree. Join us for the potluck (bring your own dishes), the auction (bring a donated item or cash) and enjoy great stories and music by the sea. Door \$5/6; info 604-985-5168. Hosted by Abegael Fisher-Lang; stories for good listeners of all ages.

▶ www.vancouverstorytelling.org

Childcare

▼ Looking for someone to care for my 2 daughters (5 and 8 yrs old) on a regular and ongoing basis. Preferably a Waldorf graduate who has a car, 3 or 4 hours at a time (including between 12:00p and 3:00p at times during the school year) usually for 3 days/evenings each week, more during the summer months. Ideal for student studying at CapU in the Fall. Please call Kerrie Hart (Kindergarten and Gr2 parent).

▶ (604)980-9019

▶ hart.k@telus.net

▼ **Au Pair Position** My name is Runa Seidenzahl and I'm a 19 year old girl from Germany. This summer I will have finished my Realschool-and Waldorfexamination at the *Freie Waldorfschule Kaltenkirchen*. My plan for the future is to become a management assistant for the hotel industry. I would like to improve my school English in Canada, and I am looking for a place as an Au Pair for 10 or 12 months with a nice family starting in September. I have a lot of experience in household cooking, baking and cleaning. Also I have experience in babysitting and I've worked in a Kindergarten. If you are interested please send me an email.

▶ runa.seidenzahl@versanet.de

Accommodation

▼ Looking for a 4 bedroom home to rent from mid August or September in North Vancouver. Long term basis, would like to be close to VWS. Please call Kerrie or John Hart, (Kindergarten and Gr2 parents).

▶ (604)980-9019

▶ hart.k@telus.net

▼ **Wanted to rent** - one or two bedroom basement suite in North Vancouver for mom and daughter (nearly 14 yrs old), needed for **August 15** or **Sept 1** onwards. We have 2 indoor cats and 1 small dog coming with us from Australia, they are important family members. We have excellent references.

Brigitte ▶ 61-8-8391-2205 or

▶ wiredax@yahoo.com.au

▼ **New Gr1 (Sept 2010) class teacher** and family (2 parents, 1 child) looking to rent a house, townhouse, condo or apt. in North Van/West Van/Deep Cove area beginning August 2010.

Please contact us at

▶ 1(250)354-4271 or

▶ chacocan@telus.net

Thank you ~ Phil and Joanne Fertey

▼ Hello, I'm a Waldorf teacher wanting to house-sit for the summer. I would love to care for your home and pets while you are away. I am available **May 1** until the end of August (possibly into September if needed). Please call me.

Valeriana Bojidar ▶ (778)863-3348

▼ **Walk to school!** 4 bedroom house available to rent **June 1** (can be earlier if needed), just minutes walk from the Vancouver Waldorf school. House currently is set up with a basement suite. \$2,500 per month.

Kate Jadue ▶ (778)338-3843

▶ katejl@shaw.ca

▼ Opportunity to experience unique co-housing at a bargain price! Two bedroom town home at Cranberry Commons from **July 19 to Aug 8**, \$795.

Zan ▶ (604)205-5175 or

▶ romeder@gmail.com

▶ www.cranberrycommons.ca

▼ Family of four seeking 3+ bedroom home to rent long-term in North Vancouver to be closer to VWS. We would like to move in before September. Please call Courtney Mitchell and Clint Hale (MB Preschool and Gr4 parents).

▶ (604)217-9010 or ▶ cmitchell_3@hotmail.com

▼ Three bedroom home for sale in dynamic multi-generational co-housing community in Courtenay BC. Saltwater School (Waldorf initiative) opening September 2010. Please phone or email for pictures and more information. Jeanine Maars ▶ (250)792-2428 or

▶ jmaars@hotmail.com

Marketplace

▼ **Wanted: Land for a Biodynamic Community Garden!**

I am Colyn Cameron, a graduate of VWS, and I have recently completed a training in biodynamic farming at Emerson College in England. I am putting out a call to the Waldorf School's greater community to see if there is any available land (which could be rented, not bought) for the purpose of developing an Urban Biodynamic Garden (CSA), which could first be implemented for producing healthy produce for those interested, and secondly could become educational. Anything from a ½ acre to 1 acre would be necessary. Please email me or call me with any questions or ideas. I would be happy to hear from you.

Colyn ▶ (778)988-9652

▶ colyncameron@gmail.com

▼ **Homeopathy** In a 15 year study of 3,000 children in Australia who went through a systematic program of homeopathic remedies for childhood and serious disease prevention, it was shown to be 90% effective - equal to that of conventional vaccines - however the children's overall health scored much higher than those vaccinated children and slightly higher than children who were neither vaccinated or treated with homeopathic remedies for disease prevention. This homeopathic prophylaxis program is available through Susan Drury, classical homeopath and Waldorf parent. Call to learn more about whether this program may be appropriate for your child.

Susan Drury ▶ (604)671-7863

▶ druryperry@shaw.ca

▼ Our beautiful cat Fraya has two adorable tabby male kittens that are looking for a good Waldorf inspired home. Our kittens were born on March 31 and will be ready for their new homes on June 1.

