



Firm Foundations for Infinite Development

Our children gazed, awestruck, at the lofty, ornate ceiling of the Orpheum Theatre. We hung on to each other as we wove our way through the thousands of other school groups leaving the theatre after the Vancouver Symphony performance. Suddenly, one of our students gestured with excitement as she found a ten dollar bill. She checked around to see who might have lost it, but the churning sea of people provided no clue. Over the next half hour, she considered audibly what she might do with this money. The Seniors, under Tracie's guidance, had declared this week "Seniors Kindness Week", and had entertained a number of ideas as to what kind things they could do to celebrate the idea. Clearly this student was thinking about how she might spend the money on more than just herself. As we dodged the puddles on our way to check out the Vancouver Library, she talked excitedly about her find and about the opportunity it presented. We explored the library via elevator/escalator races, then sat for refreshments in the plaza. A young man approached, asking for money for somewhere to sleep, as he had just arrived from back east. As the students and teachers sized him up and considered what to do, our kindness star walked up to him and handed him her ten dollar bill! While discussion ensued as to what he would do with the money, we all knew that something very special had just happened, and that no matter what he did, our Leigh was shining with the gratification of giving. What a beautiful example to everyone. Congratulations, Leigh. You have discovered and demonstrated a key to happiness. We're very proud of you!



**Parent Teacher Interviews**

Thurs./Fri. Nov. 28, 29  
Evening and day times available  
Sign up via email or on posted forms

*See you there!*

**Progress Report**

In the summer, a symphony of activities was orchestrated: engineers, contractors, city planners, councillors, bankers, board and staff members and

licensing officers were all working together for our new location. This all stopped with the unfortunate banking decision in late August, but now the symphony is again tuning up. *Cont'd p. 4*

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### Appropriate dress for weather

You've heard us say this many times before, "There is no such thing as poor weather, only inappropriate clothing."

Outdoor playtime is an important and essential part of our school day. Unless it is really pouring rain, all elementary children will be out on the playground for 30 minutes each day. Each child should therefore have available at school, warm waterproof outer clothing, including waterproof headgear and rain boots.

Any child that is not appropriately dressed cannot be left behind in school and will unfortunately need to spend his/her playtime standing under a teacher's umbrella.

### Performance preparation

You may hear strains of new music coming from any of our classrooms, as we prepare for our "Wonderplay", to be performed on December 20<sup>th</sup> at our 17<sup>th</sup> Annual Warmth Party. If for some reason your child won't be with us that day, please let us know now, so that we don't cast them in a part.

### Rebate for bringing in new children

Our rebate program of some years standing is still in effect. If you bring in a new family, you will receive a cash rebate: primary - \$125, elementary - \$250. We'd rather you receive our advertising funds than some flyer company!



### Out of the mouths of babes

In a discussion about Diwali, a primary child informed us that after Christmas, Diwali is called Diwala, and then everyone eats pizza! We learn so much from our children. Isn't multiculturalism wonderful?

## Anita's Empowerment



To educate is to empower.  
An educated child is an  
empowered adult.

### Teaching Cursive Letters

For the last few years, several of our Professional day discussions have included a debate on the value of teaching the alphabet in printed form or cursive form (joined handwriting).

During our most recent discussion, the teachers unanimously agreed that the children needed to learn both. The rationale behind this being that while almost all reading material is published in print, cursive writing is learned more quickly, the transition from cursive to print is easier than the other way around, and cursive is more natural to the child's hand movement. Reversals, a difficult habit to break in print, are rare in cursive.

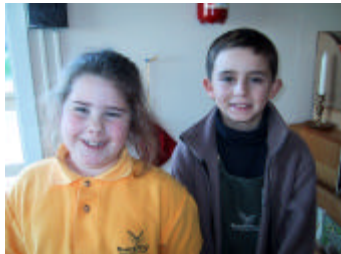
In the Primary classes, the children will learn their sounds for reading using the sandpaper letters in print, but will learn formation of letters on paper in cursive. In this way, we can be sure that they are comfortable reading and writing in both formats.

