

School Calendar

This Week

Tuesday, Sept 30

Michaelmas In-school Celebration at Morning Glory

Looking Ahead

Friday, Oct 10

Middle School Study Group 7-8:30 pm

Monday, Oct 13

No School – Columbus Day

Tuesday, Oct 14

4th grade trip to PEEC
EC Parent Evening 7-8:30 pm

Saturday, Oct 18

EC Open House
7th grade workday

Thursday, Oct 23

School Tour 9:00 am

Friday, Oct 24

AWSNA Regional Conference at RVWS

Thursday, Oct 30

2nd grade Parent Meeting

Friday, Oct 31

Ancestor's Day – In-school celebration
Morning Glory Pumpkin Festival (EC-G2) 4-6 pm

How to Contact Us

info@rivervalleyschool.org
lc@rivervalleyschool.org
bot@rivervalleyschool.org
pc@rivervalleyschool.org

After School Program

The After School Program with Josh Laker begins this week. Registration forms are attached to this week's Current.

Parent Council Meetings

We will be having our meetings on the 3rd Wednesday of every month. All are welcome! We will try to alternate afternoon/evening meetings. The first meeting was on Back to School Night. The next one will be an afternoon meeting on 10/15 at 2:00 at Homestead General Store. We can modify the time if we find evenings (or afternoons) work better for the majority of the parents.

RVWS Turns 20!

If you were unable to join us on Saturday, or if you were there and want to relive the day, you will find some photos and speeches inside from our wonderful event.

The program began with a welcome from Brian Wolff followed by his talk on the history of Waldorf education and a description of Golden Circle Kindergarten's beginnings. Robbie Miller followed with some reflections on the history of RVWS. Then the 5th/6th grade and 7th/8th grade choirs performed. Lucas Santiago (Class of 2011) spoke about the impact his time at RVWS had on his life and his experience in high school. He invited alumni to the first meeting of the RVWS Alumni Association which was held later in the afternoon. The faculty performed a skit about a turnip that got everyone up for audience participation. Molly Watson spoke on behalf of the Board of Trustees about future plans for River Valley. Brian closed the program and introduced his wife, eurythmist Susan Eggers, who led the group in a "Hallelujah." As we all formed a big circle in the field and experienced eurythmy together, a warm feeling permeated the community with nostalgia for the past and anticipation for the future.



"Hallelujah" eurythmy being performed by the community as part of our 20th Anniversary Celebration

Lunch Program Update

We are sad to say that Grandy, aka Lynne Albaugh, got the results of her MRI and she has a torn rotator cuff. Her doctor will not clear her to go back to work so she is not able to come back to the kitchen to prepare meals for us all.

The 8th grade has graciously offered to jump into the void and as part of the fundraising for their 8th grade trip, they will be providing samosas on Fridays. An order form with all the details is attached to this week's Current.

Grandy is hoping that with another month of physical therapy she will be cleared to come back, but if her situation does not improve, she will have to have surgery and will be out for a long time. We will keep you informed and we all wish Lynne a speedy recovery - for our sake and most of all for hers.

From Administration

Fall High School Open Houses

Several RVWS graduates and their families have chosen the following independent schools for their children's high school experience. We thought we'd let you know that there are Open Houses coming up - for those 7th and 8th grade families who are beginning to think about next steps! Please see Cindy Schretlen if you have questions, or would like to speak to the family of an RVWS alum who is attending any of these high schools.

Solebury School, a small private day and boarding school located in New Hope, offers a strong college preparatory curriculum, with a vibrant arts community, athletic program and many opportunities for student leadership. Don't miss the annual OPEN HOUSE on Sunday, October 19, 2014 from 1 to 4 p.m. For information visit www.solebury.org.

George School's fall admission open house is Sunday, October 26, 2014 from 2 to 4 p.m. George is a college preparatory, Quaker boarding and day school located in Newtown, PA. Students will lead tours and faculty members from all departments will be on hand to answer questions about their extensive creative and performing arts programs, academic programs (including International Baccalaureate and AP options) as well as student life, sports and activities. For information, visit www.georgeschool.org

Kimberton Waldorf School: Discover the High School, visit our High School classrooms, meet and interact with faculty, and learn more about the crowning years of a Waldorf Education. Events are held in the High School Library. Monday, October 20, 2014 from 7:30 to 9:30 pm. For information, visit www.kimberton.org

Tinicum Art and Science in Ottsville, PA – TAS is a uniquely dynamic, small independent high school rooted in the principles of mindfulness. All students of high school age are invited to come for a visit. Please call admissions at (610) 847-6824 or visit www.tinicumartandscience.org.

