

Portland Anthroposophic Times

Newsletter of the Portland Branch of Anthroposophical Society in Portland, Oregon

www.portlandbranch.com

Volume 2.05 April 2006

REFLECTIONS ON WORKING WITH THE BIODYNAMIC PREPARATIONS



By Wali Via, Noti, Oregon. Wali is co-owner of Winter Green Farm and serves on the Executive Committee of the Oregon BD Group. [See and hear Wali speak at the April 23rd Portland Branch Meeting at Bothmer Hall.](#)

“Seek the truly practical material life, but seek it in such a way that it does not numb you to the spirit that works within it.

Seek the spirit, but not out of spiritual lust or spiritual egoism; seek it rather because you wish to become selfless in the practical life of the material world.

Turn to the ancient principle:

“Spirit never without matter, matter never without spirit!”

And say to yourselves:

We will do everything material in the light of the spirit,
And we will seek the light of the spirit in such a way
That it enkindles warmth in us for our practical deeds.”

This meditation of Rudolf Steiner has been read at almost every gathering of the Oregon Biodynamic Group over the past 30 years. These words offer great guidance in our work as biodynamic farmers, gardeners, and preparation makers.

The biodynamic preparations are the most obvious difference between biodynamic and organic agriculture. Steiner, in his 1924 Agriculture Course gave the initial indications of how the preparations were to be made and over the years, through experimentation, experience, and adaptation to local conditions “prep makers” have refined the process. In Oregon we began as complete novices. We were fortunate to receive instruction from some of the foremost experts on prep making early on and this provided us with a foundation from which we could explore and adapt prep making to the Pacific NW.

In Steiner’s introduction to the lectures he said, “from the example of agriculture, we can see how necessary it is to derive forces from the spirit, forces that are as yet quite unknown. This is necessary not only for the sake of somehow improving agriculture, but so that human life on Earth can continue at all, since as physical beings we depend on what the Earth provides.” Herein lies the driving force for biodynamics and the use of the preparations.

In working with the preps one opens a door to alchemical mysteries and one is catapulted into questions about one’s relationship with life. What do we perceive on our farms and in our gardens? What spiritual beings stand behind our work? In short, how as farmers and gardeners can we best assist in the evolution of humanity and the Earth? As these questions swirl in our awareness we proceed with the practical work of making the preparations such as stuffing horns with manure and burying them in the ground. It is a powerful interplay: deep searching and practical doing. Steiner says, “it is all too easy to make the mistake of not letting things on the spiritual side break through into real life, of having them remain as some kind of theory or mere faith in words ... We fail to grasp the fact that spiritual things can really enter into immediate, practical life.” So here the preps are a sort of answer of how one can participate in this great unfolding.

The making of the compost preparations is tedious, time-consuming, and joyful work. Six different preparations are inserted into the compost pile to infuse the pile with living forces and ultimately the soil on which it will be applied. The preparation plant materials must be carefully collected and sometimes dried. These include yarrow, chamomile, dandelion and valerian blossoms, as well as oak bark and the whole herb of stinging nettle. After gathering the needed materials they must be prepared, and then some are buried in the soil during specific cycles of the year.

Then there are the spray preparations. Horn manure made by stuffing cow manure into a cows horn and buried from Michaelmas through Easter. Once transformed, it has the ability to bring to the soil forces to help plants root into the earth, and to connect young plants to the elemental world of earth and water. And the silica spray, made by pulverizing quartz crystals and placing it also in the horn of cow, but this time burying it during the summer months. This horn silica is the polar opposite of horn manure. Sprayed in the atmosphere around the living plants it brings the elements of warmth and light to the environment, allowing the plant to develop qualitatively.

Prior to spraying the spray preparations are stirred, for one hour, in a manner to create alternating vortices. This archetypal vortex form can be found throughout the natural world and wherever it exists there is always a dynamic energy involved. Prep making sets into motion the transformation of substance into powerful catalysts for the healing of the Earth. If you wish to know more or are interested in the Oregon Biodynamic Group’s schedule of activities see our website at www.oregonbd.org.

The Oregon BD Group has been meeting on our farm faithfully spring and fall for many years to make the

preparations. It is a tremendous honor to have such dedicated individuals come and give of themselves for the sake of our farm and all other farms and gardens in our region. We are especially grateful that most of the preparations are buried on our farm and thereby are permeated with the essence of Winter Green Farm’s “farm organism”.

Biodynamics takes extra effort and commitment and usually a spiritual bent on the part of the farmer. For these reasons commercial biodynamic farms are few and far between. If you have found accessing biodynamic food difficult, there are two avenues that Winter Green Farm offers in the Portland area. Last year 85 of our 385 Community Farm members (our Community Supported Agriculture program) were Portland residents. This year we are hoping to increase that number to 100. Members pick up weekly boxes of produce at any of our 5 Friday delivery sites or at our farmer’s market booth at the Hollywood Market on Saturday. This will be our 3rd year at the Hollywood Market and we are waiting to hear if we can have booth space at another Portland Market or two. In our view, our Community Farm members and farmers’ market customers are an intrinsic part of our farm organism. If you wish to learn more about our farm or how to become a Community Farm member you may reach us by phone at 866-935-1920 or on our website www.wintergreenfarm.com.

