Organic Food For Thought - By: Roger Oxlee

HAPPY 5TH BIRTHDAY to OUR Constantia Waldorf Organic and Biodynamic Market!

Five years ago on 12 October 2007, we started our CWS Organic & Biodynamic Market with the pioneering team of Jeanne, Debbie, Beau and Roger. We had what, at the time, seemed like a lot of green organically grown produce - lettuce, tomatoes, carrots and broccoli. Spinach was a staple, we were still learning about the benefits of kale and other less well known produce. We had bread, rusks and biscuits from Camphill Alpha. Jeanne organised flowers from the flower growers in Brounger Rd. We had organic lemon cordial. We had started! And we have kept going!

People have come and gone, stallholders have come, some of them have gone, some special ones have stayed. Loyal parents and customers have stayed and are on the increase.

After many years of persevering, we now have a wonderful, steady supply of seasonal organic fruit and veg every Friday in term-time, thanks to Barbara. We have a school stall run by Justine and our wonderful Rep Group which sells home-made as well as select produce, promoting school, environmental, health and many important issues of our time. We also have Diana who not only sells the amazing ice cream with her husband Robert, but also manages the running of the market.

We have the best and only organic ice cream in Cape Town and even beyond. Yes - that is an over-the-top claim, even grandiose. If you don’t agree you obviously haven’t had any of our ice cream yet! We have delicious pancakes with organic ingredients; we encourage class fundraisers. We have organic plants so you can grow your own food and flowers.

The market brings us together in a warm atmosphere of working together, good health and community.

Organic Market Economics

As consumers we all ‘vote with our rands’ and that is what influences the economy of the world. This is at all levels - as individuals or families, as a school, a community, a city, province, country and the world.

So through the ‘reward’ of what our money buys, we influence what gets grown, what gets produced in factories and what is replaced on shop and supermarket shelves. Today these are typically factory-produced, processed foods which contain genetically modified ingredients (GMOs), meat and poultry from factory farms where animals cannot move around and are fed ‘food’ that is not their natural diet and even farmed fish which are now genetically modified.
These animals are fed growth hormones and need antibiotics to prevent the diseases which come with their crowded conditions. In South Africa fruit and vegetables contain unmonitored pesticide and herbicide residues, especially glyphosate, even though standards do exist. For most people most of the time, this shopping is not a conscious process.

We live in a commodity-based society where choices are massive. To be a discerning shopper these days is unusual. Facts such as fashion, label, conformity, price and perceptions based on what the media promotes, influence our choices. Even our toilet paper has to be bleached!

The organic market provides an arena for an alternative, conscious, responsible consumer. Shopping habits developed here teach our children to make healthier, more conscious choices. These choices make for a better environment and a healthier planet too, through supporting ecological, sustainable farming methods.

Thus a local, community-based organic market like ours is not only a nice thing to do; it is a vital activity. Parents, as consumers and custodians of their families’ health make responsible choices which impact in every area of life.

The benefits are not only to our families’ health.

The steady flow of the 10% or ‘tithe’ which stallholders pay benefits the school. A sustainable, growing market which contributes to the school’s coffers plays a role in a financially viable school. For our community it is a ‘win-win-win’ for parents who are customers, stallholders and the school as a whole.

There are many initiatives we can take part in to promote a better, healthier future for our children and our families. Join the Real Food Movement. When you can, pop in between 1100 and 1500 on a Friday for a cup of organic coffee, tea or hot chocolate. See what is being highlighted or promoted at the School’s Rep Table. Join the busy in-transit moms and dads standing with their children buying organic ice cream, a crepe or a roti. Buy some seeds, seedlings or worm tea to grow your own food. Take part in the discussion on sustainability, GMO labelling initiatives, alternative energy, healthy living and healthy planet. See what else we have that is new. Or just have a chat and enjoy the atmosphere.