The Lehigh Valley Charter High School for the Arts – Bethlehem, PA - Fall open houses are October 29 and November 10, 2014 from 6 – 9 p.m. The Lehigh Valley Charter High School for the Arts (Charter Arts) has established itself as one of the most respected high schools for the arts in Pennsylvania as well as the nation. Visit www.charterarts.org

Mercersburg Academy – a highly selective private, college preparatory boarding school located in Mercersburg, PA. Open house October 13, 2014 at 9 a.m. registration is required. Visit www.mercersburg.edu

Adult Education Opportunity

We are looking into the possibility of bringing Guus Antonie, a former RVWS teacher from Europe who has many years of Waldorf teaching experience, back to River Valley for a week of workshops for parents. He would teach a 2 or 3 day workshop on the Foundations of Waldorf Education and a weekend Biography Workshop. Biography work looks at the 7 year cycles of our lives and helps us to see patterns and gain insight into ourselves. It's also lots of fun. If you would be interested in either of these workshops, please let Robbie know so we can get an idea of how many people would attend.

PA CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP)

With the 2014-15 school year under way, it's important for students to have access to the health care they need. The Pennsylvania Children's Health Insurance Program (CHIP) can help.

For many Pennsylvania families, CHIP is free or offered at a low cost. Coverage is provided by private health insurance carriers with a generous benefits package and robust medical provider networks. Last year, Governor Corbett eliminated the waiting period so that no uninsured child would need to wait to apply. Parents, teachers, families and school nurses can access CHIP information via the links below. CHIP's Main Website: <http://www.chipcoverspakids.com/>

Downloadable Materials and Handouts for Schools and Parents: <http://www.chipcoverspakids.com/chip-resources/resources-for-organizations-community-partners-and-school-districts/e-toolkit/downloads/>

What is CHIP: <http://www.chipcoverspakids.com/about-chip/what-is-chip/>

Eligibility and Benefits: <http://www.chipcoverspakids.com/eligibility-and-requirements/>

Apply for and/or Renew CHIP Coverage: <http://www.chipcoverspakids.com/apply-and-renew/>

Lost & Found

Our Lost & found is flowing over the container in the All-Purpose Room. Please claim your items by Friday morning. After 10 am on Friday, take what you can use and everything will be donated Friday after school.

Box Tops for Education

We collect Box Tops for Education to benefit our school. You will find "Box Tops" on many of the products you use. Each box top is worth at least ten cents.

Participating companies include: General Mills, Cascadian Farms, Pillsbury, Yoplait, Betty Crocker, Huggies, Cottonelle, Kotex, Pepend, Ziploc, Hefty, Kleenex, Scott, Viva, Saran and more. Look for specially marked boxes and drop-off the box tops in the basket in the lobby. If you don't use these products, perhaps a relative or friend does. Thank you for your support.

Help us by Recycling your old Cellphones and Ink Cartridges

We collect old cellphones and ink cartridges to recycle and raise money for RVWS. Please bring yours to school and put them in the box on Robbie's desk.
Thank You!

SHOP AT GIANT FOOD STORE?

There's a really easy way to raise funds for RVWS, every time you shop at Giant and use your Giant member card. Just register your member card on their website.

Here is the link: <http://www.giantfoodstores.com/aplus/>

Our school ID number is: 06546

If you registered last year you do not have to re-register this year.

This is an easy way to earn money for RVWS without any cost to you, so please register right away!

Thank you

Thank you to our amazing 20th Anniversary Celebration Committee - Ron Ferguson, Laura Weis, Reeve Kelly, Louanne Willard and Renell Carpenter. The day was simple and relaxed, and a wonderful tribute to our school.

Thank you to everyone one who came out to celebrate our 20th Anniversary on Saturday. It was a grand day and included the first ever meeting of the River Valley Waldorf School Alumni Association! Special thanks to Mrs. Diven for arranging the choirs, the students for performing, the faculty for their skit and support, our speakers Molly Watson, Robbie Miller, Brian Wolff and Lucas Santiago, to Senor Santiago for firing the bread oven, Andy and Zachary Wander, Nate Weis and Nick Thompson for set up and clean up and to my dear colleagues on the Anniversary Committee. My gratitude goes out to all. - Ron Ferguson

From the Faculty

WHAT ARE THE CHILDREN LEARNING?

First Grade: Math

Second Grade: Language Arts

Third Grade: Farming

Fourth Grade: Math/Norse Mythology

Fifth Grade: Ancient Civilizations

Sixth Grade: History

Seventh Grade: Chemistry

Eighth Grade: Meteorology

From the Leadership Council

What we are working on:

Looking at enrollment in Early Childhood, considering ways to expand enrollment this year.

Finalizing monthly meeting schedule with TDC, EC, BOT, PC.

Looking at Adult Education possibilities.

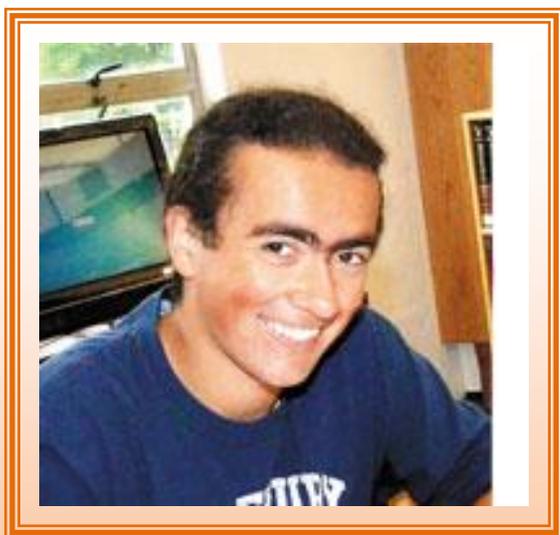
From the Board

It's the 2nd Annual BoT Swing Dance!