GOETHE’S INNER LIGHT AND THE ALCHEMY OF SOUL: PROMETHEUS REBORN



Paul Kalnins, Naturopathic Physician ND, Lac Licensed acupuncturist. Currently, Paul is in private practice in Portland, and serves as adjunct faculty at the National College of Naturopathic Medicine, where he teaches courses in the phenomenology of the human organ systems and pathology.

“Every act of looking turns into observation, every act of observation into reflection, every act of reflection into the making of associations; thus it is evident that we theorize every time we look carefully at the world. The ability to do this with clarity of mind, with self-knowledge, in a free way, and...with irony, is a skill we will need in order to avoid the pitfalls of abstraction and attain the results we desire, results which can find a living and practical application.”¹

In 1810, Goethe published the results of nearly 20 years of optical experimentation in *Zur Farbenlehre* or “On the Theory of Color”. Inspired by insights gleaned from earlier botanical and anatomical studies, Goethe attempts to move beyond a mechanical interpretation of light by carefully exploring the various conditions required for the genesis of color in the sensory world. Goethe reels at the Newtonian hypothesis that white light decomposes into colors, citing that Newton failed to understand the context in which his experiments were conducted. Instead, he seeks a higher principle uniting his experiences and carefully observes “that light and dark, brightness and darkness, or, to use a more general formulation, light and non-light, are necessary for the production of color.”² In the concept of polarity, Goethe arrives at the archetypal conditions necessary for the genesis of color and lays the foundations for a qualitative science of light, both highly criticized and highly praised for generations since.

Such a dynamic view of color may have developed from Goethe’s interest in alchemy. In the search for unifying natural principles, early philosophers and alchemists observed everywhere forces and their opposites: light and dark, warm and cold, levity and gravity and the relationships that exist between each extreme. In both the ancient Egyptian and Zoroastrian worldview, for instance, we find the principle of polarity expressed in the philosophy that a light filled spirit interacts with the darkness of matter to create the myriad phenomena of nature. Just as Goethe viewed nature’s colors as arising from the tension between light and dark, the early alchemists viewed the colors of our soul as the link between spirit and matter. The traditional allusions to emotions as distinct expressions of our soul life carrying a color value attest to this: people feel green with envy, red with rage, and blue when depressed.

IF YOU ARE INTERESTED TO LEARN MORE ABOUT THE PORTLAND BRANCH OF THE ANTHROPOSOPHICAL SOCIETY, PLEASE CALL DIANE RUMAGE AT (360) 241-7854.

THE PORTLAND BRANCH THANKS THE FOLLOWING MEMBERS FOR THEIR GENEROUS DONATIONS IN 2006!

Tige Grinnell	Janet Terwilliger	Marsha Johnson
James Lee	Dan Gudeman	Chrystal Godleske
Andree Naylor	Jeffrey Rice	Jannebeth Röell

The *Portland Anthroposophic Times* is published twelve times a year by the Portland Branch of the Anthroposophical Society in America to serve members and friends in the wider anthroposophical community. Printed copies of the newsletter are available at the Steiner Storehouse, Portland Waldorf School, Cedarwood Waldorf School, Sagewood School and Swallowtail School. The newsletter and calendar are also posted on the Portland Branch website at www.portlandbranch.com.

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Goethe inaugurated his epic work by exploring the effects colors have upon the eye, especially in the creation of afterimages. Although embraced by many scientists in his day as a significant contribution to physiological optics, Goethe reaches a conclusion that stands in stark contrast with notions that are today taken for granted. Rather than seeing the eye as a mechanical device registering outer impressions of light, he reminds us of an ancient principle that “only things of like nature may recognize one another,” and surmises that “light has called forth one organ to become its like, and thus the eye is formed by the light and for the light so that the inner light may emerge to meet the outer light.”³ The eye and the light it perceives are but two expressions of one and the same principle.

He goes on to explore how this inner light meets in a curious way with light coming from the outside world, calling forth complementary colors when challenged by a particular stimulus. Staring for a time at a green object against a white background and then moving our eyes elsewhere, we see a red-purple after image in the shape of the object. Although understood through a different mechanism today, Goethe found this to be yet another expression of polarity in nature in which colors joined their complements to form a unified whole. The after image results from our inner light confronting its opposite in the impressions made by outer light:

“We may clarify this by stating that the eye has within it a latent form of light which becomes active at the slightest stimulus from within or without. We can evoke dazzling inner images in the dark through the power of imagination. In dreaming, we see objects as though in the clear light of day. When awake, we can perceive the slightest impression of light from without, and we even find that when the eye is struck a burst of light and color is seen.”⁴

Inner light and outer light, a merging of the world within (microcosm) with outer nature (macrocosm), become two parts of a unified archetypal experience. If not for the inner light, not only would nature be blind to us, but our imaginations and dream life would suffer a similar annihilation. In the phenomena of light, our soul finds direct connection with the outer world.