Svetlana Andreeva (Gr3 & Gr5 Parent)

▶ (604)983-9233

▼ **Free H₂O Cleansing / Advanced Colon Hydrotherapy.** 1 hour session.

Free offer for all Waldorf parents and families. No obligation, \$150 value.

Most advanced self administered in-house spa treatment offered in Vancouver. You will feel amazing!

Beauty comes from within ...

Chris Gorin, (Waldorf parent)

▶ (778)999-8520

▼ **Craniosacral Therapy (CST)** is an effective help for birth trauma, feeding difficulties and colic in newborns as well as behaviour, attention and learning problems in older school age children. I have over 20 years of experience in the healing arts and have completed several advanced trainings in CST, Biodynamic CST and Pediatric CST. Please visit my webpage for more information. If you feel CST would be beneficial for you or your children, please call to book an appointment. The dreaded HST is on the way but please be assured that I love the Waldorf families and my fees are always negotiable!

Brenda Pulvermacher (alumni parent of Sarah, Mary Anne and Elena Mathias)

▶ (604)986-9355

▶ www.oceanwellness.ca/brenda

▼ **Explore the Bodymind Connection** with Jin Shin Do Bodymind Acupressure. Relieve chronic tension and pain (physical and emotional) while supporting the body's natural healing abilities. To book an appointment or take part in a workshop, call Sharon Johnson (Gr5 parent).

▶ (604)649-7559

▶ www.bodyworktherapy.ca

▼ **Le Petit Chou** blends Asian tradition and Western nutritional science. Based on the harmony of these principals, Le Petit Chou creates a personal diet focusing on whole foods, herbs and plants that are best suited for each individual and take into account their health concerns and goals. The mission is to bring renewed energy and balance back to the body, and to prevent illness. To learn more about Le Petit Chou or myself, please visit my website.

Genevieve Blanchet, RHN (Gr1 parent)

▶ (604)418-3277

▶ www.lepetitchou.ca

▼ **Clever carpenter needed** for creative crafted conversion project. '69 Chevy bus/house/rv is nearly finished and needs last construction details. Please call if you are interested.

Suzanne ▶ (778)686-8198

▼ **New Store** opening May 15/16. Open house both days from 10:00a to 4:00p at 3280 Robinson Rd, North Van. New memberships available and positions open for: bookseller, toymaker, gallery manager and more! We carry Mercurius, Stockmar and Choroi school supplies, yarn and handwork materials, Anthroposophical books, handmade wooden and soft sculpture toys, and a selection of work by local artisans. Please call for more information.

Ms. Glick ▶ (604)986-5170

▼ **Sailboat For Sale: 1974 Columbia MKII** Price: \$10,500, currently 4 shares at \$2625/ea. Ready for cruising! Sleeps five, three is comfortable for extended cruising. Columbia's are solid, comfortable boats in heavy weather but can be sailed well in light air under the 140 genoa. She has been well maintained with annual bottom cleaning and repainting, along with regular maintenance and care. Please call or email for the inventory list.

Arno, or Susanne Schonthaler

▶ (604)240-9728 or

▶ (604)254-0258 or

▶ arno_ecosol@telus.net

ANNUAL SPRING CONCERT

Tuesday, May 18th @ 7:00 pm

A Special Reminder for Grades 4 to 12

Where: Hillside Baptist Church
870 Lynn Valley Road
North Vancouver, BC

Dress: **Dark pants or skirts, dark shoes and socks and white tops.**
Please avoid jeans and sneakers or sports shoes.
Please ensure the students dress up, as this is a special occasion!

Required Arrival Time:

Grade 7 & 8	6:00 pm
Grade 6	6:15 pm
Grade 5	6:30 pm
Grade 4	6:45 pm
High School	7:45 pm

The teachers will tune the instruments before the concert.

Seating During the Concert: As this is an official school function, all Grade 4 to 8 students will sit with their class teacher, even after they have performed. We ask that parents be with younger siblings at all times, including before the concert while performers are tuning up. The balcony is reserved for adults only.

*** New this year** – the concert will be in two parts with an intermission. **All Grades 4 - 6 students will be dismissed into their parents' care at the end of the first half. Please pick your child up from their designated backstage room.**

Please, no food or drinks in the sanctuary.

Extra Rehearsals: We will rehearse at the Church on Tuesday May 18th during school time. Please be sure all players have their instruments and music with them at school on this day.

Remember: to label both the instrument and case,
to bring all music and
to take your instrument home after the concert.

Thank you, Robin Streb, Lorna Fortin, Anna Driehuyzen,
Mary-Anne Taylor, and Evgeny Shcherbakov for the Music
Department.

Please be advised that on Tuesday, May 18th early dismissal at 2:10pm is for GRADE SCHOOL STUDENTS ONLY.

The Vancouver
**Waldorf
School**

**Class of 2010
presents**

The Final Case of Sherlock Holmes

**May 29 at 8pm
May 30 at 7pm**



**At Capilano University
Arbutus Studio Theatre**

Conceived and written by Grade 12

and inspired by the works of
Sir Arthur Conan Doyle, Lindsay Faye,
Kim Newmoon, James Reese and Bram Stoker