HAPPY 5TH BIRTHDAY TO YOUR CONSTANTIA WALDORF SCHOOL ORGANIC AND BIODYNAMIC MARKET. MAY IT CONTINUE TO GROW AND THRIVE IN COMMUNITY.

To you and your family’s excellent health!

Yours organically,
Roger Oxlee
Support
Strengths: Waldorf Kindergarten teachers place a lot of emphasis on child observation so that they can get to know and understand each child in the class with their unique characteristics. Their observations are shared at the weekly teacher meetings in child discussions. The Kindergarten teachers and the primary school faculty have good communication in the handing over process from Kindergarten to Class 1 so that the children are well held and the new teacher has a good understanding of each child moving into the new Class 1 group.

Concerns: The parent survey indicated a request for a relaxed age-appropriate afternoon program. The response from the KG and PG teachers is that they prefer the playgroup and kindergarten children to be at home with their parents in the afternoon but for those with working parents, there is a warm and homely aftercare facility where the children play together and receive a healthy meal.

Ethos
Strengths: A fully comprehensive “Welcome” letter is given to each parent in the Playgroup and Kindergarten before the beginning of each year outlining information pertaining to their child in the classroom situation. Once a term a “festival” letter goes out to each parent deepening the aspects of Waldorf Education. Playgroup and Kindergarten pupil interviews also cover the daily running curriculum in detail with both parents. The parents are informed that their teacher is always available for a pre-arranged meeting with them. The KG class sizes are set at a maximum number of 18 children. The PG class has 6 children who attend four days a week and 13 children who attend five days a week and there are two teachers in that class. These class sizes ensure that teachers can maintain good orderliness. Many parents who drop off their children socialize in the area outside the classroom before and after school setting the tone for the children to play together before and after school hours. The foundations of friendship laid in the Kindergarten and Playgroup carry the students (and their parents) throughout their 13 years of Waldorf Schooling as they grow through the school. The parent surveys indicate that the children are encouraged to develop healthy friendships and to be kind and considerate to others. The parent body is encouraged to feed their children healthy and nourishing meals and school lunches without additives and sugar. The school has a weekly Friday organic market which supplies fresh, organic vegetables and foods to motivate this lifestyle for parents. The school also has weekly Wednesday morning coffee group for young parents – called the Sophia Centre. This group has been running for many years and numerous mothers have benefited from this educational program where various speakers share ideas on child-care, choices of lifestyle, diet and nutrition for families etc.

Concerns: A few Kindergarten parents indicated in the survey that more racial integration is needed in the school. This is addressed on page 21 under diversity.
IT'S NIGHTMARKET SEASON AGAIN

Dear Constantia Waldorf Community,

On the 26th October 2012, the Nightmarket team would like to invite you to join us for another beautiful evening of fun and entertainment for the entire family.

The Nightmarket begins as usual at 5 pm to 9 pm. We are also calling on all our young entrepreneurs to get in touch with Katja urgently (0714595066) to book their stall as spaces are filling up fast! Tables for pupils are only R50 for the evening!

We would also like to urge all High School and Primary School classes not to miss this easy fundraising opportunity for your class funds! The Nightmarket is looking for some entertainment stalls for children, i.e. face painting, games for all ages, skate park.

Follow us on Facebook: Constantia Waldorf - Group ‘Constantia Waldorf Nightmarket’

Dear Parents,

A couple of years ago we offered a service which came in the form of the “Constantia Waldorf Yellow pages” to our entire community. Our parents were offered a platform to advertise for their business/services or services rendered. We are looking at offering another “CWS Yellow Pages” for 2013. Costs will be determined within the next week. Parent who are interested in advertising please e-mail Nanette Snyckers or Denise Janssens on: grapevine@waldorfconstantia.co.za or admin@waldorfconstantia.co.za. Please title your e-mails CWS Yellow Pages.