Of course, few take seriously today that opening a human body reveals a scintillating light visible to the eye. How remarkable that would make any surgical experience! However, applying Goethe’s method of seeking higher meaning in the merging and intensification of polarities, a study contrasting the nature of the nervous system with that of the liver reveals a possible physiological correlate to Goethe’s “latent form of light”. In the liver, we find cells that are both highly active metabolically and have a high capacity for regeneration. Liver cells, or hepatocytes, are constantly creating new and more complex substances from relatively simple building blocks. Large quantities of energy are absorbed by the liver in these constructive processes, thereby making the liver slightly colder than surrounding organs. However, these compounds, such as proteins and fats in which warmth has become bound, are released into the blood and circulated throughout the body in order to be used to build up substance and form. All cells and tissues depend upon this nutrient rich, watery stream generated

by the liver to provide a continuous stream of anabolic substance in order for growth, reproduction and life to occur.

Contrasting this vital element arising from the liver and blood processes, Rudolf Steiner often spoke of the devitalizing and death-like nature of nerve tissue. Nerves, particularly in the brain and central nervous system, generally fail to regenerate under normal circumstances when injured or destroyed. Viewed through a microscope, nerve cells appear spider-like, elongated and crystalline. Inside the nerves, various substances are produced primarily through a process of catabolism or breakdown, as opposed to a buildup of substance typical of the liver. Neurotransmitters, such as serotonin and norepinephrine, are “synthesized” in nerve cells not from smaller pieces, but by a process in which carbon dioxide is removed from the amino acids tryptophan and tyrosine. In the process, biochemists speak of an exothermic reaction, where energy usually in the form of heat is released. Using the qualitative and metaphoric thinking typical of Goethe, it appears as if the nervous system greedily consumes the diligently prepared nourishment provided by the enlivened activities of the liver and blood.

In the ancient Greek myth of Prometheus, a metaphorical picture of this process is precisely captured. As punishment for bringing the gift of fire to humankind, Zeus chains the demigod Prometheus to a rock high in the mountains. By day, an eagle swoops down from the sky and voraciously gnaws out his liver; by night, his liver regenerates just in time for the process to be repeated again the following day. If we understand the eagle to represent the lofty realm of thoughts embodied in the brain, we find here an exact replica of a daily process that occurs within all of us. Each day, our nerves consume the substance provided by the liver, while each night the liver regenerates all the substance that has been lost.

In the Greek imagination, Prometheus struggled not in vain, for it was only through the sacrifice of his liver to the lofty eagle of cosmic thought that fire and warmth could be provided to humanity. Similarly, only through the dark, watery stream of substance prepared by the liver can our nerves be sparked to life, providing a foundation for our thoughts and inner imaginations. This Promethean fire might be seen as an inner fire burning up the body’s substances during the day, and in the process releasing inner light and warmth providing the foundation for our thoughts and imaginations. Seen as a whole, nerve activity lights up with the fire of the material consumed, creating a stark polarity to the dark, warm, watery worlds of liver and blood. In the tension between these polarities, the colors of our soul shine forth.

References:

1. Goethe, *Zur Farbenlehre* as translated in Miller, Douglas (editor); *Goethe: The Collected Works; Scientific Studies*, Princeton, NJ: Princeton University Press, 1988; pg. 159.
2. *Ibid*, pg. 165
3. *Ibid*, pg. 165
4. *Ibid*, pg. 164

TOM KLEIN – A BIOGRAPHICAL SKETCH

This article was researched and written by Diane Ramage, Portland, Oregon.

Tom Klein was born in New York City in 1943. His parents were married in and refugees from Vienna – the mother fled to America from the Nazis in 1939, and his dad spent 6 months each in Auschwitz and Buchenwald – at that time the intent was to rid the land of the unwanted, so his dad was able to procure a visa and leave for New York in 1940-41. Tom's father was a watchmaker and jeweler in order to make a living, and secured a good middle class upbringing for his family. Since the age of 13 he had studied handwriting and in the mid-1960's changed careers in order to do what he loved. He became prosperous and the best known graphologist in the country, identifying handwriting in court, working for the United Nations, determining the character of potential employees for corporations, and teaching graphology as well. His mother was a custom designer and dressmaker for fancy stores on Madison Avenue. She and a partner had a shop that employed about 10 workers.