Join us as we swing in the season at our masquerade swing dance on Saturday, October 11. Creative attire welcome but not necessary. If you missed your opportunity to buy tickets for this event at the auction in June, it's not too late! RSVP to Molly Watson at mwatson416@gmail.com or just show up! Everyone had a great time last year, dancing the night away.

Doors open at 6pm for light snacks and drinks. Swing lesson with Peggy and Ret from 6:30-7:30pm, followed by two hours of dancing. \$25 per person includes light fare and beverages and a dance lesson. Graceful Home Design in Ottsville, almost across the street from Kimberton Whole Food.

Alumni News



From the Bucks County Herald:

Solebury School Senior Nets National Award

Solebury School's Lucas Santiago has been named a National Hispanic Scholar by the College Board's National Hispanic Recognition Program. Each year the program identifies academically outstanding Hispanic/Latino high school students who receive high scores on the PSAT/NMSQT.

Congratulations, Lucas!! (RVWS Class of 2011)

One of the exciting happenings on Saturday at our 20th Anniversary Celebration was the first meeting of the RVWS Alumni Association. Many of our alumni were present and met to make plans for future events. If you are an RVWS Alumni or are related to one, please contact Lucas Santiago (lsantiago@soleburyschool.org) to find out about upcoming get-togethers.



From Palisades High School weekly newsletter:

CONGRATULATIONS TO OUR ATHLETES OF THE WEEK: Jen Reckner & Nicole Shulman

Congratulations to Jen Reckner and Nicole Shulman for being selected as this week's Athlete of the week. Both Nicole and Jen are proof that hard work pays off. Their commitment and dedication earned them a spot on Varsity as the 2nd Doubles team and have continued to improve with each match. The girls will compete on October 8th at the District 11 Doubles Championship.

Way to go Nicole!! (RVWS Class of 2011)

Class Fundraisers

Did you hear about the samosas yet??

If not, ask your child what s/he thought about the samosa tasting on Monday! 8th Grade is trying to help fill in for our beloved Grandy while she heals, and raise money for our 8th Grade trip by offering Samosa Fridays! These are vegetarian, non-spicy, kid-friendly, LARGE samosas prepared from scratch by "Aromas of India" of Easton, PA – fried in peanut-free oil and offered with a tangy-sweet tamarind dipping sauce.

You may purchase 1 for \$3, or 2 for \$5 (some older kids will likely want 2 – probably those who order 2 slices of pizza). Sign-up for the semester (10 Fridays: Oct 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12, 19) OR if you're not quite sure yet....Sign up for a trial the first Friday, Oct 10 (with the option to sign up for the remainder) Order forms (attached) are due Tues Oct 7. 8th Grade thanks you for your support!

From the Community

Purely Farm is back again on the first Friday of every month!

The first pick up scheduled for October 3rd will offer pork, turkey and eggs! Joanna and Marc Michini of Purely Farm, parents of Clover in the Star Room, have a long history of providing the best meats in the area. Their farm critters thrive on life out on pasture and a diet supplemented by mineral rich, organic grains that are locally grown and GMO free. Joanna and Marc will be at RVWS monthly with your orders all ready to take home--saving you shopping time and providing you with quality and wholesome, naturally pasture-raised meats. Equally, if you'd rather organize a buying club in your own town, they will drop at a central location.

If this appeals, please contact them at purelyfarm@gmail.com. Please email them also for advance information about this week's availability or refer to the attached price list. It is highly recommended that you pre-order turkey due to its high demand.

From the desk of Commissioner Ronald Ferguson of the River Valley Fantasy League:

The RVFL week 3 fantasy football standings:

NORTH DIVISION

Joad's Toads	2-1-0
Honey Badgers	2-1-0
Killer Unicorns	1-2-0
Waldorf Wolverines	1-2-0
Easton Fighting Shad	0-3-0

SOUTH DIVISION

Iron Butterflies	3-0-0
Angry Love	3-0-0
Toy Boys	2-1-0
Le Peleton	1-2-0
Wild-Eyed Gnomeez	0-3-0

Help Needed

RVWS family of 5 is looking for a helper during the after school/dinner hours with our three children, ages 5 and 16 months (twins). Right now the days/ hours most needed are Tuesdays and Wednesdays, 3:30-7 p.m., but we can possibly shift the days if necessary. Prior experience with children and babies is desirable...love of children a must! Must be able to provide own transportation. Contact Sara for more information: 609-566-3144 sarajoyfishkin@gmail.com

Still seeking . . .

