

CALYX

PLEASANT RIDGE
WALDORF SCHOOL

Waldorf Education since 1980

Volume 37, Issue 1
Winter 2016





PLEASANT RIDGE
WALDORF SCHOOL
431 East Court Street, Viroqua

COMING EVENTS

MARCH

- 12 Raffle Party
- 16 Kim John Payne Lecture
- 23–24 Grade 8 Projects
- 25 Spring Break

APRIL

- 4 School Resumes
- 8 Spring Art Night
- 15 Kindergarten Morning
- 16 Adult Education Event
- 23 Facilities Work Day
- 25 Faculty In-Service—No Classes
- 28–30 Grade 8 Play

MAY

- 6 May Day Celebration
- 12 Pentathlon
- 27 Closing Day & Graduation
- 31 Faculty In-Service

JUNE

- 1–2 Faculty In-Service



Winter Verse

Within the light that out of world-wide heights
Would stream with power to the soul,
May certainty of cosmic thinking
Arise to solve the soul's enigmas—
And focusing its mighty rays,
Awaken love in human hearts.

Calendar of the Soul

Rudolf Steiner (translation by John Gardner)

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Pleasant Ridge Waldorf School

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www.pleasantridgewaldorf.org
(608) 637-7828
FEIN 39-1357578

Pleasant Ridge Waldorf School is a not-for-profit,
501(c)3 corporation supported through tuition,
gifts to the school, and fundraising events.

Pleasant Ridge Waldorf School does not discriminate
on the basis of gender, ethnic origin, economic ability,
or sexual orientation.

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WELCOME

It has been a busy year in the Enrollment Office! We have had fifteen new families joining the school, seven students returning and six new siblings – for a total of thirty-four new and returning students. Below is a list of our new parents, where they are from, names and classes of their children, and parents' occupations and interests. I have included a list of all returning students and new siblings as well. We are so happy that you are here!

—Jordan Brudos, Admissions & Enrollment Coordinator

New Families

Kyle Bartelt & Mandy Herrick, Viroqua **October – Rosemary Kindergarten**

Kyle is a Data Architect at Organic Valley. His interests are biking, being outdoors and pigs. Mandy is a freelance dance artist and Somatic Movement Therapist. Her interests are health-conscious ideas and activities.

Edred & Tracey Benton, Cleveland, OK **James – Grade 5**

Jane – Grade 8

Edred is CEO/CFO of Cleveland Area Hospital. He enjoys playing ice hockey in his free time. Tracey is a social worker, working independently in the area. Her interests are being outdoors, hiking, swimming, reading, and yoga.

Rick & Peggy Blake, Eugene, OR

Anna – Grade 4

They are self-employed with Blue Sky Renewable Energy, LLC. The family's interests are getting their new farm, Sunnifox Farm, going with the use of their Icelandic horses, gardening, hiking, camping, and raising chickens.

Cinna Derocher, San Francisco, CA

Anna Lena – Violet Kindergarten

Cinna is the new Grade 1 teacher here at PRWS. Her interests are writing, singing, dancing, and finding new macrobiotic recipes to cook.

Rebecca Felten, Viroqua

Skyla – Grade 2

Rebecca is a massage therapist. Her interests are making silverware jewelry, crafting, and long-distance running.

William & Megan Fiorella, Wrightwood, CA

Sullivan – Grade 1

William is an acupuncturist at Holistic Health Center and also a luthier. His interests are Tai Chi, music, and ancient instruments. Megan is a psychotherapist, but currently on leave. Her interests are music and photography.

Franz Funovits & Cree Max, Evanston, IL

August – Violet Kindergarten

Colette – Violet Kindergarten

Arabella – Grade 2

Franz is self-employed with his own landscape design company in Evanston. Cree is a stay-at-home mom.

Shawna Gann, Spirit Lake, IA **Sawyer – Violet Kindergarten**

Shawna is a certified nursing assistant for Rosewood Manor in Iowa.

Therese Laurdan, Viroqua **Steven Laurdan, Readstown, WI**

Rohan – Grade 5

Serena – Grade 7

Therese is a membership assistant for The Cornucopia Institute. Her interests are singing and cooking with friends. Steven works in production at LuSa Organics and also as the theater director at YIHS. His interests are acting, directing, and writing for theater.