Tom remembers a happy childhood, growing up in a 3 bedroom apartment in a decent part of the city. He was the eldest of 3 boys: Howard was 1 1/2 years younger, Peter was 5 years younger. Summers were spent in a rustic cabin 60 miles north of New York City with either his grandmother or a caretaker, with his parents coming up on the weekend. It was near a lake, and they played in a rowboat and fished with their Dad. Some time was spent at Boy Scout camp. He didn't spend a summer in New York City until he was around 17.

Tom didn't get along in public school with the teachers – he had a dear playmate who was six months younger; they were



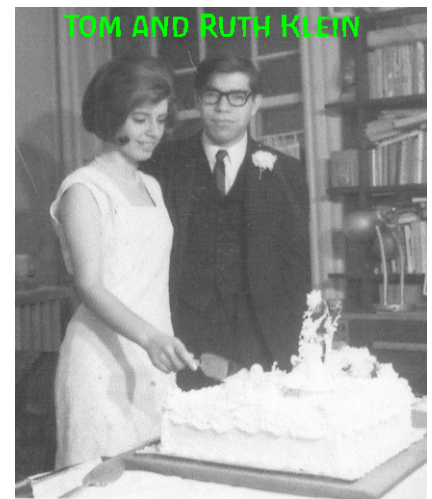
split up when starting first grade and the class grew too large. He was angry for years about this event. His parents weren't Anthroposophists, but he had relatives (the artistic Floch family and Otto Frankl) who were. After fifth grade in public school, he repeated the fifth grade at Rudolf Steiner School in

New York where he attended through High School. His son in later years attended Waldorf School from kindergarten through fourth grade, so he considers that between them both they had a complete Waldorf education. His class teacher was Henry Barnes, and Christy Barnes was his advisor from his

sophomore through his senior year. He really liked when Francis Edmunds came over each year to teach classes, especially in High School. Tom was a late night fellow, and had a hard time waking up in the mornings, so he slept through many main lessons. He had been known as Tommy, but Henry only called him Tom. He loved math, played sports, but the most important aspect of Waldorf Education was the social life. He loved the sense of community and the ability to see the big picture. Even now he can attend to the small details, but prefers not to. He loves and still works with projective geometry, creating works of art with string and wood.

Tom knew he wanted to teach, so he got a BS in elementary education. He worked through college at the Port Authority book store for 5 years.

He met Ruth on a blind date, and they married three months after they met – the suddenness to avoid the draft, but it was love at first sight. She was a teenager, he was 21. An ex-girlfriend of his brother had the karmic task to introduce them – they only saw her once more after that. Ruthie grew up in the Bronx, so they had grown up in two different worlds. They are still together, and he jokes that how could he leave someone who has saved his life.



They lived in New York City. He worked for 1 1/2 years in the public schools right during a strike. He worked through it all and wore out his welcome due to the political situation. He drove a cab for 6 months. They had friends on a farm in Brush Prairie, WA near Vancouver, WA and decided to visit them in 1970 on their way to check out Vancouver, B.C. Canada wasn't a match. They thought the Northwest was so beautiful that he flew back to pack their things and have lived in the Northwest ever since. At first he commuted from WA to a pre-school in Beaverton. After one year at age 28 they moved to Portland, OR when he was offered a job with Head Start in Clackamas that lasted for 28 years. A letter from President Clinton hangs on his wall thanking him for his service. He was a teacher in Sandy of 5 year olds for the first 2 years, then in Milwaukie for 4 year olds for a few months, then education coordinator and consultant. He trained others at first, and then with a turnover of Board members, he became director. They have lived at their present house since 1973 and been married for over 40 years.

Tom and Ruth's son Simon was born in 1979. Tom started wondering about Waldorf education in the area, and somehow



he heard that Franklin Kane was coming to Portland to give a lecture around that time. Tom wrote Henry Barnes and asked if he knew of any folks involved in Waldorf education activity in the area. He received the names of two people: someone from Eugene and Kevin Murphy, who was involved in a study group on the "Theosophy of the Rosicrucians" at Beth Wieting's house that was starting in 1980, along with Kingsley and Bema. Tom brought his 10 month old son to his first study group at that time. After a year, a study group on the "Kingdom of Childhood" started at Mart and Ella Pool's house. At the end of that study, Karen Wiprud suggested they start a school. Five of them met to discuss this issue: Kevin, Tom, Karen, Laurie Tanner and Sally Stalkfleet. After the first meeting, Ruth and Reverend Hannah came. One year later, in September 1982, they started the Portland Waldorf School on the grounds of the SE Portland Ascension School. They held garage sales to raise money and hired Dennis Fitts as the first teacher.

Tom was on the Portland Waldorf School Board for several years, and there were the usual upheavals for a beginning Waldorf school. He left in 1989. He learned a lot. He learned to address issues on the basis of what one believes is right for the school.

