

The Village Voice

This is our school, Let peace dwell here
Fill all the rooms with happiness.
As many hands do make a house,
So many hearts do make our school.



UPCOMING EVENTS

- Monday, 3/7 Building Development Committee Meeting, 5:30-7pm
- Tuesday, 3/8 4th Grade Field Trip
- Wednesday, 3/9 7th Grade Play, 10:15am
Parent Council Meeting 6:00-7:00pm
Technology Talk, 7-8pm (see page 2 for more info)
- Thursday, 3/10 7th Grade Play 6:30-7:30pm
Grounds Committee, 6pm, Market of Choice
- Friday, 3/11 Village School Lottery
- Monday, 3/14-3/28 Spring Break - first day back at school is **Tuesday 3/29**
- Monday, 3/14 Building Development Committee Meeting, 5:30-7pm

FROM THE PRINCIPAL'S DESK MARCH 4TH, 2016

Greetings! Author's night on Wednesday was poignantly powerful with all of the original writings being heard by such a great turnout of parents. The teachers and Tana thank you all for coming out, (thanks to Toña and the kitchen staff too for providing the delicious dinner).

Next week is a little busy with a Fourth Grade Field Trip, Seventh Grade Play Wednesday morning and Thursday night, Parent Technology Lecture Wednesday evening and Village School Lottery on Friday. Then we can all take a rest for a couple of weeks during Spring Break. The next BDC meeting to discuss all of our new site projects is March 7 at the site. All are invited and welcome.

I'm sure you have heard by now of the need for my wife and I to return to Iowa to help my parents with a surgery and recuperation period. It has come up suddenly and I am very conflicted about not being able to see the school through the exciting new move. I have met so many wonderful people here and learned so much I don't really have the words to express it all.

It is fabulous that Bob Kaminski can step in for the remainder of the year, he is a known and trusted figure and will help tremendously in the search for the new Principal and the wind-down to the 2016 school year and Willard site.

I am truly appreciative of all the fine folks in this school community and will try to find ways to say personal good-byes over the next two weeks, thanks for all you do for our school, Kent

ATTENTION: Please note the following changes to the Village School Calendar:

- Monday, 3/28 - No School, Teacher Prep. Day
- Wednesday, 6/15 - Amazon Pool Party Grades 3-8 1-3pm
8th Grade Graduation
- Thursday, 6/16 - Last Day of School, Half Day



3rd Grade Artist

Please send Village Voice submissions to Holly at village@4j.lane.edu by Wednesdays at 12:00 PM.

**APPLE AND PEAR TREE SALE
INVEST IN YOUR FRUIT-URE!
BUY A TREE BEFORE MARCH 14TH FOR JUST \$15**

You can get a wonderful heirloom pear or apple tree at a reduced price and support the Village School 5th grade class.

The Village School 5th Grade Class is selling bare root apple and pear trees to raise money for their 8th grade class trip to the San Juan Islands. All money earned will go to the 5th grade class.



Apple Varieties
On Dwarf Rootstock
Improved Dove
Porter Perfection
Braeburn
Belle De Boskoop
Braeburn
Coconut Crunch
Jonagold
White Winter Calville

Semi-Dwarf Rootstock
Akane
Atlander Pfankuchanapfel
Bedan des Portes
Gold Rush
Granny Smith
Improved Lambert Pippin
Leonard Transparent
Lowell
Minehaha
Novak 7
NV7334-35
PRI 1176-1
Pricisilla
Red Fire
Reinette Marbrée
Roxbury Russet



Pear Varieties
On OHxF 87 Rootstock (Semi-Dwarf)
Arganache
Atlantic Queen
Ayers
Bartlet Nye Russett
Belle Lucratif
Beurre Easter
Butirra Precoce
Comice
Dana Hovey
Dorset
Harvest Queen
Kieffer
Klementina
Laxton's Progress
Leo Pardo Martini
Onward
Passe Crassane
Roum Bough Miles Res
Rouslette de Riems
Rouss. of Stutt. x Dr. Jules Guyot
Vicar of Winkfield
Wilder Carly
Zaharosa de Vara

How to buy your apple tree: Assess your space and choose a rootstock, then select a variety.