Maurice Messier, Beaver Dam, WI

Ashley Kelso, Lodi, WI

Ivan – Violet Kindergarten

Carlos & Marianne Miro, Hales Corners, WI **Kevin Miro – Grade 5**

Carlos is a dentist at Marshfield Clinic in Black River Falls. Marianne is a stay-at-home mom and her interests are cooking, crafting, and gardening.

Randy & Janelle Peterson, Platteville, WI

Blake – Grade 7

Nolan – Grade 7

Randy sells business insurance with Tricor Insurance. He enjoys flying planes, biking, and building. Janelle is currently a stay-at-home mom. She enjoys taking nature walks, reading, music, gardening, and cooking.

Jason & Kelly Skoda, Ft. Collins, CO

Porter – Rosemary Kindergarten

Jason is a stay-at-home dad and Kelly is a certification specialist for MOSA. They enjoy fishing, cooking, gardening, camping, and canning/food preservation.

Dave & Michelle Turner, Madison, WI

Zola – Rosemary Kindergarten

Kai – Grade 1

Dave is a grad student at UW-L for Occupational Therapy. His interests are brewing beer and cooking. Michelle is a PhD student/social work instructor at UW-Madison. Her interests are sewing, crafting, and gardening.

Caroline Vaillancourt, Sauk City, WI **Christian – Grade 6**

Caroline teaches Health and Wellness classes and has worked as a veterinary nurse for the last 20 years. Her interests are music, health, wellness, nutrition, and alternative healing arts.

Returning Students

Quinn – Grade 6, Lily – Grade 3 and **Asher – Rosemary Kindergarten** *Elfrink, children of Steve & Teri Elfrink*

Helen Neidel – Grade 2, *daughter of Jimmy & Aja Neidel*

Fischer Olson – Grade 5, *son of Jim & Tammy Olson*

Leela & Orion Vina-Tromp – Grade 5, *children of Paul Vina & Joan Tromp*

New Siblings

Lara Allan, daughter of Brecken Allan **Rosemary Kindergarten**

Asher Brudos, son of Mark & Jordan Brudos **Rosemary Kindergarten**

Francis Crotser, daughter of **Michael Crotser & Jennifer Eissfeldt** **Rosemary Kindergarten**

Eleanor DeClercq, daughter of **Jason Cole & Monica DeClercq** **Violet Kindergarten**

Trey Turben, son of Tracy Turben & Amber Biver **Violet Kindergarten**

William Tyler, son of **Justin Tyler & Racheal Butenhoff** **Violet Kindergarten**

Satya Gullion, daughter of **Kristina Gullion & Tom Gullion** **Grade 1**

Raising Respectful Children

A free community presentation

A developmental roadmap to help parents establish the kind of discipline that is both nurturing and effective.

Presented by Kim John Payne,
International Parenting Consultant and Best Selling Author.

Wednesday, March 16th 2016 | 6:30 p.m.
Viroqua Elementary School Cafetorium
115 Education Avenue, Viroqua, WI 54665



This is a free community presentation hosted by the
Vernon Memorial Healthcare Foundation and the Friends of VMH.
In collaboration with Pleasant Ridge Waldorf School, Youth
Initiative High School, and the Viroqua Area Schools.



Children Who Play Outside

When I was a child growing up in a rural setting north of Milwaukee, Wisconsin, I spent many days during all seasons playing outside with my siblings and the neighborhood children. I had no choice. My mother expected that we spend time outside as much as possible in all kinds of challenging weather and would repeatedly tell us, “Being outside makes you stronger!” I clearly remember excitedly stuffing my feet in bread bags which lined my stiff, rubber boots to play in sub-zero temperatures during the winter time. And, a good rain storm never stopped us from going outside in less than adequate rain gear either to splash in puddles and newly formed lakes, or to run around the house in our “swim suits.” Being outside in all kinds of weather is a wonderful way to experience a range of opportunities outdoors. From freezing weather, blustery winds, and pelting ice... to rain and floods in the yard where grass once stood. This used to be a normal expectation for all children.