Thank you

WEDNESDAY COFFEE MORNING PROGRAM

Term 4, 2012

24 Oct Reflecting Space, yourself and the other: Eurythmy workshop
Sara Freudenburg, Eurythist and Teacher

31 Oct Working with Nature to Promote Animal Wellbeing: How can we apply ancient wisdom to animal care
Jimmy Symmonds, Veterinarian with special interest in herbal medicine for animals
- Rest of program to follow-
- Program subject to change -

Time: 10.30 A M: Tea, 11 - 12 Noon: Talk and Discussion
Venue: Puppet Theatre, Constantia Waldorf School
Cost: Suggested donation R30 towards tea and the speaker.
For more info: Call Yvonne 021 794 1492 or Marlene 021 794 2103

As a birthday gift for our Organic Market this week the team is looking forward to a new wooden table with benches where lunchtime meals, fruit smoothies, hot drinks and tea treats can be enjoyed as parents and children slow down for the weekend.
Information and Announcements

**EXTRAMURAL ART CLASSES IN CONSTANTIA OR AT MICHAEL OAK**

Extramural classes are held in Constantia for the different age groups on a Thursday, or in the light and airy High School art room at Michael Oak on Fridays and Saturday mornings. Children from 5 years to 13 years or older may attend. The children’s choices for the 4th term include painting on canvas (which they are excited about doing).

The classes are run by Sue Nepgen, a trained Waldorf teacher with many years experience in a variety of situations and a Masters in Teaching from UCT. She also has been lecturing Education students.

Fees are R550 a term, including materials. Visitors or ‘try-out’ pupils are welcome at R70 a lesson. Detailed newsletters and flyers can be found in the foyer or emailed to you. For more information contact Sue on 021-7946609, 021-7944723, 083-2377242 or snepgen@xsinet.co.za.

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**THE CHRISTIAN COMMUNITY WARMLY INVITE YOU TO THEIR FAMILY FAIR**

On 3 November from 11h-15h at 39 Timour Hall Road, off Gabriel Road, Plumstead. While children enjoy games in a giant tent, craft activities, candle dipping, a magic show and puppets, parents can have lunch, browse through deli foods, jewellery, books, soft toys and buy boerewors rolls, lemonade, coffee and cakes. Enquiries Marilize 021 762-0450 or CHRISTIANCO@TELKOMSA.NET.

39 Timour Hall Road
Plumstead, 7800
Cape Town

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**Michael Oak Waldorf School**

4 Marlow Rd, Kenilworth

**Afrikaans Teacher**

Education based on the principles of Rudolf Steiner

Our thriving independent English medium school offers child-centred education from Nursery to Grade 10. We have vacancies in our Primary and High schools for a wonderful, dedicated and passionate Afrikaans second language teacher. Familiarity with Steiner principles is a plus. The position is part-time and there is scope for it to expand into a full-time post. Please submit motivation and CV to info@michaeloak.org.za by 19 October 2012. For more information about our school please visit our website.

www.michaeloak.org.za

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**Mythic Voices at the Foot of Africa**

*A Story-Telling and Painting Weekend with Brian and Michael Grimley*

Aldenham was the mythic figure of the Cape of Storms enshrined by Cannons, the great Xhosa poet and adventurer at the time of the scuffles of discovery. Let us hear the story as originally told, and listen to the mythic voices that have responded through the words and imaginations of story-tellers, poets, and artists over time...

**Saturday and Sunday 27 & 28 October 2012**

Saturday 19h00 – 21h00 Sunday 9h00 – 15h00
Sophia House, 18 Faffield Rd, Plumstead, Cape Town

R380 per person
Sunday lunch and share, fees provided.

Michael and Brian have both taught in mainstream and Waldorf schools for many years. Inspired by the role of the arts in the nourishment of soul and spirit, they now run courses for adults using artistic processes that will bring you enlightenment and assurance.