The dwarf apple trees are small enough to be planted in a container and left on your patio. Or you can plant them in your yard. The dwarf trees are supposed to grow to about 6 feet tall. These trees may need support.

Semi-Dwarf apple trees grow to about 75% of standard. So for the semi-dwarf apple tree, about 15-25 feet tall.

Pear trees on OHxF 87 rootstock grow to about 12 to 18 feet tall.

To buy a tree, email Andrew at AmazingAcre@gmail.com. Or call Andrew, 503-779-5876.

These trees need to be in the ground this month (March) and we have very limited quantities. Act fast! Order now!!

THE VILLAGE SCHOOL WOULD LIKE TO THANK THE WANDERING GOAT COFFEE COMPANY FOR SPONSORING OUR STAFF LOUNGE!



TALK ABOUT TECHNOLOGY

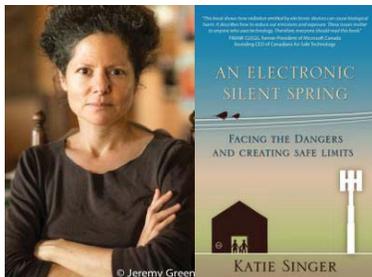
The Parent Council at the Village School invites you to attend a talk about wireless technologies and children's health on Wednesday, March 9th, in the Village School Cafeteria from 7:00 to 8:00 pm. Dr. Paul Dart, MD FCA, will review the current research and talk about what actions are being taken around the world by governments and medical communities to address growing concerns about safety. Questions are welcome and encouraged during the discussion which will follow.

**Grounding the Whole Child:
Healthy Living in an Electronic World**

A free workshop for parents and teachers with **Katie Singer**

Tuesday, March 8th, 6:00 - 8:00 pm

The Eugene Waldorf School
4th Grade Classroom
1350 McLean Blvd., Eugene



Join us for a discussion of how learning to self-regulate electronic screen-time can help cultivate inner wisdom, foster deeper social connections, and lead to a healthier, more fulfilling and productive life

An Electronic Silent Spring (Rudolf Steiner Books, 2014) will be available for sale

****donations accepted at the door****

www.electronicssilentspring.com

The Parent Council at the Village School presents

**UNPLUGGED:
How Safe are Wireless Technologies?**

While the scientific community continues to debate the health risks of electromagnetic radiation (EMR), governments and medical communities around the world are taking action



Join us for a discussion at the Village School with Dr. Paul Dart, MD FCA

Wednesday, March 9, 7:00-8:00 pm

The Village School Cafeteria

2855 Lincoln St., Eugene

SMILES FROM THE KITCHEN



FOR CHILDHOOD'S SAKE: A FORUM FOR EXPLORING THE IMPACTS OF TECHNOLOGY ON CHILDHOOD

Waking up to wireless health risks: our family's story, submitted by a Waldorf School mother

During the fall of fourth grade, our daughter's health began to noticeably decline. At first she seemed unusually tired, her muscles and joints ached, and she had a poor appetite. I figured it must be a result of all the energy that was being expended on growing. I was relieved when winter break came around, hoping that with rest she would be back to her normal self.

She spent most of her vacation at home making videos and watching full-length movies on her dad's iPad, and holding endless goofy conversations with "Siri" on her dad's iPhone. Not what I had had in mind for her, but it's what happened. When she returned to school in January, she suddenly couldn't fall asleep at night due to waves of unexplained nausea, acid reflux, a racing heart, and the feeling that the back of her head was hot.

Every night for the following five months, I propped her up on a mound of pillows, read to her and held her hand, bedside light on, until finally, finally, she drifted off into a fitful sleep. Invariably, she would awake between 2 and 4 am with the nausea and other symptoms. Over those months, in addition to suffering from the continuing nausea, etc., she began having digestive troubles, and problems with her vision while at school. Sometimes, at home, the room seemed to her to be moving.

I took her to see the pediatrician in January. That winter and spring, she was seen many times by not only the pediatrician, but a naturopath, an acupuncturist, a chiropractor, and two child psychologists. She also had a full blood panel done and several lab tests to check for parasites. We put her on an elimination diet to test for food allergies, and we had our house tested for mold and particulates. Nothing explained or relieved the symptoms. Exhausted and very concerned, I called my best friend one day in late May.