It seems like an obvious question and one of the many questions Andrew McMartin, Executive Director at the p.i.n.e. project in Toronto, asks in his article, “Children That Play Outside In All Weather Grow Up Resilient.” Why don’t children play outside in challenging weather nearly as much as they use to? Or, why are schools keeping children inside at recess when the temperatures get too cold, or it is drizzling? What kind of adult will this type of childhood experience create? McMartin shares in his article that most challenges, risks, and hurdles are removed from childhood nowadays in efforts to prevent anything bad from happening to the children we love. As a kindergarten teacher in an outdoor-based Waldorf kindergarten, I observe young children get dressed every day to go outside in rain, sun, snow, and all kinds of challenging weather and they are much happier, healthier, innovative, and adaptable, especially when they are wearing the right gear. When they are dressed appropriately, they can be outside for hours at a time and are much freer in their play which also allows them to take risks and prepares them for life. Without risks, children cannot learn how to have boundaries, awareness of limits, and how to be safe.

Challenging weather creates risks and risks create opportunity for growth. Because risks teach, they have real consequences that ask us to be aware; aware of ourselves, others, and nature. Taking risks is becoming a less frequent opportunity for children today as we become an increasingly worried and anxious society. At real play, children are in charge, instinctively making hundreds of decisions as they assess and determine levels of risk they want to take physically, emotionally, and socially: mastering day-by-day, an increasing repertoire of skills, adding to their “bank” of experience. They learn a series of lessons for the world they will have to negotiate for real!

A question we may ask is how Waldorf education relates to the topic of spending time outdoors in general. Waldorf schools emphasize the teaching of the whole child - head, hands, and heart. When Rudolph Steiner was planning his first school, he wanted instruction to be directed not merely to the cultivation of one-sided knowledge and intellectual faculties but also to abilities

“Go outside, it will make you stronger!”

~Words spoken by a very wise woman



and the strengthening of the will. Not only does going outside in challenging weather encourage risk-taking but also getting dressed to go outside in challenging weather is a will activity. Just think about the fine and gross motors skills needed for a child to dress themselves in layers of clothing for the outdoors! More importantly, in order for the will to penetrate, children need to be dressed appropriately so they do not end up using the forces they would normally use to grow and strengthen their organs on trying to stay warm or cool. Going outside in all kinds of weather takes commitment and will. It takes a community of parents, and teachers willing to model appropriate dress and who want to make going outside a normal reality rather than preventing children from going outside. Families, parents, and teachers in the school community need to work together to create, encourage, and cultivate a culture of outdoor dress.

McMartin encourages us in his article to imagine children that have grown up playing outside in all manner of challenging conditions, in all seasons of the year for a moment. Imagine how they will be different from children who are taught to come inside when it is too cold or drizzling. Imagine how they would be different from children who find their entertainment from the T.V., computer, or video games. If we want our future generations to grow up and have the skills to survive and thrive in an increasingly challenging world we need to get out there and be dressed well! No matter the weather. Don't let fears and inhibitions stand in the way and try to make it a normal activity for yourself and for your children growing up. Amazing things happen outside and children grow up healthy all over the world in Arctic conditions, deserts, and in the tropics. So, “get outside- it will make you stronger!”

—Heidi Burke, Rosemary Kindergarten Teacher

ALUMNI NEWS

Class of 2000

Felician Puig married YIHS teacher Dave Hibbard-Rode last summer. She is currently teaching violin at PRWS.

Class of 2001

Aurora Brinsfeld-Boyd recently moved back to Viroqua with her husband Kelly and her daughter Astrid. Aurora is currently teaching French and algebra at Youth Initiative High School.

Katrina Christenson is working in Guatemala, Central America through a global entrepreneurship program with Mama Hope. Mama Hope is a nonprofit that trains impact entrepreneurs from around the world and partners them with visionary leaders in developing countries to lift their communities out of poverty. Together, they fund and build community-identified sustainable projects using local resources.

Caitlin Koons Campbell and her husband Nathan had a baby boy, Angus, born September 2015. The family currently lives in Minneapolis.