The Michael Group was founded in 1983 with seven members, and was mainly the Westside Study Group. Tom, not a founding member, took part occasionally. Folks could be members whether they were part of the Anthroposophical Society or not. Tom joined the Anthroposophical Society around 1984 and has never visited Dornach. When Kingsley and the Pools suggested they might want to donate to a non-profit around 1985-87, they managed to set up a corporation, but not a non-profit. About nine years ago, after Tom was away from the Michael group for some time, there was a big

conflict and only about five members were left. John Takacs asked Tom if he would help him pull it back together. A coordinating group got more active and held corporate annual meetings. Tom restarted the *Portland Anthroposophic Times* newsletter around 1996, which he edited and published through 2004, until he passed on the torch to others. There were lots of study groups in the 1990's, and I first met Tom and Ruth at the karma studies held in their home.

He read mainly the educational books and lectures by Rudolf Steiner to begin with. He didn't understand much, and he isn't patient, but was willing to read through them. "The Temple Legend" is his favorite at the moment. The understanding about nature and the different bodies of man is an important aspect of study. Above all, he likes the people.

Tom volunteered as Carrying Group member for the Portland Anthroposophical Branch these last few years, while it found its feet. As the Carrying Group disbanded to make way for the first Council of Trustees, he was elected to the Council.

He enjoyed three years retirement from Head Start. Then he was hired to administrate at Cedarwood Waldorf School. Once again there was a large shake-up. He feels it is very healthy now. All during the interview in his small office under the gym, we heard the sound of happy children playing. As we left, young children came up to speak with him and laugh. A fitting end to an interview with a man who has spent his entire life involved with education.

THE BRANCH WELCOMED LEO KLEIN, MARCH 19, 2006



Eighteen eager attendees enjoyed an afternoon with Leo Klein, artist from the Netherlands, who displayed his current body of work using pastels on paper. His works are beautiful and brilliantly colored, often evoking feelings and ideas from the viewers. After the enjoyment of his work,

Leo spoke for about an hour on the importance of the building up of the etheric body as a key element for picture forming and memory. He offered insight into his artistic approach with a wonderful 'story' acted out in all parts as well, plus some improvised piano! Leo is a talented and familiar member of the Portland Anthroposophical community, as he travels here regularly to work with the local schools, mentor teachers, offer workshops for parents and children, and more. As a three-time grades class teacher and with 14 years in the high school as a subject teacher, Leo brings experience and joy to his work. Lucia Mello carried the arrangements for this event. Thank you, Lucia. (Submitted by Marsha Johnson, Portland Branch Council President).

Portland Anthroposophical Society Calendar: April-May 2006

ONGOING EVENTS AND STUDY GROUPS

African Drumming classes for Adults

Every Wednesday evening from 7:00 - 8:30 pm at Cedarwood School (3030 SW 2nd Ave. Portland) **No classes Wednesday 4/12 and 19** - Ms. Erin's room, \$12 per class, or \$60 for 6 classes. Bring your own drum - few drums available. Marion Van Namen (503) 956-4046.

Anthroposophia Study Group

Call for meeting times to Valerie Hope 503/775-0778.

Anthroposophical Psychology Study group

Open to new members with a counseling or psychology degree. Meets once a month on the evening of the 4th Tuesday, at Bothmer Hall. For information contact Amy Thomas at gnomehaven@msn.com.

Biodynamic Agriculture

Reading "Introduction to Culture and Horticulture". First and third Sunday at 5.30 PM with pot luck, held at the Parker's 5720 SE Harney Dr. Contact Sharon Parker at sharon.parker@providence.org or 503-777-9086.

Eurythmy

Training offered by Portland Eurythmy on weekends and evenings. Please contact Natasha Moss at 503/233-0663.

Karmic Relationships – currently full

Working through Rudolf Steiner's Karmic Relationships Cycle of lectures. Call James Lee for information 503/249-3804.

Life Beyond Death – currently full

Reading the collection of Steiner's lectures. Cheri Munske 503/772-2632.

Mystery Dramas

Wednesdays 7:00-9:00 p.m. Call Diane Ramage at 360 241-7854.

Portland Waldorf School Community Choir

Every Thursday morning from 8:45 - 10:00 AM (2300 SE Harrison Street, Milwaukie). **No choir Thursday 4/13 and 20**. Warm ups with Diane Rowley. Singing songs: through the seasons, around the world, through the ages with Marion Van Namen. (503) 956-4046.

Seasons and Festivals through Painting

John and Valerie Miles will host this group at 12160 SE Mt Scott Blvd. from 7.00-9.00 pm on Mondays beginning March 27th. One hour of study is followed by one hour painting from the study. April 24th and May 8th – Working together with the Four Archangels" The Four Seasons and the Archangels" – Rudolf Steiner - lecture 5 [October 13th, 1923]. Please call 503 774-4946 if you would like to join us. Maximum number of participants is 10.

