

## CALENDAR OF EVENTS

### AUGUST

- 20 8:15 am Grades Students First Day of School—half day  
8:30 am Rose Ceremony
- 22 8:30 am Early Childhood Welcome Morning
- 25 Early Childhood Students First Day of School
- 26 7:30 am LCS-TPC Liaison Committee Meeting

### SEPTEMBER

- 1 Labor Day—No School  
5:30 pm Strategic Planning Meeting
- 5 6:00 pm Harvest Dance/Potluck
- 8 6:00 pm Development Committee Meeting
- 9 3:15 pm Outreach Committee
- 10 9:00 am Visitor Morning
- 23 7:30 am LWS-TPC Liaison Committee Meeting
- 26 Michaelmas Celebration

### OCTOBER

- 6 5:30 pm Strategic Planning Meeting
- 10 "Where Do the Children Play?" screening, Vanderbilt University
- 11 9:00 am Parent & Educators workshop, led by Joan Almon
- 13 No School—Faculty Development Day  
6:00 pm Development Committee Meeting
- 14 3:15 pm Outreach Committee
- 15 9:00 am Visitor Morning
- 28 7:30 am LCS-TPC Liaison Committee Meeting
- 30 12:30 pm Dismissal Early Childhood—Ms. Pumpkin
- 31 No school—Parent Teacher Conferences



5th Grade Student

Linden

# LEAFLET

August/September 2008

Linden Waldorf School • 3201 Hillsboro Pike, Nashville, TN 37215 • 615.354.0270 • lindenwaldorf.org

## ADMINISTRATION

*"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."* —Margaret Mead

## New Year. New Leaf. New Name

Welcome. We begin our new school year with a new name —Linden Waldorf School. As part of our affiliation and developing member status with the Association of Waldorf Schools of North America (AWSNA), we were granted permission to use the trademarked "Waldorf" in our school name.

We've achieved a milestone event in our school's history. LWS is the first school in Tennessee to have Waldorf in its name. With our new name, we impart the message that the gift of Waldorf education is available to children in the Nashville area. It's a gift of inspired learning. It's a school that fosters the imagination. LWS weaves the disciplines of fine arts, movement, and practical arts into the study of the humanities, math and sciences.

Our name preserves and honors our roots while at the same time looks forward to our continued growth. LWS began as a pre-school with a linden tree at its corner. This year we have the highest student enrollment ever!

The linden tree has been known for centuries as a "tree of peace" or the "tree of life." Its heart-shaped linden leaves reflect the heart of our school—symbolic of a gentle, peaceful, and protected environment. We are all part of a community that aspires to nurture and nourish the growing child.

Words cannot express how grateful we are to the community of parent volunteers who did remarkable work preparing and beautifying classrooms and the campus grounds. Thank you for a superb job! We thank all parents for inspiring others with the generosity of their time and talents.

We welcome our returning families. We extend a warm welcome to our new students and new families. When you see a new face, please introduce yourself.

May our new year be marked by a community of love, joy, peace, gentleness and beauty. May we honor the dedicated teachers who receive our children in reverence and educate them in love as the students discover new leaves on their journey at LWS. May the school we cherish continue to flourish. May blessings flow from the work of our community so that this corner of the world is indelibly changed in positive and profound ways.

—Eileen Smith

Please keep an eye out for information on our upcoming **State of the School meeting**.

SAVE THE DATES  
FOR THIS NOT-TO-BE  
MISSED EVENT!



### OCTOBER 10TH & 11TH

Linden Waldorf School will host internationally renowned childhood educator, Joan Almon.

Events will include a screening of the PBS documentary

## "Where Do the Children Play?"

and parent and educator workshops led by Ms. Almon.

Mark your calendar and stay tuned for more details.



## Harvest Dance and Potluck

hosted by 6th grade

Friday, September 5  
6:00 pm  
on the tennis court  
and upper play yard.

More details forthcoming.

## Summer Workshop with Kathleen Young

*“Reverence, enthusiasm, and a sense of guardianship, these three are actually the panacea, the magical remedy, in the soul of the educator and teacher.” —Rudolf Steiner*

Kathleen Young hardly needs introduction these days around the Linden Waldorf School. However, for the sake of newcomers and interested folk, she is a veteran in the world of Waldorf education. Teacher, administrator, instructor, and founder, she has served in just about every capacity known to the movement. Her more recent projects have included establishing Waldorf education in China and, on a smaller scale, guiding the Linden Waldorf School.