Enquiries and Bookings: 032 625 1000; 072 833 7228; kallypsoiadj@gmail.com

Funding: Aldenham is an unidentified Xhosa arts
Beginning Afresh
The Nature of the PARZIVAL Story

Six days in a special place in Africa, working with an ancient story, observing the end of a year and exploring a new cycle.

Wolfram von Eschenbach’s Medieval Tale is as fresh today as ever, and offers a path of inquiry into our own personal story.

Join Norman Skillen
- Storyteller and Goethean explorer
- Margaret Laubser
- Storyteller and social artist

for a narrative journey, engaging with:
- the telling of the Parzival Story
- deepening of story work
- contemplation of natural phenomena
- colour expression
- creative writing
- nature trail walking

Sunday 9 to Friday 14 December 2012
Fynbos Reserve, outside Stanford, Western Cape, South Africa
For full brochure and course fees mail: mlaubser@afterimage.co.za

RAINBOW PUPPET THEATRE PERFORMS
FAIRY TALES
A DIFFERENT TALE EACH MONTH
OCTOBER
Snow White and Rose Red

Saturdays:
6, 13, 20, 27

Constantia Waldorf School, Spaanschamat river rd.
Tickets R20 at the door | Recommended age 4+ |
| We eat for birthdays and private functions |
| info | call: 021 783 2063 |
| email: therainbow.puppettheatre@gmail.com |

Fun for the ENTIRE family!

"The camp was so-o-o-o fun"

"I would love to come again"

CHILDREN’S CAMP
12 - 19 December 2012

This popular Christian Community camp is especially suitable for age group 10-12

R900 for first child - siblings R720 each

Includes accommodation, food and lots of fun activities

A deposit of 50% is required

Bookings accepted till 20.11.2012

Please call: Marielle King 021-762 0450

"Food was excellent"

"Really enjoyed the singing and story-telling"

"My girls came back glowing"
The Foundation Stone Meditation in Eurythmy
A public sharing study of the Foundation Stone Meditation in Eurythmy. The presentation will include a talk, a demonstration and experiencing through doing Eurythmy.

Sunday 14th October, 4pm to 6pm
Venue: Erin Hall, 8-10 Erin Road, Rondebosch
Cost: R30 members, seniors and students, R40 non-members

How can I find my ‘inner compost materials’? - Karma practice as social need - With Hans Supenkmäper

Sunday 7th October 5pm to 7pm
Venue: Sophia House
Cost: R30 members, seniors and students, R40 non-members

Goethean Painting Courses “Image & Lustre Colours”
With Michael Grimley
Monday 22nd October 10am to 1pm
Tuesday 23rd October 10am to 1pm
Wednesday 24th October 10am to 1pm
Thursday 25th October 10am to 1pm
Venue: Sophia House
Cost: R500 per person per week
Enquiries: 023 625 1009 / 082 290 4470 (Independent Initiative)

Story Telling & Painting Week-End “Mythic Voices At The Tip Of Africa” - With Michael and Briar Grimley
Saturday and Sunday 27th & 28th October
Times: Saturday 7pm to 9pm; Sunday 9am to 4pm
Venue: Sophia House, 18 Firfield Rd, Plumstead
Sunday lunch ‘Bring and Share’; Teas provided
Cost: R350 per person per event
Enquiries: 023 625 1009 / 082 290 4470 / kallosophiabg@gmail.com
(Independent Initiative)

The Lord’s Prayer: A Study In Three Parts With Eurythmy
With the aid of Eurythmy we will acquire and deepen insights into ‘The Lord’s Prayer’. The course stands as a whole but the parts can also be done separately.
9th & 10th November 2012
1st & 2nd February 2013
Venue: Sophia House
Cost: R180 per part
Booking essential
Enquiries: Cobie Roelvert

ANTHROPOSOPHY TODAY
"Awakening to the Spirit of the Times in South Africa" Part 1 - A talk by Michael Grimley
Sunday 21st October 4pm to 4:30pm- Tea & bring & share cake 4:30pm to 6pm- Presentation. (Part 2 on Tuesday 23rd October 7pm) each part is self-contained but Part 2 will definitely follow on from Part 1
Cost: R30 members, seniors and students, R40 non-members
Venue: Sophia House