### Christmas Food Drive

Thank you so much for your generous contributions to Operation Christmas Child. We'd also like to support the church's Christmas food drive. Help your children to choose non-perishable food items to bring for food hampers for the less fortunate. Leigh can explain the benefits!

## Helen's and JiWon's Extended Day & Intermediates

We continue to work together in forging a strong community of mentors and friends. Our work remains our prime objective but many strong friendships flourish! Happily, we have welcome



two new families to our school: Rogerio and Aleisha are making themselves very comfortable! The Time Line of Life is a regular focus at the moment, helping the children discover the wonders of evolution and adaptation. Many children are learning to knot, weave and cross-stitch. Clubs Day on Fridays is an excellent opportunity for adults to share their hobbies. Let us know if you'd like to join our happy circle!



evolution and adaptation. Many children are learning to knot, weave and cross-stitch. Clubs Day on Fridays is an excellent opportunity for adults to share their hobbies. Let us know if you'd like to join our happy circle!

All the best,  
Helen and JiWon & friends

## Kristin's Seniors

We're doing lots to make our world a better place! Here are some of the projects we're working on:

**KindActs** – We pass a special coin to someone when we do something nice for them, and record it on the Kindacts website; then they do something nice and pass it on and record it again – and so on and so on.

Brodie and Tracie

**Encorp** – we're organizing collections of containers that will reduce litter and bring in funds for our trip. We'll tell you soon where you can bring your containers to help.

**Ecopals** – We're sharing ecology tips with a school in Ontario. Paige and Leigh

## Virescens Environmental Efficiency

**Action Program** – we're the guinea pigs for this new program to teach energy efficiency. Our first class today was great! *More in the next newsletter...*

## CLASSCLIPS

## Fiona's and Chami's Primaries

So much has happened since we've last shared with you! We are busier than ever with our lessons and our work!

Our trip to the apple barn was **wonderful!** We saw donkeys, alpacas, pigs, goats and sheep (sheep have very thick coats!). We ran through a marshmallow maze (just how do they get them so big?) and almost got lost! We tasted some delicious Jonogold apples, learned about the orchard and the bees that pollinate the trees. And, yes, we went on a hay ride out to the field where we picked our very own pumpkins - and yes we carried them ourselves!

We have had many wonder moments in our class in which we sit very still and quietly observe an object. On Tuesday we studied a tall flower that had gone to seed (we brought it in from outside). We talked about what we thought it was - a tree, a hammer, a cattail, a tail from a real cat . . . We also looked very closely at the seeds and came to the conclusion that they looked like umbrellas because it was easier for them to be carried away by the wind to be grown for next year! We are very proud of our ability to sit very still and quietly for long periods of time!! What makes you say "Wow?" Go on, have a wonder moment yourself, slow down!!

Well, that's it from us for the moment. We have to get back to work now!

*Love, Fiona & Chami*

## Anita's and Tracie's Primaries

The weather is certainly telling us we are well into Autumn now. . . Because of this, our outdoor time has been limited. Fortunately, in the class, we continue to have 'Wonder Moments', looking at some marvelous things that nature has given us! Ask your children what a 'Wonder Moment' is and perhaps they can share one with you.

We have new-found excitement in the classroom as new Practical Life activities have been added to our shelves! A particular favorite, to go with the current season, is nut sorting. Some of us are even into button sewing!



Hanukkah celebrations begin at the end of this month. After hearing a little bit about the story of Hanukkah, we are learning to identify the parts of the Menorah and its significance in this

winter celebration. Thank you to Lisa Bogdonov for sharing her family Menorah with our group and for providing other interesting information and activities. It will be a great cultural experience for us to celebrate the eight days of Hanukkah with the traditional lighting of the candles on the Menorah. We know that it won't be long before we are preparing for another winter celebration – Christmas!

We'll see you all at Parent/Teacher Interviews!!