This summer, during an unseasonably cool week in July, Kathleen visited Nashville with the sole purpose of mentoring four new teachers to the faculty of our school. Mr. Whitaker (8th grade), Mr. Sprouse (5th grade), Ms. Isaacs (3rd grade) and myself (Mrs. Johnson—2nd grade) participated in a weeklong session of exploring Waldorf education with a master and true patron. Parents, faculty, and members of the administrative

team dropped in and out as time allowed.

Among various components of the week were exploration of human development, the art of teaching, and Rudolf Steiner and his philosophies toward education.

We also enjoyed ‘warming up’ each morning with Mr. Fink (what a gift this man is!) and other colleagues that dropped in, to singing and rhythm exercises. Each afternoon was dedicated to the aesthetics of Waldorf education in theory and practice. Ching Li Wang and Jen Castle led us through chalkboard drawing, painting, and pencil drawing techniques.

The week culminated in a session with members of the administrative team and Board Chair Todd Burr. We were able to discuss policies and procedures and the general direction the school is moving.

It would be difficult to measure what was most valuable coming out of this week of what I would

consider a real ‘gift’. The practical aspects of what we learned could no more out-weigh the camaraderie that was established. Sharing our strengths and weaknesses, singing, dancing, painting, and endeavoring on this journey together took a strong hold of me. Moreover, so did the dedication of the faculty and administration that has adopted us and made it a priority to support four new teachers to our school.

—Catie Johnson,  
2nd Grade  
Teacher



## Artistic Activities Our Students Enjoyed This Summer

Katherine and Eliza Frensley sang one of our spring concert songs for their grandmother's 99th birthday celebration! Andrew Bridgers, Miro Hurdle, Josh Kutsko and many alumni, performed with the Music City Youth Orchestra. Hannah and Louisa Silverman attended the Mark O' Connor Fiddle camp along with other LWS students. The Slade/Burr, Duke, Morrill, Silverman, Sprouse, Stowinski, and Larsen/Stein families performed in Thumbelina at the Belcourt. Many attended Richard Stein's acting classes. Others enjoyed arts camps at Cheekwood, continued their private music lessons for several weeks, took dance classes, pottery classes, and attended concerts in a variety of venues! Anwen Wilkerson attended eight



days of Scottish fiddle camp in the North Carolina mountains. Mrs. Sprouse played for a children's choral festival at the Opry House, the Mercy Lounge for the rock band, Parachute Musical, and for numerous weddings in the hot sun! She also enjoyed discussions and meetings with several music mentors.

Mr. Fink wrote an original song for the faculty inservice in July, sang and played numerous solos at church, and traveled to New Hampshire for special coaching in Waldorf music curriculum planning.

*Images from Thumbelina*

# Faculty Introductions

## Ms. Catie Johnson, Grade 2

I was born the first of eight children, and I came to Nashville (too many years ago to mention) in search of an adventure. Escaping the brutally cold winters of the Northeast, the intent was to visit a warmer climate and experience another way of life. Nashville, a southern city but not too far south, quickly grew on me and I became a permanent resident of our fine city.

Having spent my life around children and missing the ones I left behind, I began volunteering at the Vanderbilt Children's Hospital. Volunteering led to working in the Child Life department, which led to a return to university for a nursing degree. I had also contemplated a teaching degree, but the metro school system was under a hiring freeze at the time. Job security was in nursing. During this time, I met my husband Jim.

I now have a family with three children—Alex (15 and a graduate of Linden's pioneer class), Margaret and Rita (both eight and in the rising 3rd grade class). It was when I discovered Waldorf education nearly seven years ago that my desire to teach returned. I have spent the last six years volunteering, researching, and attending workshops for all things Waldorf. I will now continue my path of working with children as our new second grade teacher.

## Ms. Dianne Isaacs, Grade 3

To receive one's desire after waiting patiently is the greatest gift! This is my third year at LWS. Although I had taught for 14 years in other schools, I had taken time away from teaching in traditional settings and ventured into theatre, storytelling and writing newspaper articles. When I considered teaching at LWS, I perused the website and knew that I wanted to be a part of this school environment. I was hooked!

I was able to work with the 8th grade for Ms. Hurdle's Language Arts section and the after school program. This gave me an opportunity to breathe

in the rhyme and rhythm of the school year, but it wasn't until my second year that the pieces of this incredible puzzle started coming together.

