

vortex

C-Dar Biodynamic Society Newsletter



Winter 2012/2013

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vortex

C-Dar Biodynamic Society
Newsletter

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VORTEX

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EDITORIAL NOTE

The information provided in this
magazine is for educational and
informational purposes only.
The views expressed here are not
necessarily those held by the
C-Dar Biodynamic Society.



DAWN GREEN

From the editor

As I sit down to write this, snow has once again returned to blanket the mountain tops in a mantle of white, and the cold, crisp mornings and the creeping in of darkness all signal a seasonal change. Winter is upon us, a time of quiet reflection for everyone, and the forest too.

To inspire in us the spirit of winter, here is a poem which illustrates perfectly the sense of winter in the forest.

Stopping by Woods on a Snowy Evening

Robert Frost (1923)

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep.
But I have promises to keep
And miles to go before I sleep,
And miles to go before I sleep.

On the topic of forests, Ferdinand Vondruska has requested I post a note here regarding an article he is currently in the midst of translating for the *Vortex*. Here are his words on biodynamic forestry in Germany and Austria:

"A few months ago I visited Thomas Link, in Germany, faaaar out in the countryside and forest. He is a wonderful chap and has only one thing in mind: the healing of the forests via the biodynamic method. I asked Thomas to send me a contribution for *Vortex*, and he promptly did. However, translating this 'work of art' is a truly challenging job. His command of the German language is incredible as he has embellished it with as many anthroposophical suggestions as one can think of. It will take me many hours to translate... but I will do it. It's going to appear in our spring *Vortex*."

In the meantime we send warm greetings of the season to all of our readers who hail from all over the globe. The *Vortex* reaches all the corners of the planet - from Hawaii to Europe to Australia, with a circulation base of more than 500 readers.

We invite letters from our readers, so please drop us a line: email us your thoughts, story ideas and comments to green.freelancewriter@gmail.com. ❖

BY FERDINAND VONDRUSKA

Unexpected Arrival

of the Christmas Spirit

And there were shepherds in the field.
And a cold Northern wind made sure we wouldn't forget that Christmas isn't too far away. Yet, in the evening, Paulina couldn't trust her eyes.

"Snow, snow, it's snowing Papa! Look at the big snowflakes!"

"Yes, yes my child," I tried to pacify her.

I looked out of the window into a greyish night and thought by myself, 'Well, there we go again.' It was snowing, indeed, two to three inches of that darn stuff out there.

"Papa, please, will it stay?" Paulina called back from the window.

I just wanted to say, "I really don't hope so..." when I looked into her eyes.

I counted the days until holy evening - 40 days and or so, I thought by myself. 'Didn't Christ go onto the desert for 40 days? Isn't a human dead after 40 days without food? Didn't Moses lead the Jews through the desert for 40 years?' There she was calling again, "Will it stay, please, please?"

"Let me talk to Santa when I go milking tonight. I'll ask him."

"Oh Papa, I know what he is going to say."

"What, my child?"

"He will say, 'Papa, it is a bit early. It is still a long time until Christmas, a long time!'"



She was sitting by the window looking outside sadly. 'No,' I said to myself.

"What did you say, Papa?" and she turned slowly towards me.

I felt tears welling up in my old eyes.

"I will talk to him, my dear, I will."

She looked at me with those eyes that you can never betray.

"Papa, I know there is no Santa."

And after a while she continued, "But you can ask him anyway."

Now, tears fell from my eyes.

What a most holy moment that was. I took my bucket and opened the door to go to the barn. She looked at me.

"Will you?"

At that very moment, the Christmas spirit of 2012 had arrived in my heart.



Calendar

MONDAYS | 10:00 - 11:30 am

Free Biodynamic Talks

Lead instructor Ferdinand Vondruska has more than 30 years experience studying, teaching and practicing biodynamics. Ferdinand studied Biodynamic Farming and Waldorf Education at Emerson College with Dr. Herbert Koepf, a world renowned leader in the biodynamic field. He has instructed courses in Mexico, USA, Finland and other countries worldwide. His extensive work with communities in Mexico led to an invitation to teach a credit course at the University of Mexico in October 2009. Through his experiences around the globe he has learned how biodynamic methods can restore polluted and exhausted soils in almost any geographical region.

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WEDNESDAYS | 7:00 - 8:30 pm

Agriculture Study Group

This group, consisting of farmers, gardeners, foresters and people interested in the biodynamic farming and gardening methods is meeting on a weekly basis. Many topics will be discussed based on Dr. Rudolf Steiner's Agriculture Course. Anybody may join. Free of charge. Contact: Ferdinand Vondruska to RSVP.