Class of 2005

Nicholas Gilgenbach graduated from the AmeriCorps National Civilian Community Corps. The AmeriCorps NCCC strengthens communities and develops leaders through direct, team-based national and community service. In partnership with nonprofits—secular and faith-based—local municipalities, state governments, federal government, national and state parks, Indian tribes, and schools, members complete service projects throughout the region they are assigned.

Dallas Seevers graduated from UW-Platteville with a degree in Engineering.

Class of 2007

Benjamin Brooke graduated from Edgewood College in Madison, with honors, earning a bachelor of science degree in Business with concentrations in Marketing and Finance. This fall he began training in St. Louis, Missouri, to be a financial adviser for Edward Jones.

Class of 2008

Misa Grenier is attending Watson University in Boulder, Colorado. Here is a description of the school from their website: Watson is a new model of higher education in Boulder, Colorado for student innovators, leaders and entrepreneurs aged 18-23. Watson helps students develop and advance solutions to the toughest challenges facing the world.

Class of 2011

Jack Corbin is attending Watson University in Boulder, Colorado.

Charlie Townsley is in the Honors Program at the University of Minnesota in the Twin Cities. He is in the School of Design studying Architecture.

Alumni Reunion at the Driftless Café

We had a great turnout on December 21 for the first off-campus alumni reunion. The Driftless pizzas were delicious. Several alumni were working that night to provide excellent service and hang out, too. It was the start of a wonderful, new tradition. Nice to see some of the teachers there: Roberta Ducharme, Philothea Bezin, Connie Vanderhyden, and Maureen Karlstad.



Alumni

Inspired?

We are looking to alumni to provide an expanded view of what Pleasant Ridge Waldorf School's contribution has been to our community and the broader world. Please share a memory of your time at PRWS that inspired you or that you find yourself remembering over and over, and tell us what you have been doing recently. We may use these reflections and updates in an upcoming Calyx or on our website. Send them to mary@pleasantridgewaldorf.org or maureenkarlstad@gmail.com. or visit the 35th Anniversary page on the school's website to fill in a questionnaire.

PRWS Online

Here are a few online places to find out more about Pleasant Ridge.

Webpage

Our newly-designed webpage can be found at www.pleasantridgewaldorf.org. It's a long name, but it's easy to remember!

Facebook

You can find us on our main page "Pleasant Ridge Waldorf School" and also at "Pleasant Ridge Alumni."

eNews

You can send your email address to cynthia@pleasantridgewaldorf.org and she will put you on the list for email notices of current Pleasant Ridge events.

The Flower Basket: Education and Business Meet in the Garden

Our Pleasant Ridge gardening program has taken a great step forward with the purchase of The Flower Basket property and business in August, and the hiring of Erica Pfeiffer as Garden Program Coordinator. Erica has expanded on the curriculum that was in place, brought composting (7th grade science) and vermiculture composting (4th grade zoology) to new levels, worked with most teachers to plan garden activities like planting garlic and harvesting vegetables, and developed plans for upgrading the growing spaces in the spring. This will involve building raised-beds and creating planting areas that are appropriate for different ages. Now that the school actually owns the property it is sensible to make these improvements.

Arwyn Wildingway, who guided the garden program for the past eight years, is our Grower Manager on the business side of The Flower Basket. She is the perfect person to mentor Erica with respect to how the program has operated in the past and to collaborate in planning activities that also enhance or work with activities for the business. It is a dance that we are discovering the moves for: just how to operate a for-profit business while utilizing the volunteer hours that students in the grades and high school can bring. We have received a few small grants to fund these activities. Donations of tools, cash, and volunteer time are always welcome.

This is a huge endeavor yet we feel it is so needed in today's world. The youngest children need more outdoor time and pur-

poseful work; the grades students also want to know more about the world through hands-on projects; the high school students want to engage the world in a real-life business. This will open new avenues of partnership with our Youth Initiative High School neighbor, other community members, as well as other schools in the town. Watch for children's summer camps this June and July!

