

# MLWS News from the Parent Council

February 7, 2017

## Hello MLWS Families...

In these uncertain and tumultuous times, building and sustaining community becomes more crucial than ever. Parent Council strives to help all of us in the Mountain Laurel community feel more connected to one another. In that spirit, we are pleased to share this issue of the newsletter with you, our community.

## PARENT COUNCIL UPDATE

Parent Council continues to work on the projects that the College and parents identified as priorities: a Welcome Committee for new families, Parent Council presence at public events, Faculty Nourishment, Food Drives at Music Shares and this newsletter. Our next Parent Council meeting will be on **Wednesday, February 8, 5:30-6:30pm**. Please join us and offer your time to support one of our projects. We are stronger when we work together!

## ANNUAL GIVING CAMPAIGN

It's that time of year again... Please consider giving to this year's Annual Giving Campaign. Even if you're only able to give a small amount, it's so important to our school that we get 100% participation. Like most private schools, Mountain Laurel relies on donations, in addition to tuition, to meet annual budgetary needs. (And those classes that reach 100% participation will receive a pizza, sushi or ice cream party for their teacher and students.) All donations are gratefully appreciated, from the most modest to the very generous! Every little bit helps.

In the spirit of community and love for our school, please consider giving! You can go to [mountainlaurel.org](http://mountainlaurel.org) and click on 'DONATE' or you can hand-deliver or mail your contribution to the school.

## UPCOMING EVENTS:

**Thursday and Friday, February 16 & 17: Les Miserables**  
Come see the Eighth Grade perform at McKenna Theater!

**Thursday, March 16: Evening Talk with Kim John Payne**  
"Being At Your Best When Your Kids Are At Their Worst", sponsored by the Mountain Lauren Executive Committee

**Friday, March 17: Staff Development Day – NO SCHOOL!**

**Thursday, March 23: Walk Through The Grades**  
*The Pedagogy of Storytelling in a Waldorf Classroom*. Stay tuned for more details!

**Saturday, April 22, 6-10pm: Spring Swing Fundraiser**  
Join us for an evening of fun! Buffet Dinner, Contradance with live music and caller, Silent Auction. Ages 16+. Proceeds to benefit MLWS and Family of New Paltz.

## ALUMNI SPOTLIGHT

Carlana Regan - Class of 2007. After attending Coleman Catholic High School in Kingston, NY, Carlana received her undergraduate degree from SUNY Oneonta. This Spring, she is finishing her Master's in Mental Health Counseling at Boston College. (To learn more about Carlana and the impact of her Mountain Laurel years on her experiences since, please read her letter on the next page!)

*We are seeking news of other MLWS grads' successes, so if you have any info, please share it so we can print it!*

## A PEEK INTO THE CLASSROOM

**From Ms. Workman:** The Kindergarten has started their 'First Grade Ready' Sewing Project: sewing a baby doll, blanket and bonnet. The children are excited about their project, which helps to develop their skills for the Grades.



**From Mr. von Moritz:** The Seventh Grade just finished the first portion of our physics studies, working with magnetism, static electricity and light. This study was rounded out by the story of scientist Nikolaus Kopernikus and his Herculean effort proving the heliocentric world view. We explored poetic works by Shakespeare and William Blake and soared high with the "vertical tour" at St. John the Divine in New York City, climbing the twisting staircases in this inspiring cathedral, taking in unusual sights of this spiritual and artistic marvel. Short reports about Renaissance artists and explorers, as well as some recorder pieces, balanced our intensive efforts coming to terms with equations and the many careful steps they require to reach a solution. In our next block, we will get more closely acquainted with some of the achievements of Leonardo da Vinci, Michelangelo and Raphael, not to mention many of the lesser known artists and artisans.



Dearest Friends,

My name is Carlena Reagan, and I am 24 years old. I was home-schooled by my loving mom during my earliest years through first grade when we lived on 120 acres in the Ozark mountains of Missouri. We then relocated to New Paltz, NY where I entered Mountain Laurel in second grade and graduated from Anne Stanmyer's first class in 2008. I have always kept the fond memories and skills I acquired during my years at Mountain Laurel... learning to crochet and knit, using beeswax to make various animals (freshly warmed by our small hands and armpits), and creating vast amounts of borders and pictures with many mediums. Many of the skills I learned at Mountain Laurel have become some of my most treasured pleasures that I still intertwine into my daily adult life.