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THURSDAYS | 7:30 - 9:00 pm

Study Group/ Garden Talk

BY FERDINAND VONDRUSKA

Preview of our global weather

Well, I do not like to pat myself on my back by saying, 'I told you so', but what I've foretold in spring truly happened. Unprecedented droughts that will last right into the fall... and then, water. Well, I did not foretell water for the fall. I said that water will reach us in the summer edition of Vortex. Fall has 'reached' us on September 21 (approximately), and it would be a real and awful problem if rain would drown those areas that produced somewhat acceptable crops. That 40 to 50 per cent of the world grain harvest has perished is a fact by now. And that another 10 to 15 per cent could drown, God forbid.

But, it does not look good when we look at the global weather pattern. Many planets are in water signs especially those that matter: Venus, Mercury and, worst of all, our Moon. There is little warmth to boot. You better have a lot of split wood in your shed because snow and cold combined may cause a lot of blocked roads and highways in the coming winter months.

This province of British Columbia had the driest September since 1908 with a mere eight millimeters of rain. What the clouds of the past year had brought as super high levels of snow has all disappeared. I can see that from my living room window.

But I am concerned. A strong Northern outflow (in September), that truly is a rarity. Such weather patterns are known for January and February. As Dr. Steiner says in his Agriculture course: dumb farmers (like Ferdinand) may be better weather frogs than all those electronically-equipped government offices. I really do not hope that what I see in my star chart will take place. But, stars are a reality and you all know my chart. So, what am I saying: after a fall with a lot of water (can be in heavy clouds and downpours) we will see a heck of a cold winter unless our two friends: Mars and Pluto can help us with some warmth. Shall we bank on Mars? Let's give him a hand, please! ❖



FROM AGRICULTURE BY

Rudolf Steiner

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Now, a large number of plants, especially the ones we usually call weeds – even though some of the most powerful medicinal plants are found among them – are very strongly influenced by what we can call the lunar effects. It is common knowledge that the surface of the Moon reflects the rays of the Sun, directing them back toward the Earth.

We see these reflected rays of the Sun because we catch them with our eyes – and the Earth catches them too.

The rays of the Moon are reflected Sun-rays, but the Moon has imbued them with its own forces, and so they strike the Earth as lunar forces, and

have been doing so ever since the Moon separated from the Earth.

This lunar force from the cosmos has an intensifying effect on everything earthly. When the Moon was still united with the Earth, the Earth was indeed much more alive and fruitful. The Earth is more mineralized at present, and is only barely strong enough to bring about growth in living things. Ever since the Moon separated itself, however, it works to intensify the normal condition of the Earth, so that growth can be enhanced to reproduction. ❖



BY DAWN GREEN

A Mystery of Epic Proportions

Where has the bumblebee gone?

Alarm bells sounded off to the looming global crisis back in 2007 when two commercial beekeepers alerted authorities to the massive collapse of their bee colonies. Since then the name, Colony Collapse Disorder (CCD) has been assigned to the phenomenon as it has spread across the globe, killing bees in the millions.

Bees are one of the world's top pollinators and without them we would not have the plethora of food we take for granted today. Across North America commercial beekeepers ship their bees to pollinate crops such as apples, broccoli, onions, cherries and hundreds of other fruits and vegetables. Commercial honeybee operations pollinate crops that make up one out of every three bites of food on our tables.

This recent mysterious disappearance of the bees from their hives has resulted in a flurry of activity as scientists around the world struggle to understand what is happening to the bees. As they puzzle over the cause, organic beekeepers indicate alternative reasons for this tragic loss.

The honeybee's population crash and its causes have been widely hypothesized. Many blame viruses, bacteria and bugs such as varroa mites, tracheal mites, and the hive beetle. However, such natural attacks cannot be the sole cause.

Chris Harp, an organic beekeeper and educator based in New York, believes the two main culprits of the recent catastrophe are malnutrition and stress caused by our manipulation of the bees' natural processes. This includes the big business of artificial queen production (which uses artificial insemination).

"Over the past 100 years we've built a professional pollination industry where



the bees are trucked across the country from one agribusiness mono-culture to the next. We are programming their natural GPS system rather than allowing them to seek out the diversity of plants they need to pollinate for their own well-being. As a result, they are becoming disoriented and very weak."

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"That which we experience within ourselves only at a time when our hearts develop love is actually the very same thing that is present as a substance in the entire hive. The whole beehive is permeated with life based on love."

Rudolf Steiner

.....

This weakening of the bees is furthered as beekeepers strive to energize them with corn syrup, often genetically modified, rather than allowing the bees to survive off their own natural pollen reserves.