Last year I had the opportunity to be the substitute coordinator which enabled me to do what I love (teaching, of course!) and be in a variety of classrooms/ages/grade levels. It helped prepare me for my new role as the third grade teacher! Truly, these past years have been gifts. As the rising third grade teacher, I am thrilled to infuse my Jewish background with my storytelling and theatre passion along with my love of teaching in a Waldorf setting. I look forward to this year of teaching Old Testament stories, building shelters, growing food and spending the year with the children!

## Mr. David Sprouse, Grade 5

My education journey as a teacher started long before I was born. My grandmother, great-grandfather, and great-great-grandfather all taught in one-room school houses. I recently traveled to England, played the Cavern Club in Liverpool, and visited the small village of my ancestors. To my surprise, one of my long-lost relatives is currently head of the local primary school in that small town!

I was born in South Carolina and graduated with a Math Education degree from Clemson University. I immediately took a job as a math teacher at the local high school for one year. I then moved to Nashville to pursue some musical opportunities. I soon got back into teaching and taught high school math for 7 years. Following my high school experience, I taught 5th and 6th grade math at a private school. I began to notice a love for learning in my own children, who attend Linden Waldorf School, that I did not notice in others. I wanted to know what kind of spell the fairies and elves had cast upon my children! As an educator, I have heard much talk of teaching the child in a holistic



Mr. Lance Whitaker, Ms. Catie Johnson, Mr. David Sprouse, and Ms. Deborah Walker

way—including the mental, emotional, physical, spiritual, physical and social factors. I truly believe that Waldorf schools are accomplishing this! I want to be part of this rare magic! The Waldorf traditions, if followed, will help protect the child's innocence. Innocence is something I want my own children to keep as long as possible! I am excited to see what the elves and fairies will teach me!

## Ms. Deborah Walker, Grade 4

My background is in creative fields, with a college degree in English Literature, as well as acting in television commercials and on the Off-Off-Off Broadway stage in my hometown of New York City.

One of my favorite hobbies is traveling. I have traveled throughout Europe, Central and South America, as well as the United States. A few years ago, I had a great adventure back-packing the Long Trail (part of The Appalachian Trail), from Massachusetts to Canada. The trip was over 200 miles and took nearly 6 weeks. All the food was freeze dried, and I haven't looked at scrambled eggs the same since!

My three-year-old daughter and I love to explore Nashville. It is exciting to visit some of the county fairs, look at the farm animals and marvel at the 700+ pound pumpkins. If you have ideas of fun things to do in the area, please feel free to stop by the 4th grade classroom and share them with

me. I am always interested in an adventure.

I look forward to meeting you!

## Mr. Lance Whitaker, Grade 8

I grew up all around the country as a "Navy brat" but had the longest residence in the Pacific Northwest. I graduated from Western Washington University in Bellingham with a degree in Education with emphasis in English and Theatre Arts. I first had my own classroom at the Anglo-Italian Montessori School just outside Naples, Italy. Most recently I have been teaching 8th grade in Gallatin.

I created a theatre company years ago and have since produced and directed numerous plays. I also enjoy film and have co-written and produced a short screenplay which ran at a few film festivals around the country. I am currently finishing a full-length script and hope to continue to pursue that and other story ideas in my free time. I realize that free time may be quite the luxury item this year, but that's okay because my primary interest is working with kids and being present for their growth and education. I look forward to a great year here at Linden Waldorf!

Other eclectic hobbies or interests include hiking/camping, photography, baseball, the Beatles, reading, documentaries, great quotes, competitive trivia contests, and funny t-shirts.

## MUSIC NOTES

# “Becoming Beauty Ourselves”

*We must not forget that in the sculptural, pictorial realm we look at beauty. We experience it in a living way, whereas in the musical realm we ourselves become beauty.*

—Rudolf Steiner, Practical Advice to Teachers, Lecture 3

It has been TOO QUIET around Linden Waldorf School this summer! Aside from a week of faculty singing during our inservice in July, the classrooms have been quiet. The halls have been empty. Fellowship Hall has been a ghost town.

We miss our students, our recorders warbling every morning, our singing, our orchestras—our life! Soon all that will change and the campus will resound with the happy energy of students, students everywhere!

We just want to let you all know how excited we are to be coming back together again and to be making music with you every day. We have new songs and instrumental pieces to share with you, as well as new games and dances. We can hardly wait to get started.

To help get our music programs up and running smoothly it seems like a good idea to give you a few reminders.

Here are our concert dates for the year—SAVE THEM NOW! Every single student is vital to the success of our wonderful public performances! Please note that all programs begin at 6 p.m.

Upper Grades Winter Concert: Friday, December 5, 2008 at 6 p.m.