*Love, Anita & Tracie*

### Progress Report (cont'd from p. 1)

The intricate coordination of events requires close supervision and daily tuning, and your board members and staff are working diligently to keep everything working together harmoniously. The vital next step, before we can move forward, is that everyone signs up at the bank for your bond. Funds will be released immediately, and they are needed before Britco will begin work. I am awaiting details as to where and when you can sign, from Reed Sumida. We are trying to have a banker visit the school, but they seem somewhat reluctant. So, the second we have these details, we will let you know by posted sign, email and/or phone call. We are asking you please to move very quickly, as time is of the essence. We'd like to see this step finalized by next Weds., Nov. 27. Don't hesitate to communicate any questions.

*Thank you thank you thank you!*

## Fiona's Finesse



*Bringing out the Grace  
in our children*

Grace and courtesy develops compassionate, caring, cooperative, generous, open, receptive and non-judgmental people. I know that parents want these for their children. Grace and courtesy exercises include opening/closing doors quietly, greeting friends, walking in the hallways quietly, saying "excuse me" to get past someone, saying "please" and "thank you" or no "thank you." Teaching these skills gives children the "means to be masters of their own actions, and of the situation when, and as it occurs

(E.M. Standing, María Montessori: Her Life and Work).

### Dates to Remember

**Thurs. Nov 28** Parent/Teacher Interviews  
Primary only. School as usual  
for  
Elementary Children

**Fri. Nov 29** Parent/Teacher Interviews  
Primary & Elementary

**Fri. Dec 20** No School for all children  
Warmth Party  
Start Christmas holidays

**Mon. Jan. 13** Start of new semester (if we get  
our bonds in on time!!)



## Munch Moments

*An oft-repeated recommendation amongst parent advisors, these days, is that you make sure the family sits down to dinner. This is a great time, not just for recounting the day's events, but for critical and creative thinking. So this section is for throwing out questions for dinner discussions.*

To consider for your next discussion: What is the best thing I have to give someone?

### Remembrance Day Ceremony



Our simple ceremony included the Seniors' story

of the poppy, the Intermediates recitation of "In Flanders Fields", singing "Where have all the flowers gone" and a minute's silence (yes, all 55 children were absolutely silent for one minute!)

Thanks to Sheila Marples for sharing her war experiences with our children. We understand they stimulated interesting discussion, even among the little ones.



### Long Ago and Not Forgotten

Paige Taillefer, Senior Student

Soldiers dance in the sky  
They once were living  
And now they fly

Whispers of their voices  
Echo off the walls  
Gunshots fire  
Bravely they fall

Airplanes crashing

Puddles of tears

When it was over  
People let off many cheers

Now they lay  
Not awoken  
Bodies still  
Hearts not taken

Never yours  
Never mine

They gave us peace  
And the gift of love to do our time

Don't cry for the soldiers  
They died without fear  
Don't cry for the soldiers  
Love the ones that are here

You may not understand  
The ones that don't care  
In many people's thoughts  
They hadn't a second to spare



They saved our earth  
That we now destroy  
With cars, fuels  
And other toys

Poppies blowing  
Crosses steady  
Proud spirits  
The soldiers are ready

Passed on  
Sad to say  
We honour them  
On Remembrance Day

Don't cry for the soldiers  
They died without fear  
Don't cry for the soldiers  
Love the ones that are here

*Helen's Reflections from Maria Montessori*

**"Establishing lasting peace is the work of education; all politics can do is keep us out of war."**

**Words of Women Quotations for Success**

### Rumours?

Rumours that I will shave my head if all bonds are signed by Wednesday are grossly exaggerated!

*Kristin*

# Health and Wellness

*Many people are seeking alternatives to traditional medical healing. This new section will reprint articles which we feel may help you give your children the best care possible. Do with the information what you will, but be informed.*

## **The Dangers of Eating Microwaved Food**

By Stephanie Relfe B.Sc. (Syd.)