I disclosed to her some of my worst fears. Coincidentally, she had been speaking with another friend just the day before about her brother-in-law, whose brain cancer had taken a turn for the worse. They had had a conversation about the research showing possible links to cell phones and other sources of EMR (electromagnetic radiation.) After hanging up the phone, I went directly to our computer and hit the ground running on this path that I hadn't yet explored.

(Continued on page 5)

New School News! 3/4/16

Volunteer Opportunity

There is a need to pull together volunteers to prep the rooms for painting, to lower the costs to the school. If you are interested in helping with this task contact Matt McRae at trail_digger@yahoo.com



Sub-Committee Reports

Buildings (interior & exterior) Sub-committee:

The Building committee has continued meetings with teachers and staff to discuss future plans for their new spaces. They have walked another lighting contractor through the site to get bids on lighting upgrades, and have also obtained prices from a flooring contractor. While we're working on long term plans, we also have a list of small projects that we can begin soon.

Fundraising Sub-committee:

The committee is working on materials to present to major donors (initial language, person retained to design material and inserts, naming policy).

Kitchen Sub-committee:

The committee is aiming to have work permits and start construction mid-May with goal to end August 1 to allow kitchen crew enough time to get ready for school. One more estimate is needed before choosing a contractor.

Transportation Sub-committee:

The committee met today to discuss the transportation action plan, and come up with next steps for working with the City of Eugene on necessary improvements.

Moving Sub-committee:

The committee has received a second quote for moving services. The plan is to be out of our current site by June 30th. Parent Council is organizing work parties to help the teachers pack rooms (things done with for the year) likely mid-May/early June.

Grounds Planning Sub-committee:

The Grounds Plan was presented at the Heart of the Village Celebration. The committee needs to consider which part of plan to implement before school starts and timeline for future work. The group is working on coming up with a concise list of playground equipment and paving areas.

Library: The committee has drafted a plan for the physical space of the library, which was approved by administration and main lesson teacher staff, and are putting together a specific, item by item proposal for materials needed. They plan to make a grant request to parent council for some items at the next parent council meeting, and share out our plan at the next BDC.

Upcoming Meetings & Events

Monday, 3/7

Thursday, 3/10

Monday, 3/12

Building Development Committee Meeting, 5:30-7pm

Grounds Committee Meeting, 6pm, Market of Choice

Building Development Committee Meeting, 5:30-7pm

Waking up to wireless health risks: our family's story, continued

The first resources I found were court papers from August 2013. A parent had sued the Portland Public School District for installing Wi-Fi in his daughter's school, which coincided with a worsening of her health problems. There were many letters from scientists, doctors, medical associations and experts around the world writing in support of his case. The judge ruled in the school district's favor, ostensibly not based on the merits of the case, but because the levels of radiation at the school were found to be below the safety guidelines set by the FCC in 1996.

I showed these documents to my husband, and he agreed to uninstall our home Wi-Fi and to hard-wire our computer (i.e. ethernet). From that point on, as we learned more, we started identifying and eliminating other sources of EMR in our home environment: our Blue-Ray DVD player, our desktop computer's internal Wi-Fi card, and of course, our cell phones. We had used cell phones since before our daughter's birth. That summer, though, I began using mine only sporadically. We both began keeping our phones powered off at night. (These days I keep mine turned off except for emergencies or for travel, and my husband keeps his in airplane mode when not in use).

By the end of the summer, our daughter was nearly back to perfect health. As the new school year approached in September, it hit me: what if her school has Wi-Fi? I emailed the secretary a week before school started to ask this question. "Yes, Wi-Fi is available," she responded. While not entirely surprised, I began to feel some panic. We did not have an alternative plan in place, so our daughter returned to her school. About three days into the new school year, she mentioned feeling pressure in her chest when the class was using the laptops.