Afterschool care for the Lederer children (Zane -G4, Annika - G1, and Ridge - EC). Mom, Kristyn, works in Doylestown at Delaware Valley College and we live in Quakertown. I'm hoping to find someone who can pick up the children from school and take them to your home or ours. I finish work at 5 p.m. and can pick up shortly thereafter. My preference is to find someone in/near/between Doylestown & Quakertown. If you know someone who might be interested please email 1134zar@gmail.com or text 267-471-2751. Thanks!

Desperately Seeking Affordable Childcare

Wednesday and Thursday mornings for my easygoing 2 ½ year old daughter while I assist in the kindergarten. Please call Molly MacDonald at 610-349-3536

Roxey Ballet Nutcracker Production

Gunna Christensen (7th grade) and Sven Christensen (3rd grade) are very excited to be in this year's performance of The Nutcracker by the Roxey Ballet. Gunna and Sven will be in the 1st act party scene and Gunna will be a Chinese dancer and Sven a Russian paige in the 2nd act in Saturday performances. Ainsley Mulligan will be in the party scene on Saturdays and a Sugar Plum paige on Sundays. Former student Gabe Blaikie will be Fritz and Gabe's dad Tim will be Drosselmeyer (not sure which performance). Tickets are on sale now and can be purchased on www.roxeyballet.org or discount tickets at: www.spinsaver.com.

Hope to see some of our RV friends, Leah Christensen

Ottsville Traditional Arts Center

Cello Lessons at OTAC

While Daniel Hawkins is ensconced in an academic Masters program in St. John's, New Foundland, he has secured the cello program by collaborating with another amazing cellist. Daniel will continue his vision of OTAC through continued virtual interaction of the lessons, jams, events, dances, workshops and personal appearances!

Mirjam Ingolfsson... was hailed as "a young poet of the cello". Born in Reykjavik, Iceland to a family of musicians and artists. Mirjam Ingolfsson started the cello at the age of four and began touring Europe and the United States at age seven. She is an artist with her own distinct musical voice who has established herself as an important performer and pedagogue in the Philadelphia region. As a dedicated teacher, Mirjam Ingolfsson co-founded The Leopold Mozart Academy in 2001, where she teaches cello, Music Theory and Solfeggio. Her Masters degree in Music includes graduate work at the Cleveland Institute of Music and Temple University. She is a winner of top prizes in numerous competitions such as the ASTA Pennsylvania State Competition and the Graham Stahl Cello Competition. She has participated in the Piatigorsky Seminar in Los Angeles and festivals such as the Bach Festival of Philadelphia, the Schleswig Holstein Festival in Germany and the Jeunesse Musicales Festival in Switzerland. Her major teachers include Orlando Cole, Alan Harris, Jeffrey Solow and Nathaniel Rosen. For lesson information contact mirjam.ingolfsson@gmail.com.

Wednesday Jams / Song swaps 6:00-8:00

Please join the Jam! All levels welcome. Bring strings, pipes, squeezebox whatever you got!

Community potluck, tunes and songs. \$5 suggested donation. ottsvilletradarts.weebly.com for song and tunes selections.

OTAC AUTUMN EVENTS!!!

Saturday September 27th 1 - 4:30pm

Workshop and Jam with Donna Hébert and Max Cohen, \$15 adults \$10 kids under 12. To registration contact danielhhawkins.com

Friday October 24th

House Concert Party of Three at OTAC

Wednesday October 22

House Concert with Ari and Mia

Saturday November 1st

Contradance with Perpetual e-Motion

2nd Annual Gypsy Dance

RVWS Class trip FUNDRAISER

Check out our Ottsville Tradarts Calendar of events: ottsvilletradarts.weebly.com, danielhhawkins.com
OTAC 250 Durham Road, Ottsville, across from Kimberton Whole Foods

Boost your family's immunity this winter with delicious Elderberry syrup!

Children LOVE this simple, yet potent homemade tonic made from certified organic elderberries and local raw honey. Elderberries are traditionally renowned for preventing and speeding recovery from common cold and flu symptoms. My son Isaiah (Moon Room) always asks for his "special syrup"! Contact Sara for prices and orders. sarajoyfishkin@gmail.com 609-566-3144

Kimberton 5K/10K Trail Run

Sunday, Oct. 12th, 2014

Tired of running on the roads? Come run with us in the woods along the beautiful French Creek!

The Kimberton Waldorf School is looking for fellow 'Waldorf' Teams to compete in the 5k/10k Trail Run this year ... please wear your 'Waldorf' school colors and try to beat KWS if you can!! You can sign-up individually or with a team. Additionally, we are hosting an incredible Health & Wellness Expo with free breakfast, free post race massages and acupuncture, and freshly made 'smoothies'!! Please support & enjoy our exciting "Fundraiser"!! We are expecting at least 300+ participants ... let's show the local communities how 'Waldorf' schools support each other!!