Theosophy

Thursdays, weekly 7.30PM-9.00PM.
Call Beth Wieting for information 503-774-8764.

Theosophy of the Rosicrucians

A weekly study group Tuesdays, 7:30-9:00 PM. A series of lectures given by Rudolf Steiner in Munich 22 May to 6 June, 1907. Contact Diane Ramage at 360 241-7854. Meets at 3046 NE 33rd Ave Portland, OR 97212.

Waldorf Education and Teacher Training

Lectures and courses conducted throughout the year by the Michael Institute. Contact John Miles at 503/774-4946 or johncmiles@usa.net

UPCOMING EVENTS

APRIL 16

Last of Holy Week Readings

Join us for a reading of the "Events of Holy Week", chapter ten of Emil Bock's *The Three Years* in the week leading up to Easter Sunday April 16, 2006. We will gather at 7:00 pm, sing Easter music, read from the above mentioned book and gather for bread and juice at the following home:
Easter Sunday 4/16 Siegwand Elsas, 9510 SW View Point Ter 503- 244-2277

APRIL 17- 21

Painting Workshop – Building Landscapes for students grade 6 and older 10.30am to 12.30pm at Valerie Miles' studio, 12160 SE Mt Scott Blvd. Call 503 774-4946 to reserve a place. \$160 for the week – materials included.

Sunday APRIL 23

Portland Branch Members Meeting

Bothmer Hall 3:00 PM until 5:00 PM
Monthly meeting of the Portland Branch of the Anthroposophical Society. Wali Via is invited to give a talk entitled *Bio-dynamics and Community Supported Agriculture - A Living Example at Winter Green Farm*. Donations of \$10 will be invited for the lecture.

Sunday APRIL 23

Life at the Gate of Death

7.30 PM-9.00 PM An Easter festival for members and friends, with contributions from Virginia Sease and Paul Mackay, at the Rudolf Steiner Centre, 3473 Delbrook Avenue, North Vancouver BC

Monday APRIL 24

Examples of Music Therapy for Children

7:00 pm Bothmer Hall, 5909 SE Division Street, Portland.
Come join us for a hands-on experience of children who benefited from anthroposophic music therapy. You will have an opportunity to play the instruments they played, and do their exercises. For more information, contact Marion Van Namen, music therapist and Waldorf teacher (503) 956-4046 or marion_van_namen@hotmail.com.

Monday APRIL 24

Building Heart Thinking

8.00 PM-9.15 PM, Meeting of the Vancouver BC Members Group, members and friends of the Anthroposophical Society are welcome. Virginia Sease and Paul Mackay will join with the group in ongoing work. Rudolf Steiner Centre, 3473 Delbrook Avenue, North Vancouver BC. Please contact Philip Thatcher (604-985-3569) or Monique Walsh (604-926-5579).

Tuesday APRIL 25

How does Anthroposophy live in our Anthroposophical Initiatives?

7.30 PM-9.00 PM A conversation with Virginia Sease and Paul Mackay. Members and Friends engaged in anthroposophical institutions and initiatives are especially welcome. Rudolf Steiner Centre, 3473 Delbrook Avenue, North Vancouver BC.

Wednesdays APRIL 26-JUNE 7

Drawing the Seven Seals of Rudolf Steiner

Learn about the metamorphosis of form. Wednesday mornings 9AM-10AM at 3135 NE 17th Avenue. Please call Jannebeth Röell to reserve a place 503-249-3807 or jannebeth@mindspring.com.

Wednesdays April 26 - MAY 17

Exploring Color – Wet-On-Wet Painting

Workshops with Valerie Miles, Art Therapist, Wednesdays from 10.30 AM to 12 noon at her studio, 12160 SE Mt Scott Blvd, Portland OR 97266. \$25 per session [materials included]. Call 503 774-4946 to reserve a place.

APRIL 28-29

Dennis Klocek - The Path to Higher Perception A workshop sponsored by the Seattle Branch of the Anthroposophical Society. Dennis will include insights from his most recent book, "The Seer's Handbook: A Guide to Higher Perception." Location: Hazel Wolf High School 160 John St., Seattle, WA, at 7.30 PM. Free parking in the lot behind the building. For information and to reserve your space, call 206-517-4917. Fee \$95

Thursdays MAY 4-MAY 11**Experiencing Art in the Waldorf School**

5/4: "Wet-on-Wet Painting"; 5/11: "Freehand Geometry". Contact John Miles at 503/774-4946. johncmiles@usa.net

Monday MAY 8**The Four Temperaments in Music**

Join us to explore the four temperaments through music. I'll bring all my instruments and we'll experience what it's like to play like a phlegmatic, listen to a melancholic, meet a choleric, play with a sanguine... in other words we'll find out what musical gifts and challenges each temperament brings to the improvisation. No musical experience necessary. 7:00 - 8:30 pm, Orchard Room, Portland Waldorf School, 2300 SE Harrison, Milwaukie, OR. Marion Van Namen, Music Therapist and Waldorf Teacher (503)956-4046. Donations welcome.