Eating microwaved food is a very important cause of ill health and it is certainly one of the most ignored. An article in Acres April, 1994 reported that word had leaked out about a lawsuit in 1991 in Oklahoma. A woman named Norma Levitt had hip surgery, but was killed by a simple blood transfusion when a nurse "warmed the blood for the transfusion in a microwave oven!"

Logic suggests that if heating is all there is to it, then it doesn't matter how something is heated. Blood for transfusions is routinely warmed, but not in microwave ovens. Does it not therefore follow that microwaving does something quite different?

Normal heating of food occurs when heat goes from the outside to the inside. Microwaves work just the opposite. This can be shown by baking a potato in a microwave for a long time, say an hour. The potato will continue to look uncooked. But when you open it up, there will be nothing but charcoal inside. The food molecules are hit by electro-magnetic radiation. They are forced to start spinning, instead of just moving from side to side as with normal heating. This spinning tears them apart and sometimes rearranges them into toxic substances that cause many allergic responses.

It is this friction which produces the heat which 'cooks' the food. Unfortunately, this violent force also rips apart and deforms the molecular structure of the food. It is no longer 'food', something which nourishes the body. It just looks as though it is.

A little evidence of the harm caused by microwaving was given by the University of Minnesota in a radio announcement: "Microwaves ... are not recommended for heating a baby's bottle. The bottle may seem cool to the touch, but the liquid inside may become extremely hot and could burn the baby's mouth and throat... Heating the bottle in a microwave can cause slight changes in the

milk. In infant formulas, there may be a loss of some vitamins. In expressed breast milk, some protective properties may be destroyed... Warm a bottle by holding it under tap water or by setting it in a bowl of warm water, then testing it on your wrist. It may take a few minutes longer, but it is much safer."

Microwave ovens were introduced to the public in the mid 1950's. There have been very few scientific studies done of the effect of eating microwaved food. This is surprising when you think about the fact that microwaves have been with us for only a few decades and that, in that short time the incidence of many diseases has continued to increase. Today we hear of incredible instances of poor health, like teenagers getting heart attacks, and people in their 20's and 30's dying of cancer. This was virtually unheard of at the beginning of the century.

Two researchers, Blanc and Hertel, confirmed that microwave cooking significantly changes food nutrients. Hertel previously worked as a food scientist for several years with one of the major Swiss food companies. He was fired from his job for questioning procedures in processing food because they denatured it. He got together with Blanc of the Swiss Federal Institute of Biochemistry and the University Institute for Biochemistry. They studied the effect that microwaved food had on eight individuals, by taking blood samples immediately after eating. They found that after eating microwaved food, haemoglobin levels decreased. "These results show anaemic tendencies. The situation became even more pronounced during the second month of the study." Who knows what results they would have found if they had studied people who ate microwaved food for a year or more?

The violent changes to the food molecules also form new life forms called radiolytic compounds. These are mutations that are unknown in the natural world. Ordinary cooking also causes the formation of some radiolytic compounds (which is no doubt one reason why it is better to eat

plenty of raw food), but microwaving causes a much greater number. This then causes deterioration in your blood and immune system.

In addition, they found that the number of leucocytes (white blood cells) increases after eating microwaved food, something which haematologists take very seriously. Also, after eating microwaved food, cholesterol levels increased. Such stress-causing factors can apparently consist of foods which contain virtually no cholesterol - the microwaved vegetables."

The results were published in Search for Health in the Spring of 1992. How was this research greeted? A powerful trade organization, the Swiss Association of Dealers for Electro-apparatuses for Households and Industry, influenced the President of the Court of Seftigen to issue a 'gag order'. Hertel and Blanc were told that if they published their findings, they would face hefty fines or up to one year in prison. In response to this, Blanc recanted his findings. Hertel, on the other hand, went on a lecture tour and demanded a jury trial.

The 'gag order' was only just recently lifted, in 1998. The European Court of Human Rights held that there had been a violation of Hertel's rights in the 1993 decision and sentenced Switzerland to pay him compensation of F40,000.

In addition to the harm caused by eating microwaved food, standing in front of a microwave is highly damaging to your health.