Sabine Rahman aka Saharra White Wolf would love to invite you to her upcoming events:

Shamanic Journeying - Mondays for adults and teens Oct. 6th, & 27th, Nov 17th and Dec. 8th from 7 to 9 pm
Children/Family Fire Full Moon Ceremony - October 10th 4.15pm – for children of all ages
Adult Level II Reiki Class - October 12th: 10am – 6.30 pm. Only 2 spots left (children Reiki classes will start in spring 2015)

Find her business AWAKYA on www.meetup.com – it will give you more information about all this events and many more dates for her ongoing Reiki Healing Circles for all different Reiki Degrees. All Events happen at 5 Cynthia Court, Annandale, NJ 08801. Contact info: saharrawhitewolf@gmail.com

We live in a time of big changes. It is up to you if you want to choose easy or if you want to resist and struggle. Change will happen if you want it or not – it is up to you how. Choose easy, with peace and grace. YOU are the creator of your life and you chose to be here at this exciting time! Enjoy!

Yoga Loka

Retreat Weekend with Bonnie at Mount Eden in Washington NJ

October 10 -12. Full weekend and daytime rates are discounted until 9/10.

If you have ever asked yourself "how can I achieve higher consciousness?" the answer can be found in the chapter of the Yoga Sutras called Sadhana Pada. This second of four chapters in The Yoga Sutras by Patanjali has many suggestions for the student pursuing liberation.

During this retreat we will investigate these suggestions, the yamas and niyamas, the Ashtanga 8-fold path, and including the use of asana, pranayama, and kumbaka. We will explore effort and steadfastness through asana, self-inquiry through meditation and discussion, and surrender through chanting and ritual practice. How we can direct these practices in the most beneficial way is a worthy inquiry that will inevitably lead to higher consciousness.

For more information and to register see our website at www.Yoga-Loka.com

Adult Volleyball

Tuesday and Thursday Evenings, 7:30-9:30 PM, Palisades Middle School. All are Welcome to Walk in! \$5/night to play, Any Skill Level - Great Fun!

Rummage and Bake Sale

St. Luke's U.C.C., Durham Road, Ottsville, PA

Thursday and Friday, October 2 & 3, 10 am-8 pm, Saturday, October 4 Bag Sale All Day 9 am – 4 pm.

Donated Items Welcome! Drop items off at the building at the intersection of Routes 412 & 611 from September 22-27. Any other days, drop off items on porch at schoolhouse of St. Luke's Church on Durham Road. Clothing, Jewelry, Books, Housewares, Plants, Toys, & Small Furniture. No Computers or TVs accepted.

For more information call: 610-847-5013 or 484-357-5274.

Painting the Still Life in Oil with George Thompson

October 20 and 27 6:00pm – 9:00pm

All levels welcome. Open to ages 16 - adult

Painting the still life is a wonderful way to learn how to paint, to be creative and expressive. We will discuss all the academic skills you need to create a life-like painting and explore how to paint using your own personal style. We will discuss drawing, color, composition, value, handling the materials, and will also challenge you about what a still life should be—from the academic to the more modern approach. Oils or acrylics suggested. Please bring your own materials; if you not have any, please let us know prior to the workshop so they can be provided.

George Thompson is a nationally recognized, award-winning artist specializing in figure/portrait, landscape, and still life. He has been teaching workshops and conducting life-drawing and painting sessions for the last 25 years. Thompson has a Bachelor of Fine Arts Degree from Pratt Institute, and has studied figure drawing and painting at The Art Students League, and The Brooklyn Museum. www.georgethompsongallery.com

Art in the Library is made possible with a generous grant through the Erwin J. and Gertrude K. Neusch Fund. This program offers classes and workshops for beginner, intermediate, and established artists—from children to adults. The workshops are held in the Community Room at Riegelsville Borough Hall, 615 Easton Road. To sign up, please contact the Riegelsville Library 610-749-2357 or 610-749-2158 or riegelsvillelibrary.info

Snowboard, bindings, and boots for sale

This Flow snowboard has bindings that fit both pairs of boots (Burton Invaders - men's size 6 and 8). Snowboard is 144 cm, white with neon splashes of color. I can send pictures if you like. It can be used by preteen, teen or small adult, perhaps in the 5'-5'5" range or so, but my child started much shorter on this board. I prefer to sell altogether for \$300 OBO, but will split if necessary. Call Melanie 215.280.3154.

CONCUSSION EDUCATION WORKSHOP

(Note: Pre-Registration Required – FREE)

Palisades School District, along with the Bucks County IU, is offering a free educational workshop on Concussions.

The course will be held on Wednesday, October 1st 6:30 PM in the Audion Room of the High School. Call Ms. George at 610-847-5131 x2009 or email her at rgeorge@palisadesd.org to register for the workshop. A minimum number of attendees is required. Take advantage of this opportunity and register now!!

Bridgeton AA will be hosting a Trunk or Treat October 31 from 6-7:30.

Great trick or treating fun for kids in one safe, family friendly location! Come deck out your car's trunk, tailgate, or hatch (optional) & have fun handing out treats to our area youth. Call/email to reserve your spot today! 484.325.1816 or bridgetonaa@gmail.com

Our 20th Anniversary Celebration



Welcome by Brian Wolff

Good Morning. My name is Brian Wolff; I am the School Administrator and today is the 20th Anniversary Celebration for River Valley Waldorf School! A warm welcome to our guests, welcome RVWS Families and welcome Faculty and Staff - thank you all for coming!