Gunther Hauk, president of the board of the Spikenard Farm, a non-profit biodynamic agricultural centre and bee sanctuary in central Illinois, started his dedicated beekeeping work more than 30 years ago in Germany and has never experience a dramatic loss of bees.

He estimates that during the last 10 years more than 60 per cent of the American honeybee populations have died.

Beyond its pollination work, the honeybee does something much more basic: it works to invigorate all plant life, says Hauk.

"The honeybee's poison, made up of formic acid, one of the building blocks of life, goes into nature in homeopathic form," he explains. "Through pollination, it spreads its formic acid."

The Spikenard Farm Honeybee Sanctuary was born out of the realization that something had to be done for the honeybees and today the farm supports a biodynamic beekeeping operation, using natural methods and providing non-GMO plants for the bees to pollinate.

In order to help the bees, Hauk encourages people to plant bee-friendly plants in their yards, to avoid using pesticides and to consider becoming a beekeeper themselves.

Meanwhile here at C-Dar biodynamic farm, a small beekeeping operation is underway to support our native bumblebees and assist them in carrying out their vital role as perfect pollinators in our environment.

For more on biodynamic bee-keeping, check out www.spikenardfarm.org. ❖



Imitating Mother Nature

It is now fall, and we gardeners are reaping the bounty of our harvests. The wet and rainy start to the gardening season here on the west coast of BC had many of us worried that some of our heat dependent crops would not mature, but the spectacularly hot and dry summer made up for the early bad weather.

by Marc Nering, C-Dar Biodynamic Society President

Our own gardens have provided us with delicious vegetables, and our orchards have provided many different types of fruits and nuts. Now comes the work of storing the vegetables for the winter ahead. The root crops will go into the root cellar, squash has been placed in a cool dry area for long term storage, cabbage has been shredded and made into coleslaw, and the apples have been pressed to make apple cider. The delicious blueberries, plums and other fruit didn't make it into storage as they were consumed on the spot as they matured. What we couldn't eat the chickens did, and boy do they love blueberries!

As I look ahead to the spring and plan for gardening next year, I realize with my busy work schedule, wife and kids, my tree farm business and other farm projects, that I don't have a lot of time for the time consuming job of weeding. I love the look of a freshly weeded garden, with the straight rows of vegetables surrounded by freshly hoed earth. However, even with all my good intentions, at the end of the year the garden had more

unsightly and nutrient stealing weeds in the rows than I would have liked.

While freshly hoed dirt between rows of vegetables may be a pretty sight, in nature one never sees such a thing. Nature snuffs out most weeds with a mulch layer of leaves and other plant debris. Gardeners have been using mulches between the rows to keep weeds down and preserve soil moisture, however adding mulch between the rows is normally done after the garden has been tilled and the seeds planted. I will experiment next year on a portion of my garden with a mulching system that is slightly different.

The system I will try next year is to spread a four to five inch layer of aged chipped tree prunings (branches and leaves that have been run through a chipper/shredder) on top of my existing untilled garden soil. For the rows of vegetables I will make a trench in the chips so I can plant the seeds. After the seeds germinate and the vegetables grow, I will pull the chips around their bases effectively blocking the sunlight from

all soil. This will prevent weed seeds from germinating and the mulch should prevent weed seedlings from growing. There may be minor weeding involved, but nothing like the work involved with the traditional method of gardening.

This method does not damage the soil structure from excessive tilling, feeds the soil through the slow decay of the wood chips, does not steal nitrogen from the soil since the mulch is not tilled into the soil, preserves soil moisture, and prevents almost all weeds from growing. A true lazy man or women's method of gardening that imitates what nature does naturally. From what I have read, the results from the system are exceptional, especially if you have good soil to begin with. Over time additional wood chips are required to replace the chips that rot to maintain the thickness of the mulch. I'll report back next year with the results.

P.S. - For more information on this gardening method, Google "Back to Eden Gardening". ❖



Elemental Beings

By *Ferdinand Vondruska*

When the editor of our quarterly stated, 'You cannot 'storm' into this subject without laying some foundations,' I realized that I had worked with elementals for the past 60 years and that I started to speak with the readers of Vortex as if they knew the subject as well. I had submitted an interview with some elementals that I had during the summer.

Well, I am known as a pioneer and, as most people who have worked with pioneers know, they are not really logical fellows. Pioneers are, how shall I say, at times a tad too arrogant, or rather often too forgetful and then, assuming, far too secure and suddenly completely lost, melancholic, tearful, choleric... and more. They are a whirlwind of stuff other people have nicely under control.