Lower Grades Winter Concert: Friday, December 12, 2008 at 6 p.m.

Lower Grades Spring Concert: Friday, April 3, 2009 at 6 p.m.

Upper Grade Spring Concert: Friday, May 15, 2009 at 6 p.m.

## Five Ways to Get Off to a Great Start in Music

1. Make sure you have the correct size instrument! Children grow!
2. Change out your strings!
3. Ask your private teacher to check your bow to see if it needs to be re-haired this fall.
4. Arrange for this fall's first private lesson to occur during the week of September 1st.
5. Establish a regular practice routine. Successful students try to practice at the same time in the same place each day.

2008-2009 is going to be a fabulous year in music! We're looking forward to seeing you all again and learning to “ourselves become beauty,” as Steiner suggested. See you soon!

Greetings to you all,  
Mr. Fink and Mrs. Sprouse

## Linden Leaflet seeks editor

Any person interested in volunteering for this position is encouraged to contact Mary Beth Felts at [embecos@comcast.net](mailto:embecos@comcast.net)

*If you want your children to be intelligent, read them fairy tales. If you want your children to be very intelligent, read them more fairy tales.* —Albert Einstein

## IT'S A BOY!

Weston Grant Castle  
born July 26  
at 6:19 am



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## Board News

Welcome to Linden Waldorf School. As of July 1st, we are officially Linden Waldorf School! Many, many people over the last 10 years have sacrificed more than most of us know to make this place a reality. We owe them a debt of gratitude and ourselves a good pat on the back.

### Announcements:

Good News!

Eileen Smith has agreed to continue the work she began last year; work that she committed to from a place of service to this school. At the end of the year I requested that an evaluation of Eileen and her performance this year be completed by the Administrative Staff, Faculty Leadership Council, our AWSNA Representatives, and the full Board of Trustees.

These evaluations came back overwhelmingly supportive of Eileen and the job she has done this year. Our AWSNA reps stated that they would not hesitate to hire Eileen as an administrator at any Waldorf school in this country! Thank you, Eileen, for agreeing to stay on as our Administrator and for the many hours you spent this past year helping to move our school forward.

There are changes in our Board of Trustees for the 08-09 school year. First, I moved from the Vice-Chair position to Chair; Mary Beth Felts is Secretary; Andy Palmer will continue as Treasurer; and Sandy O'Donnell (new community Board member and grandmother to Liam and Finn Patrick) has become the Vice-Chair. Rob Pinson

(Strategic Planning Committee Chair) is a new community Board member who was raised in Nashville and attended University School. Rob is a tax attorney. Thank you to Sandy and Rob for coming on board, pun intended...

We will fill one remaining community board seat and will be choosing parent reps to the Board. I encourage all of you to consider participation in the Parent Alliance. Please recognize that your participation in the everyday life of this school is what makes the biggest difference. We need positive people who desire to help make this incredible school grow into a strong Waldorf institution.

Linden Waldorf School is stronger and more capable than it has ever been. We are blessed

with a professional administrative staff and a strong faculty. They are all motivated by a love of Waldorf education, the curriculum, and especially, the children. I met with many faculty this summer who shared the positive effects of this past year's changes and their enthusiasm for the coming year and collaborating with new faculty. Kathleen Young, who has been a mentor for our school the past 3 years, said that, "the school has never been in a better place".

We are committed to this magical, spiritual place we call Linden Waldorf School. May Linden Waldorf School thrive as we work together to serve these children and those for generations to come.

Todd Burr  
Chair, Board of Trustees  
Linden Waldorf School

... We live in a time of hard tests for humanity, of hard tests which must become still harder. We live in a time in which a whole host of old forms of civilization to which men still erroneously cling, are sinking into the abyss, a time in which the claim insistently arises that man must find his way to something new. —Rudolf Steiner

## Administrative Staff Introductions

### Janie Wilkerson, Faculty Coordinator

We are pleased to announce that Janie Wilkerson will join the LWS administrative staff as faculty coordinator, effective Sept. 15. Janie will provide administrative support to the faculty and serve as the administrative link between parents and faculty.

I am so pleased to join the LWS staff after three years in the school community as a parent volunteer in the classroom, in committee work, and on the Board. After my daughter, Anwen, was born, my husband, David, and I decided to leave NYC to find a healthier place to raise a child. We settled in Tennessee ten years ago and love living here. Similarly, in researching local schools for Anwen, we finally came upon Linden Waldorf School, and we are deeply gratified by our experiences in this community. David is an actor, Equity stage

manager, and stage combat "fight guy" at various Nashville theatre venues, and we have been married for 18 years. I received my bachelor's degree from Baylor University and master's from Ohio University, and I have taken a long and circuitous route to the field of education. I spent several years teaching early childhood in Franklin and Brentwood and, most recently, created and implemented a child development center for Brentwood United Methodist Church. As an educator, I am convinced there is no better way of igniting a love of learning than through Waldorf education.