Jess Krueger is the Operations Manager. During these months The Flower Basket has kept the floral shop open, working with a great team of florists. The school formed the Flower Basket Steering Committee, led by Stephanie Brown, to review and track how the business is doing and to guide developments. We purchased the business at the end of its peak business cycle, and we are still learning what the normal rhythms of this business will be. Nothing seems "normal" yet, as with any new endeavor. It will take the whole year and then some to know the capacity of the staff and the potential new developments.

Please support our business. Follow us on Facebook. We are heading into our busiest season, starting with propagation of bedding plants and hanging flower baskets for the peak months of April, May, and June. We currently have a wide range of houseplants, fresh and silk floral arrangements, and garden supplies. There will be a monthly-themed workshop for people to learn or create something seasonal.

—Mary Christenson, Development Director



DEVELOPMENT

The first semester went by in a flash it seems. We apologize for the delay in getting this issue together. We will highlight some of our most significant activities, in the realm of fundraising and friend-raising, that dynamic duo that is at the crux of Development work in any nonprofit.

Grandparents and Special Friends Day is our first and greatest autumn event. This year we had 85 people visiting the classes, hearing from Adam Cox (Class of 2002) about how he sees his Waldorf education playing a significant role in his current work, touring other areas of the grounds or subject classes, and then visiting over a scrumptious lunch. We love the good energy that this group brings with them! And we thank all the parents for helping in various ways. You can hear Adam's talk on our website under alumni.

School's Fund Sharing: For the past 25 years PRWS has been involved in a unique philanthropic experiment, supported by the Mid-States Shared Gifting Program of RSF Social Finance. Waldorf schools in the central region of the U.S. are invited to apply for a grant and then to send a representative to a meeting where the group of grant recipients "share" a designated sum of grant money to meet their requests. The mission of the funding program is to foster associative economics, collaboration, association, and shared learning between schools or community groups. One thing that makes this process so special is that the participating schools begin to build community by hearing about each school, where each is challenged, what they are planning, where they are accomplished, and why they are requesting funds. We then decide, through a process of sharing, what each school will be granted from the process. Eighteen schools participated this year, hosted by the City of Lakes Waldorf School in Minneapolis. Pleasant Ridge received funding toward our Garden Coordinator position and its role in helping to build relationships between PRWS and Youth Initiative High School gardening and agricultural programs. You may read more articles about this process on the RSF Social Finance website: rsfsocialfinance.org/shared-gifting

The Holiday Faire, our annual fundraiser and community gathering, was led this year by Margret Lenarz, Angie Lemar, and Tammy Olson. ALL the parents help out in some way. This is a great event and is especially loved by the children as well as old friends who come to visit and support the school. On Friday night the adults socialized, shopped, and enjoyed a Farm-to-Table dinner. The highlight of the Friday evening entertainment was perennial favorite, The Ridge Tones. The beautiful holiday décor included beeswax candles and greenery supplied by Ryan Evans. The Children's activities and the tasty lunch on Saturday were appreciated. On both days there were fabulous craft vendors, a silent auction, and a bake sale – something for everyone! Many thanks to all who attended this festive event and supported our fundraising efforts through in-kind gifts.

Our Annual Appeal was sent in December and we have had a robust response thus far. We are grateful to everyone who shows support of our school in this way as it is a major part of our funding. We are especially blessed to receive gifts from so many former

parents, students, and friends who lovingly hold Pleasant Ridge Waldorf School in their hearts. Thank you all!

Grants can be so helpful in making improvements that are needed. We have been granted \$10,000 from the Waldorf Schools Fund for a new cooler/freezer that will support our hot lunch program. It will allow us to make our hot lunch dollars go further when we purchase in bulk, grow more food in the school garden, and process fresh, local vegetables for the winter months. This grant was leveraged to request more funding for the project from Vernon Communications. We are still seeking \$5-\$7,000 by spring to complete the project and appreciate any leads from our readers.

Our Annual Raffle is underway and led by Lars Bergan, Shelly Brenneman, Hallie Ashley, and Lauren Hunt. The theme this year is "Sustenance for Mind, Body and Soul." The Grand Prize is a trip for two to Costa Rica for a week. For a \$20 ticket you get a chance to win this or many other great prizes. See ad elsewhere in the Calyx or on our website. The drawing is on March 12th; you need not be present to win and any school parent will have tickets, or call the school office.