Sunday MAY 14**First Class of the School of Spiritual Science**

Bothmer Hall, Blue card required – Discussion at 8:30 AM, class at 9:30 AM sharp. Please contact Jannebeth Röell 503/249-3807.

Monday JUNE 5**Examples of Music Therapy for Children**

7:00 pm Bothmer Hall, 5909 SE Division Street, Portland. Come join us for a hands-on experience of children who benefited from anthroposophic music therapy. You will have an opportunity to play the instruments they played, and do their exercises. For more information, contact Marion Van Namen, music therapist and Waldorf teacher (503)956-4046 or marion_van_namen@hotmail.com.

Sunday JUNE 11**First Class of the School of Spiritual Science**

Bothmer Hall, Blue card required – Discussion at 8:30 AM, class at 9:30 AM sharp. Please contact Jannebeth Röell 503/249-3807.

JUNE 12-15**Waldorf Home Schooling Workshop**

Micha-el Institute Summer Conference at Shining Star. Please contact John Miles at 503/774-4946. johncmiles@usa.net

JUNE 18-29**The Healing Arts of Puppetry and Story-telling**

Micha-el Institute Summer Early Childhood Intensive Conference at PWS Speakers and leaders include Suzanne Down, John Miles, Cheri Munske, Sonia Boucher and Anne-Marie Bley. Please contact John Miles at 503/774-4946. johncmiles@usa.net. Fee is \$600 if paid by May 20th.

JUNE 20-25**Beyond Polarities - An International Youth Conference**

Summerfield Waldorf School and Farm, 655 Willowside Road Santa Rosa, California, 95401 Join us in Northern California at Summerfield Waldorf School and Farm from June 20th to 25th for lectures, workshops, artistic activities and discussions. This international youth conference will host Denis Klocek as the keynote speaker. Camping facilities, food and transportation organization will be provided. For more information on activities and workshops, visit www.beyondpolarities.org.

Monday JUNE 26**Examples of Music Therapy for Children**

7:00 pm Bothmer Hall, 5909 SE Division Street, Portland. Every last Monday of the month come join us for a hands-on experience of children who benefited from anthroposophic music therapy. You will have

an opportunity to play the instruments they played, and do their exercises. For more information, contact Marion Van Namen, music therapist and Waldorf teacher (503)956-4046.

Sunday JULY 9**First Class of the School of Spiritual Science**

Bothmer Hall, Blue card required – Discussion at 8:30 AM, class at 9:30 AM sharp. Please contact Jannebeth Röell 503/249-3807.

JULY 9-14**The Class Teacher Deepening Conferences**

Micha-el Institute Summer Conference: Grades 1, 2, 3 & 4 at PWS. Contact John Miles at 503/774-4946. johncmiles@usa.net

JULY 16-21**The Class Teacher Deepening Conferences**

Grades 5, 6, 7 & 8 at PWS. Contact John Miles at 503/774-4946. johncmiles@usa.net

Wednesday JULY 19 – Sunday JULY 23,**The Mystery of Movement: Treating Human Illness as Movement Disorder**

Reed College Campus, Portland, Oregon, Contact drkev@involved.com; 503-234-1531; 503-936-8445

Monday JULY 31**Examples of Music Therapy for Children**

7:00 pm Bothmer Hall, 5909 SE Division Street, Portland. Every last Monday of the month come join us for a hands-on experience of children who benefited from anthroposophic music therapy. You will have an opportunity to play the instruments they played, and do their exercises. For more information, contact Marion Van Namen, music therapist and Waldorf teacher (503)956-4046.

Sunday to Tuesday August 13-15, 2006**Finding the Healing Forces in Plants: Awakening Inner Capacities**

Portland, Oregon We cordially invite all those interested in Nature and healing who would like to deepen their observational skills, and discover through art and conversation the hidden qualities in plants. We will learn to observe the invisible. This conference is of special interest to teachers, parents, therapists, doctors and those working on the land. Internationally known lecturer and teacher Jannebeth Röell will lead the sessions offered by the Natural Science/ Mathematic-Astronomic sections of the School of Spiritual Science. No prior training is needed to attend. Please address inquiries to Patricia Dair at patriciadair@comcast.net 503/236-2205

Thursday to Sunday AUGUST 17-20**School of Spiritual Science: Conference on the Flower**

This conference by the **Natural Science/Astronomic and Mathematic Section** of the General Anthroposophical Society is offered to First Class members. For more information, please contact Patricia Dair 503/236-2205.