### Chelsea Freemon, Secretary

I was born in the United States, but my family moved to Kathmandu, Nepal when I was very young. As a child with American parents living in South Asia I experienced a very multi-

cultural upbringing, and subsequently developed a deep appreciation for language and cultural diversity. I developed a love of travel from a young age and have been fortunate enough to experience many countries throughout Asia and Europe. I moved back to the States to attend college at Union University in Jackson, TN and graduated this past May with a BA in Intercultural Studies and a Minor in Spanish. I am excited about joining Linden Waldorf, and look forward to being a part of such a passionate community!

Fawnie Erickson has decided to pursue a master's degree in social work. She'll continue working with the admin team on a limited, parttime basis.

The past year at LWS has been



Fawnie Erickson and Chelsea Freemon

unforgettable. I have certainly enjoyed all the people I have met and interacted with. This fall I will be going to graduate school to pursue a degree in Social Work. Although I am very excited to start this new phase in my life, I am also partly sad because it will change the role I play at LWS. I will still work at LWS, but in a part-time capacity. I still plan to be an active member of the community and I am looking forward to what this year has to offer.

*“No matter what our family situation or lifestyle, we as parents are our children’s first teachers. By understanding how children develop and some things we can do to help their balanced and healthy growth—physically, mentally, emotionally and spiritually—we will not only help our children, but also increase our own enjoyment and growth as parents.”*—Rahima Baldwin, *You Are Your Child’s First Teacher*

I'm Audrey Patrick, mother of Liam in the Sunflower Kindergarten room at LWS. I also have a two year old, Finn. As a mom of two young boys, I am interested in learning more about parenting and Waldorf education. This column will appear each month to serve as a tool to assist parents in bringing Waldorf into their homes. Feel free to let me know of any parenting topics of interest, and we'll do our best to share information and articles that offer help and guidance.

## Thoughts on Rhythms and Routines

### How do children benefit from rhythms and routines?

Excerpt from [www.waldorfinthehome.com](http://www.waldorfinthehome.com)

Written by Jaimmie Stugard, Caregiver at the Milwaukee LifeWays Early Childhood Center

One of the tasks of the growing child and one of the functions of parenting is to bring the child into rhythm. Your child will be secure and happy because he knows what to expect and what is expected of him.

Daily rhythms should be formed around food and sleep. Regular bedtime and meals can reduce tension and confrontations at what

can be the most challenging times of the day. These rhythms can be held by ritual, such as a blessing before meals, or a lullaby at bedtime.

Young children need at least 10 hours of sleep at night. And, pediatricians recommend a total of 12-15 hours of sleep each day. So, if your child is having a hard time waking in the morning, consider the amount of sleep he is getting. Bedtime routines can revolve around hygiene and bonding. The more repetitive these tasks, the better. Their bodies will know to brush teeth after putting on PJs if that is how it is done every night. You can help your child relax at bedtime by doing the same preparations in the same way at the same time every night. One simple story shared from a book, or better yet, an oral tale, can be told again and again for weeks. This allows the child's mind to calm and relax into sleep. When we read 36 books before bed, it is no wonder that he lies there with his mind filled with images, unable to relax in much the same way as adults lay in bed contemplating their to do list or the plans for the next day.

Regular mealtimes, naps and bedtimes help to introduce the child to the concept of the passing of time. If children have regular external rhythms, internal rhythms will develop. When dinnertime and bedtime are consistent, your child becomes hungry at dinnertime and sleepy at bedtime. Rhythm is a blessing for both the parent and the child. It

requires much less energy, prevents struggle and supports the activities of the family.

It requires inner discipline, and yes, even sacrifice, for we adults are easily bored with the normalcy of life.

—Jaimmie Stugard

#### Comments from Rahima Baldwin Dancy:

What is bedtime like at your house? Does the evening have a rhythm to it, ending in going to bed at a regular time and according to a regular set of activities? A regular bedtime preceded by a set ritual can help calm your child and prevent arguments. It can also help him to learn to do more and more of the activities involved in getting ready for bed by himself as he becomes older. It can also help him to feel more secure when you have a babysitter if the sitter is taught to do things in the same order.