In the past I had been told that it was important for people to stop eating microwaved food, but I did not pay too much attention to this because I had used a microwave for years. I never thought much about it but I suppose that I figured that if something was so bad for us, then there wouldn't be so many people using it. Little did I know.

When I first began seeing clients for sessions of kinesiology, I did not worry too much about telling them to give up eating microwaved food. However, I kept a record of all of the corrections that were needed for each client when they came in. Now, once a correction is made, it is to be hoped that the correction will stay in place for a long time to come, hopefully months if not years. People often ask me "How long will it last?" My answer to them is "That depends on your lifestyle."

Most of my clients came back to see me after about two weeks. In the early days I found that many who came back were not much better. I found that they were again 'out of balance.' That is, their electrical circuits were not working correctly (which is common for many people). It was therefore not surprising that they were not much better because the body does not begin to fully fix itself until the electrical circuits are in balance.

The question was, why did their electrical circuits go out of balance? Using muscle testing, I went through the process of testing if the cause was electrical, chemical/nutritional, emotional, or structural. Again and again the same answer would come up-electrical. When I then went through a range of possible electrical causes, the same answer came up again and again-the person had eaten microwaved food! Incidentally, this answer never came up when a person had NOT eaten microwaved food.

I began to tell all of my clients on the first visit that under NO circumstances were they ever to eat microwaved food again. I gave this a higher priority than any of things that are normally considered as health risks, such as cigarettes or alcohol. Immediately I began to get a marked improvement in the results I was getting. Long term problems such as head-aches, backaches, and emotional instability went away within a few weeks.

Other kinesiologists can confirm these results. David Bridgman, who has years of experience as a kinesiologist, said "Of all the people I test for allergies, 99.9% so far show severe sensitivity to any microwaved food."

By the way, many restaurants microwave their food these days, even 'health' restaurants. Ask if the "steamed vegetables" are in fact steamed, or are they microwaved?

There are still easy ways to heat up food, which don't injure your health. You can use a convection oven. You can easily heat up food by using a wok. If someone is coming home late, and you want to give them warm food when they arrive, put a saucepan lid over the food while it is on a plate. Put the plate of food on a simmering saucepan of water. It will stay warm without drying up. If you want to cook food, do it the old fashioned ways.

In any case, it tastes much better that way!

## The Bigger Picture



### Mission

To enable children to realize and express their innate goodness, their joy in learning and their responsibility as caring global citizens and stewards of the earth.

### Purpose

*Roots & Wings Montessori Place is dedicated to providing an optimum school environment based on Montessori's philosophy of individualized education of the whole child, ethically, socially, academically, physically, spiritually and artistically, thus enabling each to become a self-reliant, satisfied, confident and productive citizen.*

A few years ago, at the Seattle Special Olympics, nine Contestants, all physically or mentally disabled, assembled at the starting line for the 100-yard dash. At the gun, they all started out, not exactly in a dash, but with a relish to run the race to the finish and win. All, that is, except one little boy who stumbled on the asphalt, tumbled over a couple of times, and began to cry. The other eight heard the boy cry. They slowed down and looked back. Then they all turned around and went back... every one of them. One girl with Down's Syndrome bent down and kissed him and said, "this will make it better." Then all nine linked arms and walked together to the finish line. Everyone in the stadium stood, and the cheering went on for several minutes. People who were there are still telling the story. Why? Because deep down

we know this one thing: What matters in this life is more than winning for ourselves. What matters in this life is helping others win, even if it means slowing down and changing our course.

Thanks to Adrienne Herbert for emailing me this story. I'm reprinting it because at the moment, I see our whole school family, parents, staff, children, all linking arms and moving forward, each doing his or her best, but checking for anyone who needs help along the way. When we reach our goal, the community will be cheering for years! Way to work together family!

And on a larger scale, imagine if each country turned to pick up any stragglers, before moving forward equally to win the race together. What a vision!

*Democracy is measured not by its leaders doing extraordinary things, but by its citizens doing ordinary things extraordinarily well.*

*John Gardner*