One can see that these fellows, these pioneers are kind of living (some totally unconsciously) with the elemental beings... so much so that one could say: they are inhabited by them. The elementals truly live inside them and guide their behaviour, their actions and reactions. Pioneers express their elementals in how they live. A pioneer is a 'zoo' of elemental beings gone wild. It is the 'zoo', the elementals that control him and not the other way round. Yet, the pioneer should learn to turn this situation around.

You see, the choleric element is expressed by the element of fire that streams in from high above. Those beings are called: the salamanders

The melancholic trait, often observed in pioneers, is expressed by the elementals that live in the water; they are called: nymphs. It's a most wonderful world, slowly moving, meandering, caressing.

Then comes the world of forgetfulness and sheer movement, correct, the world of the sanguine that lives in the wind. It is the world of the sylphs.

Finally, the strong elementals that live in the hard surroundings, in stones and precious earths are called gnomes. It's the world of the elementals nobody can cheat, those that know everything.

The elemental beings must never be categorized. Most technical descriptions or anthroposophical stories are wrong. There is no female/male separation in the elemental world. That is a figment of our imagination. Remember, all of them live, basically, inside each other. As a comparison: radio waves. Radio waves are in the same space at the same time but on a different wave length. And then, there are TV signals that are in the same space as the radio signals, radar, WIFI and so forth. One inside or beside the other, just as a comparison.

In the following you will find a few lectures by Dr. R. Steiner. I recommend you to read as much as you can so that you won't get too lopsidedly intellectual. It'll blow your mind because the elemental world cannot be understood with our brain. The elemental world can only be understood with our entire persona.

Awakening to the Festivals, Elemental Beings, & Healing Substances

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Website on nature spirits:
www.oregonbd.org/nature_beth.htm ❖

POTATOES

And how can to keep them 'daisy fresh'

By Ferdinand Vondruska

For years we have kept our potatoes (and a lot... many hundred kilos) in peatmoss. Isn't it funny, when we look at them in February, they appear as fresh and crisp as in October, when we put them into the peatmoss box.

How do you do it?

- 1** Buy a 25 or 50kg block of peatmoss.
- 2** Prepare a crate or a niche in the cellar, and put a layer of peatmoss onto the bottom (ground).
- 3** Water it thoroughly.
- 4** Next: one layer of potatoes.
- 5** Cover them with peatmoss, then water.
- 6** Next: new layer of potatoes until your box or corner is full.

You'll be amazed how good your potatoes look when spring arrives.



BY FERDINAND VONDRUSKA

Winterizing Your Garden

502, 503 and 506 (yarrow, chamomile and dandelion)... all of them hanging outside, under the roof, nicely protected. Steiner wanted to add (in his Agriculture lectures - but, obviously forgot*) that not only 502 (Yarros) but also 503 and 506 should be cured outside, in a somewhat shadowy, protected place. You can keep them there for about two months and they all will show fungi activities. The stag bladder, with yarrow flowers inside, will appear greenish, after a few months. I have not seen too much of a change in colour with the other preparations but there is going to be a lot of transformation taking place in the inside, believe me!

One day, when living in town, my son played ball underneath the stag bladder (yarrow preparation) and hit it and it promptly fell down. Well, making a fuss would not changed the situation. So, the 'exploded' stag bladder gave me time to look inside. It was full of the tiniest fungi and mycelium, clearly an indication that fungi activity had set in.

Over the years I started to understand that we, biodynamic preparation makers, are prime fungi producers. The spores that had attached themselves to the yarrow plant developed into a wonderful mycelium (inside the stag bladder) and, after a while, would show its greenish head on the surface. I am going to open one chamomile sausage to see whether the same is happening inside. And if I can master it, I will open the dandelion package, too. Let's see what I can report to you by spring.

*PS how do we know Steiner forgot? Well, reading his notes for the lectures, there it is: same with chamomile and dandelion as with yarrow. ❖





Joe Barker, a companion with Cascadia Society, makes friends with a llama



BY LESLIE FISH

Cascadia and C-Dar Farm

The Cascadia Society for Social Working operates a day program for people with developmental disabilities (companions). Several years ago Ferdinand gave us the opportunity to visit C-Dar farm once a week with a small group of companions to give them a farm experience.

During the summer we also have been taking a larger group to the farm to camp. We set up our tents close to the Gatehouse where we are able to prepare and eat our meals. During camping week we enjoy playing games, swimming, hiking, horseback riding and our sing along around the campfire.