To begin, I would like to read this lovely poem written by Leslie Torkelson, one of our school founders. It was read at the opening of the Golden Circle Kindergarten in 1994,

**Golden Circle shining bright
Fold us gently in your light
Friends of old and friends of new,
Joining hands to walk with you.
Laughing, singing – now we come
To each new day, the golden sun
Smiles upon our garden small –
Golden rays to warm us all.**

I was asked speak about Waldorf Education, so I would like to look at some of the impulses that flow into the founding of Waldorf Education and then highlight a couple elements that prepared the way for the opening of the Golden Circle Kindergarten .

(continued on next page)

Waldorf Education began in the aftermath of WWI, people in Central Europe were devastated (17 million souls had lost their lives), and it was a time of real openness and searching for new social ideas. Rudolf Steiner, who was the founder of Waldorf Education, had been very active in proposing a new direction for social renewal, a threefold of society based three separate but interdependent spheres of activity, i.e., the economy sphere (one of brotherhood), political/rights sphere (of equality) and the cultural sphere (freedom). In his book "Towards Social Renewal," which was a best seller in Germany, Steiner presented his ideas about the threefold nature of social life and warned against the limitations of capitalism, based on self-interest and the impersonal market and of socialism, which can thwarts individual creativity and efficiency. "Towards Social Renewal" was also widely read in the United States and England. In London a commentator wrote that it was "perhaps the most widely read book on politics appearing since the war." While Rudolf Steiner's movement for social renewal did not take hold, what did evolve out of it was Waldorf education.

Emil Molt, owner of the Waldorf Astoria Cigarette factory wanted to open a school for the children of his workers. He felt that the events of WWI were due in large part to a failure in education and saw the establishment of a school as step toward a free cultural life as indicated by Steiner. Molt asked Steiner to take on the leadership and development of the school. In the process of founding the school, RS endeavored to keep the school free, in every way possible, from state interference in its teaching methods, governance structure, testing of students, state teacher training requirements, etc. He insisted that the school be co-educational and open to any student who wanted to attend regardless of social, religious, racial or economic background. Funds were raised to support families in need. Today it is difficult to appreciate how revolutionary this was in its time. On September 15, 1919, less than six months after Molt spoke to Steiner, the first independent Waldorf school, called the Free Waldorf School of Stuttgart opened its doors to 256 children (1st to 8th grade).

At the heart of the Waldorf methods and curriculum is a truly child-center approach to education. This was fundamental in Rudolf Steiner's educational courses and in all his work with teachers. Here is the verse that he gave to the first teachers, "**Receive the children in reverence, educate the children with love, send them forth in freedom**" The Waldorf curriculum which covers grades 1st 12th, strives to be an education towards freedom, fostering capacities of creative thinking, self-reliance and of being comfortable with oneself and interested in others. "**Educate the children with love**" is the challenge for teacher to be in Steiner's words a "loving authority" for the unfolding each unique individual child, in this time of transformation from grades 1st to 8th. The curriculum is finely tuned to meet each child at their developmental stage and it is further enliven with strong component of the arts, so beautifully integrated into the academics. "**Receive the child in reverence**" is gesture of the early childhood teacher. Along with this is the challenge to be "worthy of imitation," because the young child lives so fully in a world of imitation. And to surround the child with "goodness", which means a peaceful environment with simple, naturally made toys, organic food and filled with creative play. These are a few hallmarks of our early childhood programs.

It is interesting to note that Early Childhood education was not develop in Steiner's time; he gave only a few indications. The wonderful programs we have today grew out of the experiences of Waldorf educators over the past 95 years, out of their reverence for the young child. And so this seed of Waldorf education has grown, today there are over 1,000 schools in 60 different countries.

Now I want to look at a couple threads from the early days, or we could say the pre-birth stage. There's an interesting biography of the school written by Ulla Warchol; it looks at the history of the school relation to the developmental stages of the child, with the opening of the Golden Circle Kindergarten as the birth. The school's conception, which corresponds to that moment when the individuality of a child decides to incarnate, took place in 1991 when a small group of parents meet on the property of the Rosicrucian Beverly Hall Publisher near Quakertown and decided to establish **The Waldorf School Association of Delaware River Valley**. Soon after this a newsletter was started, then Mayfair with Auction that raised \$9,000. And things moved forward with a lecture series, a study group, Winter Solstice celebration, AWSNA and RFS are contacted. And of course, in this growing circle of families are the young children, and they are getting older and this in turn drives the urgency of the parents for a school. In the hope to find a teacher/mentor for their initiative the parents put together a flyer, and here is how it begins:

"We are a group of parents, teachers, professionals, merchants, artists, craftsmen and farmers who have come together to manifest a vision which has at its core a school for our children, our community, ourselves..."

To me, these words come across to like a manifesto and give a wonder feeling for the spirit of this founding group.