I had spent most of the summer researching the biological effects of microwave radiation online. There were a lot of false leads, a lot of questionable resources and shady products for sale that required sifting and sorting through. I learned to recognize and avoid those so as not to waste my time. I remember the excitement I felt when stumbling across a presentation to the Oregon House of Representatives, posted on the Oregon Government's website, by a doctor from Eugene; in it, Dr. Paul Dart was speaking to the Health Committee about the health risks of wireless technologies. It felt serendipitous. I found his contact info and spoke with his secretary the next day. Within a day or two he called me, and we spoke for over two hours. By the time we hung up, he had agreed to evaluate and, if necessary, treat our daughter once he had returned from France later that fall.

As for our daughter attending school, I realized I would have to do something right away to keep her out of harm's way. I emailed her teacher and outlined my concerns, asking for a meeting. When the teacher didn't respond, after a couple of days I mustered up my courage and, at pick-up, spoke to her in person about our unusual predicament. I brought in a packet of documents I had printed out: a letter from the American Academy of Pediatrics, a document from the World Health Organization showing that radio-frequency (cell phones, Wi-Fi, etc.) had been classified as a possible carcinogen, and others.

I also asked about the school's Wi-Fi. How long had it been there? She responded that it had been several years, but that the system had just been upgraded about half-way through the previous school year. As it turned out, an 'upgrade' meant installing industrial strength wireless routers in every room of the school (cafeteria and music room included). I felt sick. When I looked in my daughter's fourth grade classroom next door, I realized that in January of that year, when the nausea started, she had been moved to a new seat directly under the new router.

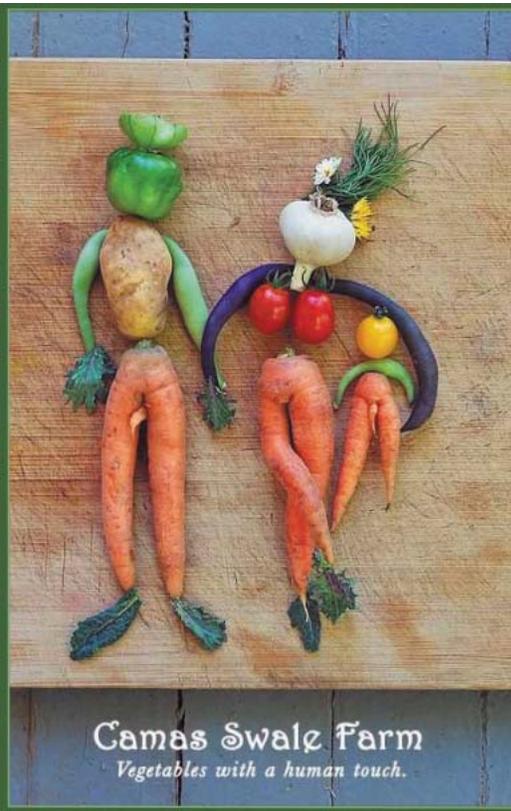
After meeting with the school principle, the teacher, and 4j district officials to discuss options, it turned out there were none. We withdrew her from the school she had known and loved since kindergarten, and enrolled her in the only school in Eugene without any Wi-Fi. Dr. Dart's return from France was timely. The day she went in for her first appointment, she had come directly from an assembly for parents and grandparents at her new school, suffering from a new symptom: headache. After speaking with her new teacher, we determined she had been sitting too close to the audience's filming cell phones. Dr. Dart spent over an hour doing cranial work that remains somewhat of a mystery to me. What I do know, however, is that our daughter has become more resilient since becoming a regular patient of his. This has given me hope for her future.

Village Classified

Horse Lessons

My name is Margaret Giddens and I have been working with horses throughout my life in different settings. I have found my place in natural horsemanship which I believe to be a healthy and clear style of communication with horses and I'd like to pass my knowledge on to others who wish to have horses in their lives.

I offer lessons for beginners and intermediate riders, teaching communication with horses through feel, meaning that you use your body language, energy and intention to guide the horse. You'll learn anatomy of horses, as well as how to care for them. I also incorporate equine body work into lessons. For more details and to schedule lessons, please call me at (541) 844-9798.



5% OFF
REGULAR PRICE
on shares reserved by
APRIL 1ST

REFER A FRIEND
and receive
1 FREE WEEK

Community Supporting Agriculture
CSA
Agriculture Supporting Community

www.camasswalefarm.com