How a child enters sleep is important for refreshing the spirit as well as the body. Falling asleep and waking are portals to the spiritual world, the world of dreams and inspirations. How we and our children enter sleep and wake up can affect the quality of both sleeping and waking life. With a young child, the entire time after dinner is often focused on heading toward bedtime. Quiet play can be followed by straightening up the room, then by a bath when necessary or washing up, brushing teeth, and putting on pajamas. Talking slowly or singing softly can help set a quiet mood for bedtime. Lighting a candle in the room and then whispering as you enter with the child who is ready for bed can help create a mood of calmness and sharing. A few songs, a story, a verse, or a prayer that unites the child's soul with the divine can help a child drift peacefully into sleep. You might play some music on the kinderharp if you have one. If you have used a candle, you'll want to blow it out before leaving the room, but its warm, soft light can

be very calming during songs and story. So much of what we're doing in early childhood is laying the basis for good habits through rhythm and repetition and modeling how things are done.

Excerpts from *You are Your Child's First Teacher* and [www.waldorfinthehome.com](http://www.waldorfinthehome.com) by Rahima Baldwin Dancy. Reprinted with permission from the author. For many more articles on parenting and Waldorf education, see Rahima's web site at [www.waldorfinthehome.com](http://www.waldorfinthehome.com)

#### SUGGESTED BEDTIME STORIES:

- Thornton Burgess: NATURE STORIES
- Barbara H. Berger: GWINNA (and others)
- Elsa Beskow: AROUND THE YEAR (and others)
- Paul Fennimore Cooper: THE ADVENTURES OF TAL
- Walter De La Mare: TOM TIDDLER'S GROUND (and other poetry collections)
- Kenneth Grahame: WIND IN THE WILLOWS
- Grimm, ed. by Colum: THE COMPLETE GRIMM'S FAIRY TALES
- Rudyard Kipling: THE JUNGLE BOOKS
- Selma Lagerlof: THE CHANGLING
- Andrew Lang: THE 'COLOR' FAIRY TALE BOOKS
- Arnold Lobel: FROG AND TOAD TOGETHER (and others)
- George MacDonald: THE LIGHT PRINCESS; THE PRINCESS AND THE BOGLIN; THE PRINCESS AND THE CURDIE
- Gerald McDermott: ZOMO THE RABBIT
- A.A. Milne: WINNIE THE POOH (and other prose and poetry)
- Oxford Children's Stories: SOUTH EAST NORTH WEST
- Beatrix Potter: The entire set of tiny books
- Arthur Ransome: OLD PETER'S RUSSIAN TALES
- Robert Louis Stevenson: A CHILDREN'S GARDEN OF VERSES
- Isabel Wyatt: SEVEN YEAR OLD WONDER BOOK
- Laura Ingalls Wilder: (start with FARMER BOY and then continue on with the first of the series.)

## FAMILY FUN

# Crafts, Recipes, Tips

A monthly addition from Julie Swart, parent, crafter extraordinaire, and mom to Izzy in the Sunflower Kindergarten.

Lighting a beeswax candle before bed is a lovely way to help your child transition from activity to stillness. A light, warm glow and a wonderful sweet scent make them true delights. Rolled beeswax candles are about the easiest candles to make and a great project for kids. Since the wax isn't melted, you don't need a melt pot or stove to make them.



Here's what you'll need: (beeswax candle kits can be purchased at Linden Seeds)

- Some beeswax sheets (they usually come in about 8" x 16" sheets)
- Some primed wick appropriate for a 1" candle
- A pair of scissors

1. Lay out your beeswax sheet and cut the wick to about 3/4" of an inch longer than the wax.

2. Lay the wick along the edge of the sheet and start rolling the candle by bending over about 1/8" of the wax. With this small channel, you'll enclose the wick. Working from one end to the other, press down firmly to make sure the wax is tight around the wick. Note: This is the only time that you'll press hard with the beeswax sheets!