After graduating, I attended high school in Hurley, NY, at John A. Coleman Catholic High School. This was an enormous shift for me. I was not accustomed to the standards required of students for completion of daily homework, preparation for tests, and performance across other dimensions of traditional education. It took some time for me to understand how to meet those requirements without

putting unhealthy pressure on myself, but with family support and engagement in other school activities such as art and sports, I not only cherish my experiences there, but also excelled at academics and extra curricula. Upon graduating, I was blessed to win several art shows, attend cross country state championships, be the president of my class and the captain of the field hockey team. The very different experiences and people I had the opportunity to get to know over my years at Mountain Laurel and Coleman Catholic fostered my interests in the arts and a vast diversity of human experience, helping me to confidently choose Studio Art and Psychology as my majors at SUNY Oneonta.

Fast forward to now – I am only a few months away from earning my Master's in Mental Health Counseling at Boston College, with a specialization in Gender Studies. In addition to taking classes and working as a nanny with two lovely families, I am practicing therapy with college students at a state school in Massachusetts. As this has been a goal of mine since Mountain Laurel, taking the time to now share my story as I am about to achieve it, is an extreme honor and joy. I could not be more grateful for my experiences at Mountain Laurel, and all the amazing people who guided and supported me throughout my years there.

Mountain Laurel afforded me not only a unique perspective on the world that I believe is extremely important now more than ever, but also a firm grasp on the many aspects of life that are often forgotten or masked but which are essential to our peace and growth. These principles guide me daily. These core values are the acts and perspectives of kindness, tolerance, community, love, and diversity. Those are the gifts that I hope your children are also able to take with them as they transition from their years at Mountain Laurel, to the many beautiful, transformative, challenging, and blissful experiences they will go off to have throughout their lives.

## CALLING ALL COOKS!

The fundraising committee is excited to announce our newest project: a community-inspired cookbook. Our vision is to create an enriching book filled with recipes, pictures, festivals to celebrate and cultural exchanges. Our community-inspired cookbook will be fun, unique, crafty and written with families and children in mind.

To make this happen, we need your help. Send us your recipes! Please consider: what recipes remind you of home? Of family? What is your comfort food? What about quick and easy recipes? Recipes for the picky eater? Or plain and simple: what is your favorite recipe? We would also like to include your stories and photos -- your family traditions, your festival celebrations, or what a special recipe might mean to you. Thank you!

Recipes and stories can be sent to Patty Gandin: [pattyjacobson@gmail.com](mailto:pattyjacobson@gmail.com)

## CLASSIFIED LISTINGS

The Eighth Grade class has begun soliciting advertisement sales for their Yearbook. A form can be found on the bulletin board in the school lobby. If you, your business, or family members or friends would like to take out an ad to support the Eighth Grade, your participation would be greatly appreciated.

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PIANO for sale: Beautiful Everett upright piano in excellent condition. Tuned yearly and has great tone. Complete with matching seat and music books. \$400. Located in Gardiner. Photos available on request. Contact Tenney 845-797-2079

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For Sale:

White vanity \$100

Single mattress \$10

Crib mattress \$10

Kids puzzles \$5 each

Two pairs cross country skis, 180" and 170", \$25 each

BMW, silver, 50,000 miles \$22,000

Please contact Kiki at [elanstudio.kiki@gmail.com](mailto:elanstudio.kiki@gmail.com) or 845-332-7257

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Mr. Steve Bernstein offers guitar and mandolin lessons at his home in Gardiner, NY, 10 minutes from Mountain Laurel Waldorf School. Children, teens and adults are all welcome. Please call: 845 255 0822 or drop a note in his mailbox (2nd floor) at school.

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Tim Smith -- Traditional landscape paintings in oil. Offering private tuition for adults and 8th grade students in classical oil painting method. To organize a session around your or your child's specific schedule and needs, contact Tim at <https://www.timsmithpaintings.com/>

Andrew Faust and Adriana Magaña create, install and maintain Permaculture designs and landscapes, tailor suited to your vision and the ecology of your place. We use our 20+ years of experience and a great crew to bring you these services: Real Estate Assessment, Land Selection, Natural Building, Native Landscapes, Permaculture forest gardens, Biodynamic Orchard and Tree work, Organic Vegetable Gardens, Ponds and Solving water problems of all sorts. Contact us at 917-584-4588 or visit us on the web: <http://www.permaculturenewyork.com/design-consultation>

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Open Path BodyWork with Anton Sinatra LMT  
Intuitive sessions with attention and care for both the physical and etheric body. Deep tissue, Shiatsu, Cranio Sacral and more. 914-466-5012(text is best)  
10% discount for MLWS Families

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Private, group and public yoga classes  
Wedding officiant  
[www.alisonsinatra.net](http://www.alisonsinatra.net)

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