Long Range Planning has occupied many people in extra meetings, community conversations, and all school meetings, and is moving into committees! This will provide the essential guidance for our future Development initiatives that we will write about in upcoming issues. We hope to reach out to YOU for feedback on how we are doing. We want to honor your thoughts, suggestions and reflections, as we couldn't do everything we do without you.

Thank you.

—Mary Christenson, Development Director
mary@pleasantridgewaldorf.org, (608) 637-8504



DONORS

June 4, 2015-February 8, 2016

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Susan Johnson
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In Memory of

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Nancy & John Balkowitsch

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Marinella Pro & Mark Dubey
Dr. P.T. Bland
Adrian & Kathleen Hendrickson
Dale Duke
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Kathleen Ingerson
Gisela Nocker & Shizuko
Sutherland
Monika & Wyatt Sutherland
Barbara Von Nostitz Peterson
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Norma Herz
Mike & Sherry Knapp
Sven Midelfort & Petra Ressler
Nancy & Gordon Poer
Molly Symons

Jim Smith
Maura Otis & Barry Jensen
Karen Taylor
Marvin & Susan Whalen

In Honor of

The Balkowitsch Family
Neal Balkowitsch &
Donald Nelson
Ethan, Mike & Lucy Danforth
Roberta Ducharme
Schuyler & Camerson Hawklove
Blanche & Thane Hawkins
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Waldorf Schools Fund

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Nancy Kosiak
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Margaret O'Rourke
Sandra Hahn
Cynthia Olmstead
Geri Shonka

The Flower Basket/ School Garden

Stephanie & Dan Brown
Mary Christenson
John Danforth
Susan Helstrom
Cheryl Larson
Alicia Leinberger/Ethos
Michael & Bernadette Link
William Neil &
Pam Marshall-Neil
Organic Valley
Vernon Memorial Healthcare

SCRIP

Akashic Wellness
All Creatures Animal Care
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Burke's Tire & Auto Repair
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Driftless Books & Music
Driftless Café
The Flower Basket
Kwik Trip
Nelson Agri-Center
Paper, Scissors, Stone
Parrish Music
Quality of Life Chiropractic
Read's Creek Nursery
Ridgeland Harvest
Rising Sun Animal Wellness
Center
Rockweiler Appliance & TV
Schlicht Auto Repair
Matt Shortridge: Music Lessons
& Carpentry
Sime Furniture
Sing Your Heart Out Studio:
Dodie Whitaker
Tapestry Yoga
Viroqua Public Market
Viroqua Village Market



In Memory of Fred Nelson

In January Fred Nelson, longtime friend of Pleasant Ridge, crossed the threshold. He was a visionary, dedicated to building a strong and vital community. For those in our community who didn't have the pleasure of knowing Fred, and for those who want to remember his generous spirit, you can find an interview with Fred in 2005, speaking about the role of PRWS in the Viroqua area. Find it on our website about 3 minutes into the first of the three part video: <http://pleasantridgewaldorf.org/meet/about/>



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Call Bill first when you are looking at real estate, whether you are buying or selling. Mention the school and we will earn a donation. To look at properties visit:

www.BillBrookeRealty.com

Pleasant Ridge Waldorf School **Annual Raffle** 2015/2016

GRAND PRIZE

Trip for two to Costa Rica, or \$4,000

SECOND PRIZE

\$1,000 worth of grassfed meat and dairy products

THIRD PRIZE

Handmade quilt by Sofya Hundt

FOURTH PRIZE

Fran Knapp signed original print

FIFTH PRIZE

Organic food package

\$20 per ticket

Raffle drawing will be held at the Rooted
Spoon Culinary on March 12, 2016, 7:30 pm

219 S. Main St., Viroqua, WI 54665

Need not be present to win. Winnings are subject to state/federal tax.



PLEASANT RIDGE
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35 Years & Growing!

431 E. Court St., Viroqua, WI 54665

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