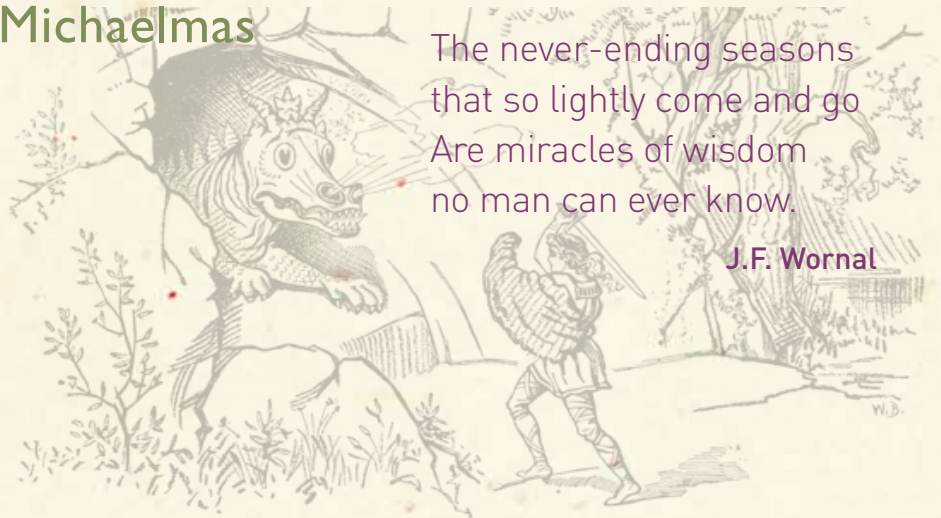
3. Once the wick is pressed firmly into the wax, it's time to be gentle with the wax. You don't want to compress or warp the honeycomb pattern on the wax. Start rolling the candle slowly and straight, making sure that you are keeping the ends even. Keep rolling until you reach the end.

4. Gently press the final edge down onto the side of the candle. It should form a fairly smooth edge. You can use your thumb or thumb nail to press down.

5. Pick which end is the best "top", cut the wick off of the bottom and trim the top wick to about 1/2."

6. Enjoy the lovely light and heavenly fragrance of your beeswax candle and make sure you blow it out before leaving the room.

## Michaelmas



The never-ending seasons  
that so lightly come and go  
Are miracles of wisdom  
no man can ever know.

J.F. Wornal

The Festival of Self-consciousness, bringing man near to his true humanity—wherever the leaves are falling, there it is solemnized, man only needs to become conscious of it. It is the Festival of Michael, the Festival of the Beginning of Autumn. The picture of "Michael Triumphant" can be there; it can live in man. In Summer man is received lovingly into Nature; but if he would not be deprived of the centre and balance of his being, he must not lose himself in her but be able to rise up in Autumn in the strength and might of his own spirit-being. Then will the picture of Michael Triumphant live within him.

Excerpt quoted from: Rudolf Steiner Archive, lectures on Michaelmas

Our festivals are a joyous celebration of the cycles and transitions of life. They have the quality of lifting us out of the ordinary through the natural and seasonal rhythms of the year. Throughout humankind's past, the festivals have emerged from one's connection with the essential spiritual meaning of human life on earth. For example, we can experience the autumn in nature as we watch the colorful changing of the leaves, feel the crispness in the air, and taste the tartness of a newly picked apple. These may lead us to begin to feel the beauty around us, as in the awe of a particular sunset that may give rise to reverence and a feeling of inner peace. This same stirring to reverence and joy is what allows a festival at a particular time of year to unite a whole community. Singing, stories, food and dancing all grace the festivals of the year.

Michaelmas, our autumn festival, is a festival of courage. The legend of St. Michael and the dragon inspires courage within us. From the bounty of nature we gather the fruits of the harvest and store up the light to guide us through the darkness of winter. Into darkness and fear, Michael wields his sword of light, that we might so be inspired to face the inner and outer darkness with renewed strength of will and purpose in our lives.

## OUTREACH

# Enrollment/Outreach Happenings

Linden Waldorf School will have booths at the following events:

### Shakespeare Festival—Saturday, September 6th at Centennial Park.

The pre-show starts at 6:30 and the play begins at 7:30.

*CORIOLANUS* is the story of a war hero who finds himself caught in the political machinery of Rome when he becomes a reluctant candidate for the highest office in the land. Shakespeare's most political and ironic tragedy, *CORIOLANUS* crackles with action, political intrigue and humor.

### Private School Fair—September 13th

### TACA—Friday September 26th and Saturday the 27th

We're looking for volunteers willing to take on two-hour shifts (between 8 am and 6 pm) to help out with our craft at the children's tent. If you'd like to join us, email [outreach@lindencorner.org](mailto:outreach@lindencorner.org).

