

Boulder Waldorf Kindergarten

Community Notes

September 12, 2011

Email dave@boulderwaldorf.com for copies of attachments

SERVICES & MEETINGS:

NOURISHING YOURSELF AND YOUR FAMILY...BODY, MIND AND SOUL: I know...you have too many things to do to make one more commitment. Well, how important is your health, well-being and sanity, particularly as they seem to get more and more difficult to maintain? Let's gather together in support and exploration, discovering ways to nourish yourself and your family in these chaotic times, connecting with what you really care about for your life, health, family, work and relationships. Group is still forming. For details, contact *Kim Marie* at 303-443-1617, or Kim@Sophia-Rising.com.

Grace Fisher is offering a 6 week course of women's meditation, teaching and discussion. "Coming together as women will allow us to celebrate our shared wisdom and examine such themes as working with judgments and body image, and maintaining a sense of balance in our busy lives." See attached and contact Grace, gracefishermft@gmail.com or 510.918.0258.

WANTED:

I am looking for "woollies" tops and bottoms for my son Bard (size 90 or 100 cm). I am happy to pay for good condition items. I have miscellaneous, seasonal boy's clothes up to size 2 that I would love to give to someone who needs them. Please let me know if you or someone you know wants free hand-me-downs! Thank you. geneva.chong@gmail.com

ARTICLES:

Kim and Alan Youngblood will be contributing gardening and beekeeping related, juicy information to our Community Notes. We'll begin this month with a primer article on biodynamic farming and gardening by *Jim Barausky*, attached.

FOR SALE:

Want a wonderful pet, weed eater, or 4H companion? BWK has 3 young Nigerian dwarf goats for sale. Cute, frisky and friendly. Two younger females that were born at BWK and have been living on another farm. One male born last April (our own sweet Oreo). All disbudded (horns removed). The goats are healthy, and unregistered. Females \$125 each

or best offer. Male \$75 or best offer. Contact dave@boulderwaldorf.com

Welcome back to our monthly BWK Community Notes. The purpose of these Notes is to give you, our parents and friends, a no-cost forum for listing announcements and personal ads. Typically your announcement will run in to 2 consecutive monthly issues. Let us know by email if you have an announcement or ad to run. Please submit all larger pieces and attachments in PDF format. Deadline for submission is the 9th of each month. Regular BWK news will continue to come out in other emails as it does now. To unsubscribe from BWK Community Notes: reply to this email with UNSUBSCRIBE in the Subject. Disclaimer: BWK will have full discretion to modify or delete content in any items published in BWK Community Notes. Thank you and enjoy.