

T I M E L I N E			
Sat	May 29	8:00 p	Gr12 Play: The Final Case of Sherlock Holmes, Capilano University Arbutus Theatre
Sun	May 30	7:00 p	Gr12 Play: The Final Case of Sherlock Holmes, Capilano University Arbutus Theatre
Wed	Jun 2	7:00 p	Board Meeting
Sat	Jun 5	1:00 p	Gr12 Graduation, Highlands United Church
Mon ▶ Fri	Jun 7 ▶ Jun 11		Outdoor Week for GS and HS
Mon	Jun 7	7:00 p	Gr2 Parent Meeting
Wed	Jun 9	7:00 p	Gr4 Parent Meeting
Tue	Jun 15	12:20 p	Early Dismissal. End Spring Term

School Announcements

▼ Dear Community,
Please join us in celebrating the **Graduation** of the Vancouver Waldorf School **Class of 2010**, Saturday June 5, 1:00pm, at Highlands United Church.

▼ **Annual Giving Campaign** – Thank-you to everyone who has contributed to the Campaign to date – so far we have achieved 52% participation and are 78% toward our financial goal! Your participation in the Campaign really matters – every gift will help build the foundation for growth and expansion of the school. **Donations are possible online at www.vws.ca.**

For more information, contact

▶ Mary Paradis ▶ (604)985-7435 x203

▼ **Library News** As many of you know the parent and grade school libraries have moved, they are now located near the hall in what was Wendy Noel's former office. I am open for business and each day brings in a few more people. There will continue to be improvements to this space over the summer - new lighting, curtains and carpets will be installed to prepare the space for the new school year.

A reminder to parents, teachers and students please return your library books before the end of school. At this time as I am still trying to organize all the books I am not able to accept any donations of books. Thank you and have a wonderful summer.

Christiane Rolland, Librarian

▼ **Gr12 Year End Trip Fundraiser** The cedar hanging flower baskets are arriving on **June 2!** These baskets are beautiful and abundant. 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. Proceeds go to Class of 2010 for their trip to Peru.

Ronaye ▶ (604)985-7435 x0

Our Extended Community

▼ **The Cascadia Society for Social Working** (a Camphill community) is seeking an independent programs co-worker, 4 days per week, 8:30a – 3:00p, to work one on one with special needs adults. The candidate must have experience working with special needs, and be capable of working with a team approach. Please send resume to: cascadia@cascadiasociety.org by June 4. Only those shortlisted for the position will receive a reply. If you have any questions, please contact us by email.

Patricia Smith, Cascadia Society for Social Working

Upcoming Events

▼ **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. Hosted by Abegael Fisher-Lang; stories for good listeners of all ages.

Abegael ▶ (604)985-5168

▶ www.vancouverstorytelling.org

▼ **Summer Music School Camp** for VWS Community with Evgeny Shcherbakov & Irina Shcherbakova at the Vancouver Waldorf School.

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 Bulletin publication will be

Friday, June 11, 2010

Submissions are due

Monday, June 7 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

Camp for students, teachers, siblings, parents, relatives; unique lessons including vocal lessons, solfeggio/music theory, choir.

Children's Choir for 10 years and older

June 15 – June 28; Mon, Tues, Thurs, 5:15p- 6:15p
\$150.00

Adult Choir

June 15 – June 28, Mon, Tues, Thurs, 6:30p – 8:30p
\$200.00

To register please come to the Roundhouse Wednesday June 9, 3:00pm, or Tuesday June 15, 4:00pm; or email evgshch@gmail.com.

Reasonable prices on private individual and small group vocal, piano and composition lessons are also available.

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 Capilano University 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

▼ **Very sunny bright house to rent** from early July to mid August at Lynn Valley and Dempsey Road, 10 mins from Lynn Canyon Park. Three bedroom with big garden, furnished etc. We are away for the summer and would like to rent it out to recommended people as will leave our stuff in.

Great if you have family or friends visiting. Car rental a possibility too.

Cluny ▶ (604)971-1664 or

▶ (778)988-9486

▼ Small, creative-cultural Waldorf family needs to leave peaceful, beautifully gardened, sunny main floor flat with verandah in heritage house on Grand Blvd this summer. Seeking similar space or even sharing social living situation with good-willed community-oriented people. Require 2+ bedrooms, clean and bright, fireplace; we have two beautiful 'Ambrose' cats, biodynamic gardening skills, and excellent personal and business references.

Abegael Fisher-Lang ▶ (604)985-5168

▶ afisher-lang@vws.ca

▼ **1 bedroom** lower suite in longtime Waldorf home in sunny Grand Blvd area for a singularly wonderful person; available now, \$850.

Angela Dutson ▶ (604)988-8615

▼ Downtown apartment sublet needed **July 15-Aug 15** for small family (couple and one child) visiting from Yunan Province, China. They are students of a friend of mine now teaching there, and can pay market price. Thank you for any information.

Abegael Fisher-Lang ▶ (604)985-5168

▶ afisher-lang@vws.ca

▼ **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 or ▶ 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 **Aug 15** or **Sep 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

▼ 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

Marketplace

▼ **Oseiduro**, the clothing company co-owned by VWS alumni Mary Anne Mathias (recently interviewed in the Bulletin) and Molly Keogh, is a finalist in a marketing contest that will see the winner receive a \$50,000.00 package from a marketing firm. Votes are based on community support – each week one contestant with the least votes is dropped from the running. If you would like to support VWS alumni and Oseiduro, go to www.flip.ca, click on Oseiduro, click on vote, enter your email address and that's it. Many thanks from Mary Anne, Molly, and all the folks in Ghana who make the clothing!

▼ **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

▼ **Full size cello** for rent! \$20 per month.

Anna Siradze, (Gr 5 student)

▶ (604)988-1864

▼ **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, (Gr 6 & Gr 9 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 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

▼ **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

▼ **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

▼ **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

▼ **Super Cute Gerbil Babies**

Ideal low maintenance pet - available start of May! We have 5 beautiful little gerbils almost ready to go, in black, dove grey, white, and cinnamon. So adorable! And big plus - unlike many rodents gerbils do not smell so you can clean their cage every 3 to 4 months. Yes really! Plus they are very tame, friendly, and active by day, great for small kids. So you can let your children experience the wonderful aspect of animal caring and love without all the usual hang ups! Come see them or call me.
Cluny ▶ (604)971-1664 or (778)988-9486

▼ **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