Sonia C. Merchant  
Outreach Coordinator  
Linden Waldorf School  
615-354-0270 ext. 25

# LAURA ASKS



David and Jocelyn Sprouse

Welcome back to school! It's hard to believe that this is my third year as "Laura Asks." I am so lucky to get to interview so many people in our school community and share it with all of you. This year, we have a new 5th Grade teacher, although Mr. Sprouse is not a newcomer to LWS. I interviewed Mr. Sprouse and his wife, Jocelyn, aka Mrs. Sprouse. Mrs. Sprouse has been with us since early days at LCS. She was our original strings teacher and has been here ever since. What an exciting time for their family and our community to have these two talented people amongst us. Enjoy reading about David & Jocelyn Sprouse.

**LD: How exciting to have the whole family in one place this year. Are you looking forward to working together?**

DS: We are excited! We hope to carpool as many days as we can and save on gas. I look forward to seeing my own children each day. Corbin will make sure I am doing things the "Linden" way! Jocelyn and I have talked about how we need to interact as colleagues and how to withdraw from those roles when necessary. The Linden school community will surely get a "birds' eye" view of the Sprouse family. We look forward to the coming year with great hope and optimism!

**LD: Jocelyn, you started the strings program at LWS. Tell us about the growth you've seen in the school and your program.**

JS: In the beginning years we met in the classroom and didn't even have music stands! It's great to have our own space and music we can buy so I don't always have to make arrangements myself. Our students are so creative and wonderful to work with musically. I have a great passion for what I do. We have such an incredible program here in Nashville because of the commitment the school has always had, our great private lesson teachers, and the support that Mr. Fink and I get from our LWS community.

**LD: David, what drew you to Waldorf education? I know you have taught for many years, why make the switch to Waldorf?**

DS: I was drawn to Waldorf by seeing my own children's love for learning. I think Waldorf brings an artistic side to education found nowhere else in Nashville. I want to become a more holistic educator, and the Waldorf curriculum certainly projects that idea. I truly believe the curriculum follows the cognitive development of the children, which instills a love of learning that our traditional schools generally do not provide.

**LD: Jocelyn, how do you feel the strings program enhances the children's education?**

JS: Most importantly, music study is good for the soul! A stringed

instrument especially, vibrates through the body and can be such an outlet of expression. We all know it's good for the brain and truly a physical activity as well. I think our students would say that performing with their entire class is very exciting and rewarding.

**LD: David, you had a lot of training this summer, what was your favorite part?**

DS: My favorite part of training was the painting (wet on wet). I feel comfortable with the music side of the curriculum, but the painting was new to me. I was amazed at how fast the time would pass when I was painting. It engages you in such a unique way, both creatively and emotionally. It can be very relaxing. I look forward to sharing what I have learned with the students.

**LD: What do you love about this education for your children? (Corbin-4th, Jennie Mae-1st)**

JS: Their excitement for learning! Corbin began reading last year and immediately showed a passion for books and good content. My parents acknowledged the wisdom in letting it come when he was ready! Jennie Mae is constantly singing. She often retells the beautiful stories she has heard and there is always a lot of drawing going on around our house!

DS: I truly see a passion and love for learning in Corbin and Jennie Mae that I did not see in many of the other educational settings. I also think it has protected their innocence, which is something you can't get back once it is gone.

**LD: In these hot summer months, what is your favorite paleta flavor to cool you down?**

JS: I had a yummy grapefruit one this summer!

DS: I don't even know what paleta flavors are?! I did drink a lot of water and English breakfast tea (made from whole leaves!).

LD: We'll have to work on that, David!!



—Laura Duke,  
LCS Parent and Enrollment Coordinator.

## Advertise in the Linden Waldorf Leaflet!

The Outreach committee is accepting advertising in the Linden Waldorf Leaflets to help offset the cost of producing the newsletter. Advertising in the newsletter is a great way to sell a used instrument, announce an upcoming private event, or show your business' support of Linden Corner to the school community. Display ads or classified ads are available. Please consider supporting our school by supporting the newsletter!

### Rates & Sizes

**Classified Ads**  
\$5/line (approximately 12 words per line)

**Display Ads**  
Business Card Ad 3.75" wide by 1.312" tall  
\$40.00 per issue  
1/8 Page Ad 3.75" wide by 2.835" tall  
\$55.00 per issue  
1/4 Page Ad 3.75" wide by 4.3" tall  
\$75.00 per issue

### Placement and Payments

Ad placement requests and payments may be submitted in the newsletter box in the administrative offices c/o Margaret Bean.

### Specifications

All advertising materials should be submitted in digital format (.eps, .tif, and .jpg) if possible.

Digital ad materials, help with creating an ad from non-digital materials, or additional questions regarding specifications may be directed to Kristen Behm, kbeahm@comcast.net.