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So the flyer made its way to California to Lexie Ahrens, one of the founders of the San Francisco Waldorf School. She answered the call and in the summer of 1993 moved across the country to serve as a mentor for the new school. Lexie was a dynamic, strong-willed personality with a deep commitment to the principles of Waldorf education; she was just the catalyst needed. The search for a permanent site went into high gear. After negotiation attempts at several locations fell through, the property at the Rosicrucian Beverly Hall Publisher opened up and was immediately accepted by the board. Things had gone full circle ending up at the very site where the first meeting took place.

Here I would like to mention Ehrenfried Pfeiffer, he was the founder of the biodynamic method of organic farming in this county. He was a student of Rudolf Steiner's and developed the first biodynamic preps for soil enrichment. Pfeiffer had close connection this Rosicrucian group in Quakertown and often visited there. Also, he was someone who Lexie identified as her teacher and mentor. Lexie mentioned how the name of the school, The Golden Circle, was connected with an image of a golden wheel in a painting by Pfeiffer. So one can feel this connection with Pfeiffer in the founding of our school and I am sure pleased that we now have a lovely biodynamic garden.

I would like to close with a verse by Rudolf Steiner that was read at the opening ceremony of the Golden Circle Kindergarten in 1994.

It's called "**At the Ringing of the Bells**"

**To wonder at beauty
Stand guard over truth,
Look up to the noble,
Resolve on the good:
This leads us truly,
To purpose in living,
To right in our doing,
To peace in our feeling,
To light in our thinking,
And teaches us trust,
In the workings of God,
In all that there is,
In the width of the world,
In the depth of the soul.**

Rudolf Steiner (1861-1925)

Reflections on our 20th Anniversary By Robbie Miller

In preparing for this event we sent out invitations to as many of our school's founders as we could find and we received a very nice response from Diane Holsenbeck, a friend of Lexie Ahrens who was one of the first kindergarten teachers at Golden Circle.

"It was not long ago that I was thinking about the school and how it opened its doors two decades ago. I wondered if there would be a celebration. Your message answers my question! Being part of the endeavor at its inception, growing pains and all, make me rejoice for what it has become!

Unfortunately, next Saturday Penn and I shall be in North Carolina where he grew up and both his siblings still live. Hence I shall not be able to join the community for their celebration. However, I hope you will convey my heartfelt joy and congratulations. More than anything I would love to be among the children of today's classes there and watch and hear their many gifts. I have vivid pictures in my mind and heart of the children who were a part of that first class. What a magical year it was for me with them. They taught me SO much!"

A young school is like a young child. When you think about young children, they fall down a lot, they have childhood illnesses and it is a miracle that they survive their childhood. But with the help and support of a lot of people, they grow into strong, healthy adults. The same can be said for our school. In the beginning, there were crises and arguments, Board meetings lasted until 2 in the morning, an issue would come up and a group of families would leave the school, but somehow we survived.

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By 1998 Golden Circle had grown, the class was divided and two new teachers were needed. Christina Hummel and Penni Harris applied for the positions. When they came for their interview, the teacher gave them each a piece of beeswax and asked them to warm it and sculpt it into a golden ball. That was our teacher search process in those days. They were so nervous that their hands were freezing cold and they couldn't warm the beeswax. They found a little 6 year old kindergartener with hot hands and he warmed it for them and they were able to sculpt their golden ball. Just think what would have happened if that little boy hadn't come to their aid, what would our school be without Miss. Hummel?

Christina also told me that in her first Garden Gate, parent-tot class, her most enthusiastic parent was David Bader who brought Helena every week. He loved baking bread, doing all of the crafts, and he had a great time. Just think, if David hadn't enjoyed Garden Gate, where would our school be today? The Helen Bader Foundation has been a mainstay of support for River Valley for most of its existence.

In 1999 Golden Circle decided it was time to start a grade school and John Greene became the first, first grade teacher. A year later in 2000, the school moved from Quakertown to the Bridgeton Elementary School here in Upper Black Eddy and Christina became the new first grade teacher. The summer was spent with teachers and parents lazuring the walls and fixing up the building. A vote was taken and River Valley School was chosen as the new name.

Zsuzsi Mekki told me a funny story about those early years. She was hired as a part-time handwork teacher and on Back to School Night, she was introduced as the new handwork teacher and it was announced that she would be teaching a Friday morning workshop for parents. Her eyes popped out of her head because no one had talked to her about this. Things were a lot looser in those days!

At this point in our biography we had an international faculty. We had teachers from: Hungary, Germany, Romania, Bulgaria, Japan, Argentina, and Holland. As a matter of fact, our first American grade school teacher was Viorica Comaniciu who became a US citizen while she was teaching 4th grade. And Lynn Vazquez was the first one who was actually an American when we hired her.

In 2004 we had grown to the point where AWSNA (Association of Waldorf Schools of North America) gave us permission to use the word Waldorf in our name. We were 10 years old and we invited our founders to a ceremony to dedicate our Foundation Stone.