"Awakening to the Spirit of the Times in South Africa" Part 2 - A talk by Michael Grimley
Tuesday 23rd October at 7.30pm
Cost: R30 members, seniors and students, R40 non-members
Venue: Sophia House

Geometry for the Joy of It - With Briar Grimley
Projective Geometry – A journey into infinity evokes a thinking that can flow with the movement of life itself. A two evening course for the lay person -no previous experience necessary.
Monday 22nd and Wednesday 24th October 6pm – 9.30 pm with half hour supper break
Cost: R300, includes light supper
Venue: Sophia House
Enquiries and bookings: 0236251009/ 0728337228/ kallosophiabg@gmail.com

REGULAR EVENTS at Sophia House:
School of Spiritual Science – Monthly Class Lesson for School of Spiritual Science members
The last Saturday of the month unless otherwise advised. 8:15am for 8:30am. Except for September as there is a retreat.
School of Spiritual Science – Monthly members’ forum
First Wednesday of the month unless otherwise advised. 8pm

Eurythmy for Adults
Every Monday 5:30pm to 6:30pm
The next block will start September 3rd on the theme of the Zodiac
Painting to Strengthen the I-Forces
Every Tuesday from 31st January 2012 from 7pm to 9:30pm - Open art group for adults:
World Economy (Associative Economics Forum)
Every Friday beginning August 24th from 4pm to 6pm

Thursday Morning Study Group
Every Thursday 9am to 10am - - Various works by Rudolf Steiner.
Enquiries: Debbie Ludik 021 761 9600

Anthroposophical Initiatives and Events
The Social Initiative Forum invites you to:
The Gifting Village-The time is ripe for social practitioners inspired by Anthroposophy and working in challenging environments to have an opportunity to meet, share and deepen their questions around themes of concern. “How am I in my work?”
Friday 5th October 6pm – 9pm, Saturday 6th October 10am – 6.30pm, Sunday 7th October 10am – 1pm
Bring and share light lunch and supper
Cost: Nothing less than yourself, your initiative, your calling, your gift

*Anthroposophy and working in challenging environments to have an opportunity to meet, share and deepen their questions around themes of concern. “How am I in my work?”*
Consequences

We would like to send out our sincere condolences to the Munroe family who lost their father and husband Gary on the 23rd September 2012. The Munroe family was a part of our community, more specifically part of our current Class 12 community. We wish you strength in this difficult time.

We would also like to send our condolences to Crispin who lost his mother on the 18th October 2012. She passed after a short illness at the age of 70. The ceremony will be held in Malawi.

Classifieds

Lift wanted - every Thursday after school to corner Landsdowne and Belvedere Roads (Coimbra bakery). My son Dougen (class 10) is needing a lift.

Waldorf Family of 3 (Karina, Daniel (17) & Nathalie (14)) seeking a lovely home and creative space/spacious cottage close to school. 3 bedrooms/2 bathrooms (min). R7-8000 per month. Contact Karina: karina@smilingone.com / 0832356555 / www.SmilingOne.com.

DO YOU WANT A HOLIDAY HOUSE IN BETTYS BAY ONE WEEKEND A MONTH? For just R1000 a month you can have access to a beautiful, fully equipped, child friendly, pet friendly holiday house in Bettys Bay walking distance to the dunes and the beach and the nature reserve. There are 3 families in this rental syndicate there are 4 weekends in a month so we are looking for a fourth family to share the house with us. (There is also the option of sharing your weekend with another family and paying R500 a month each.) The house sleeps 9 people. Please phone Tania Babb if you are interested : 0827015648

Disclaimer: Not all articles or advertisements are necessarily the views or opinions of the Editor or the Constantia Waldorf School.