AUGUST 27-31**Foundation Conference for Teacher Training and Anthroposophy**

This is an ideal introduction to Anthroposophy or Waldorf Education for all adults, at PWS. Contact John Miles at 503/774-4946. johncmiles@usa.net

**MORE DETAILED AND
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WWW.PORTLANDBRANCH.COM

NEWS FROM THE PORTLAND BRANCH COUNCIL OF TRUSTEES

The council has met three times in the past month in an attempt to gain an understanding of our role in the new branch. We have adopted a few policies that we need to share with the membership.

Pro tem officers were elected with Marsha Johnson as chairperson, Ruth Klein as treasurer and Wayne Gossett as secretary. John Miles, Walter Rice, Lucia Mello and Tom Klein are serving as general members. All council meetings are to open to any member. General members are requested to make brief statement of special interest and not to interrupt council discussion of business. All council meetings are to be conducted according to Roberts's rules of Order and to have duration of no more than one and a half hours.

Membership dues were discussed and we felt that a voluntary contribution was appropriate rather than mandatory dues. It was discussed that there is a cost of publishing the newsletter and maintenance of the web site, which averages out to about \$21.00 per local member per year. Monthly meetings are to be on the third Sunday of each month except during April due to conflicts with Easter Sunday and June meeting is to be on Saint John's Day, Saturday June 24th. There will be no monthly meetings in July or August, for the summer vacation time.

There is a need for the general membership to step up and be involved in the development of future programs and projects. We as the council feel we are not to be responsible for putting on all events and function. Rather we are responsible to maintain the environment where the group may function in a wholesome organic manner. Discussion about the infrastructure of the Branch has been a topic for the past two meetings, and needs are coalescing into ideas for committees or caretaking task groups as more information is reviewed.

Exciting programs for the whole family are planned for Sunday April 23rd, when Wally Via from Wintergreen Farms will visit to share his important work, and all attendees will then plant and enjoy making Spring Herb-Flower Baskets to take home and nurture. For the month of May, we plan to enjoy a session with Tom Klein looking at Current Events with an Anthroposophic Twist, along with Strawberry Shortcakes. In June, we will celebrate St. John's Tide with an all Family Event including bonfire, music, good food, and celebratory presentations. It looks like this will be a great spring for the Portland Branch of the Anthroposophical Society.

Official minutes are available to all members and we hope to soon have them published on the web site.

A CALL FOR SUPPORT FROM THE PORTLAND BRANCH COUNCIL OF TRUSTEES

By Wayne Gossett, Council Member, Portland, OR

The new council has met three times in the past month to gain an understanding of their role in the branch. In our attempt to assess how best to serve the group we have attempted to create a lively active monthly program for the general membership meetings. We now ask that you the general member take an active part in the Branch's function and development.

What do you want to see happen? What is your vision for the group? We the council need your help to create and guide the group. Is there a committee that you feel is important that you can be a part of?

We have identified an urgent need for help in the areas of phone tree organization and implementation, hospitality for meetings, and development of a festivals committee, for events such as the rapidly approaching Saint John's Day celebration.

Please contact Marsha Johnson at Oregon7@aol.com or 503 282 6258 or other council members and let your help and opinions be recognized. There will be more information coming forth in the days yet to arrive on this topic.

**SUNDAY, APRIL 23
PORTLAND BRANCH MEMBERS MEETING
Bothmer Hall 3:00 PM until 5:00 PM**

Wali Via has been invited to give a talk entitled
Bio-dynamics and Community Supported Agriculture: A Living Example at Winter Green Farm.

MEMBERS AND FRIENDS OF THE ANTHROPOSOPHICAL SOCIETY ARE INVITED TO ATTEND THIS MEETING.

Afterwards, at 4 pm, bring out your own old basket or pot, and we will fill it with soil and you can plant it with edible green herbs and flowers.....this is a fun way to add to your home cuisine and beauty! Just bring any old basket or pot that would work for the purpose, or bring several! Children can enjoy this activity, too!

A donation basket will be on hand for contributions, and fruit/veggie snacks will be served. Please bring a cushion for your chair as needed. Contact: Marsha Johnson 503 282 6258.

BRANCH MEMBERSHIP: SUGGESTED DONATION LEVELS SET

In March, the new Council of the Portland Branch decided to invite all members and friends to consider making donations to support the work of our group, mainly our wonderful newsletter printing and mailing costs, plus website fees and a few other expenses. All donations are tax deductible.

SUGGESTED DONATIONS: \$40 MEMBER, \$30 SENIOR, \$20 STUDENTS.

We welcome all contributions and encourage participation as each branch member or community member is able to achieve.

Please submit your donation via check made out to
The Portland Branch as soon as is convenient.

CLIP AND RETURN:

Name: _____

DONATED AMOUNT ENCLOSED: \$ _____

MAIL TO: Ruth Klein, 3609 SE Center, Portland, OR 97202 THANK YOU!!!!

**YOUR DONATIONS SUPPORT
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