Many of you don't know what is under that beautiful stone in the lobby that you walk on every day when you enter the building. We placed a copper dodecahedron with drawings and writings from every child in the school, and documents describing the life of the school, underneath the stone. Guus Antonie, a wonderful Waldorf teacher from Holland who was on our faculty and had a profound influence on our young school, read Rudolf Steiner's Foundation Stone verse to commemorate this milestone.

And then we entered a growth spurt. In 2006 we were accredited by PAIS (Pennsylvania Association of Independent Schools). In 2007 we graduated our first 8th grade with Christina Hummel as the teacher. In 2012 our Morning Glory satellite kindergarten opened in Doylestown. And in 2013 we were accredited by AWSNA and our PAIS accreditation was renewed.

In 2009, Lexie Ahrens turned 80 and we had a birthday celebration for her in the All-Purpose Room. The children performed and we gave her a beautiful bouquet of flowers. At the end of the ceremony, the children lined the hallways leading out to her car and sang a traditional African song that is sung when someone leaves the village. Karl Bernhardt helped into her car and children crowded the parking lot. Now anyone who knew Lexie knows she was a force to be reckoned with and she wouldn't let a crowded parking lot stop her from leaving. She put her car in drive, gunned the engine and drove up a hill onto the neighbor's lawn and out into the street, as we all watched in amazement.

In closing I'd like to say that our school was built on the shoulders of everyone here today and many who couldn't be with us. Whether you were a teacher or a student, a staff member, a Board member, a volunteer for a festival or an auction, a donor or a parent who believed in our school enough to send your child here, yours are the shoulders on which River Valley Waldorf School was built and will continue to grow.

From the Washington Post

Parents Put Down Your Cellphones

By Jane Scott

(Jane Scott is a pediatrician who practices in Highlands Ranch, Colorado)

I've been a pediatrician for 20 years, and I thought I'd seen it all. But not long ago when a father brought his 2-year-old into my clinic, something happened that has me deeply concerned.

Upon entering my examining room, I found father and son sitting together, eyes downcast, each silently scrolling and tapping on smartphones. During my initial exam, the father directed most of my questions to his frowning toddler, who indicated that his ears hurt, and I quickly discovered that both eardrums were red and inflamed.

"Guess what?" I said to my small patient. "Your ears hurt because you have an ear infection. But we can give you medicine and make you better." I smiled at the little boy and his father. Immediately, the child picked up his phone and pushed a button. "Siri," he asked carefully. "What is an ear infection?"

At age 2, a few minutes on a smartphone isn't a big deal; screen time is a part of growing up today, and most parents try to set appropriate limits. But when a child so young turned to a machine for information instead of to his father, it made me wonder: Just how limited was his parents' screen time? What I saw was modeled behavior — a child who's learned that when he has a question, Siri, and not Dad, is most readily available with an answer.

It's hard to say for sure based on this one moment, but there can be no doubt about the larger trend: Parents today are probably the most informed and involved generation in history. And, yet, in the company of their children, they often act as though they'd rather be someplace else. That's what they're saying when they break eye contact to glance at their push notifications or check Facebook when they think their child's distracted. The parents are present, their attention is not.

In my practice, I see evidence every day of how such inattention affects kids. It's expressed in temper tantrums and separation anxiety, and older children who resist discipline. Most parents are taught that this is all normal, that children are biologically wired this way. Not exactly. Yes, all of this is normal attention-getting behavior, but it often is preventable.

Consider the results of a March study by researchers from Boston Medical Center who carefully observed caregivers and children at fast-food restaurants. Out of 55 caregivers, 40 used their mobile devices, and their absorption was such that their "primary engagement was with the device, rather than the child." In many cases, the caregivers expressed irritation when the children tried to get their attention. One observer watched a woman push a small boy away as he took her face in his hands in an attempt to get her to look up from her tablet.

It's possible all those adults were following an urgent work e-mail thread. More likely, they were on Facebook, Twitter or Pinterest. A 2011 Nielsen poll found that people with children use social media more than those without. Maybe these adults were reading an article shared by another parent. Maybe they were making plans with friends and family. But they were definitely communicating to their children that they were less important than whatever was on those devices.

This might seem absurd to today's parents, who feel like they give themselves to their children in ways previous generations never imagined. But the undivided attention that children need from us is in jeopardy. Most people just don't realize how much time they're spending online; what feels like a few minutes is often a half hour or more. When we are with our children, we need to be with our children — not with them except for the part of us that's reading e-mails, tweeting and checking Facebook.

Another reason for parents to put down their phones: Though Facebook may provide community, it can also promote competition and unreachable standards of perfection. Through Facebook, we read an endless litany of our friends' boasts about their children. It's enough to make a person wonder what she's doing wrong because her child prefers plain pasta over the curry special, or "Old MacDonald" to Chopin. Though most parents would say they're not competitive in this way, many worry privately that they might be short-changing their kids.

Social media has a place and a purpose, but too many parents are creating unnecessary stress by trying to be in two places at once, while modeling to their children that online relationships take precedence over real ones. In an era of constant distraction, we must decide what's more important: heeding the constant ping of our devices, or telling our children, in word and deed, "I am listening. I am here. And there's nowhere else I'd rather be."