On our farm work day we arrive in the morning and are always greeted by our special friend Paul who supports us with the work that needs to be done that day. Over the years we have participated in a

wide range of farm work including removing rocks from fields and the horse corral, raking leaves in the fall, collecting dandelion heads in spring for biodynamic preparations, removing deadfall from forest areas, filling pot holes on the roads, sowing grass, and sifting soil.

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“Our day at the farm is also known to our farm group as ‘Wonderful Wednesday’ and most of us wish our week was full of Wednesdays.”
.....

Once a year we have the pleasure of transferring the young chickens from their nursery to the main chicken run. After having their wings clipped they are handed to us upside down

(this keeps them calm and prevents them from pecking us). We grab them by their feet and begin the trek to the chicken run.

Our favourite and primary job over the last few years has been splitting wood. Once split, we stack the wood for drying and eventually transfer it all piece by piece in wheel barrows to the wood storage shed. Our companions enjoy their work so much that when asked, “Would you like to go for a walk after lunch or do more work?” their response was more work!





C-DAR FARM PHOTO GALLERY

A selection of photos depicting everyday life on a biodynamic farm, plus snapshots of moments from previous Fall Biodynamic courses held annually at C-Dar Farm. *Photo Credit: Dawn and Simon Green*



Spanish Corner

By Romina Barreto

My family and I met Ferdinand Vondruska three years ago in a small village near Mexico City, called Valle de Bravo. We knew that in Colima, Mexico (near Guadalajara) Ferdinand has formed a group that works constantly with biodynamic farming and anthroposophy weekly studies. Therefore, last year, when moving to live in Guadalajara, I finally made contact with Ferdinand through Facebook.

I contacted Colima's group to join them as much as we could from Guadalajara. In May this year, Ferdinand visited Colima, so we decided together that he could give a series of talks also in Guadalajara. Two related to Waldorf education and one as an introduction on Biodynamic agriculture.

Time passed, I sent emails to everyone I know (I know many because I have a big family and grew up there) also those whom I don't know, the two initiatives on Waldorf education, I made posters, etc. A week before he arrived I suggested we skipped Guadalajara and that if there were so many people interested in Colima best to focus there. Since we had only five people signed up and paid. However he calmly told me not to worry, that people would come.

The same day or the next, I went to a neighbor's house, a lady who once told me she love learning new things. Her house was full of people, because there were giving a Reiki workshop. So I let all the information about Ferdinand talks. Anyways, at the end, there were around 30 people at each talk! The conferences were very successful; a group started, and continues to meet. And some of the participants have decided to join the existing Waldorf initiatives. Ferdinand was also interviewed for an environment supplement of the most recognized newspaper of the city.

Meanwhile, Mario (my husband) and I had already decided that the next school year (2012-2013) my daughters and I we would leave Mexico. I did not want to spend another year in the city, besides giving them the opportunity to experience and learn another language and culture, would make possible for them to enter a good high school in Mexico when we return.

As controlling and poor as public education is in México, it is quite an accomplishment for Waldorf education to get where it is now. Seven Waldorf elementary schools and the achievement of Cuernavaca as the first high school.

Our original family plan, was heading to Montreal for being a more Latin-like culture and because some friends live there. But during his stay in Guadalajara, Ferdinand, talked to us about Squamish, the farm, and the cute little Waldorf school. It was tempting to come and see the place. Mario did, and really liked, so here we are.

The experience so far has been better than expected, our daughters and me, are happy. For me, coming to the farm as much as I can, that is two or three times a week. Help and work here, is being, therapeutic and a great learning experience. I hope I can bring some of this, back to Mexico. For now, my job is weeding the stone dragon that is in this property. It must have taken a long time and love to put those stones there and form that magnificent creature. I can't wait to see it uncovered!

I'm weeding the dragon while, hopefully, also my inner dragon.

I'm on a search, that I think share with most of the people on this planet.

The search for love, to love myself.

Somehow I think that working on the soil, on the earth, will help me find it.

Thanks and blessings! ❖





Mi familia y yo conocimos a Ferdinand Vondruska hace 3 años en un pequeño pueblo cercano a la Cd de México, llamado Valle de Bravo.

Sabíamos que en Colima, México (Cd cercana a Guadalajara) Ferdinand ha formado un grupo que trabaja constantemente con agricultura biodinámica y estudia semanalmente Antroposofía.

Por lo anterior, hace un año, al mudarnos a vivir a Guadalajara, finalmente hice contacto directo con Ferdinand a través de facebook.

El me contactó con éste grupo para unirnos a ellos en lo posible desde Guadalajara.

En Mayo de éste año, Ferdinand visitó Colima, así que decidimos juntos que podría dar una serie de pláticas también en Guadalajara. Dos relacionadas con Pedagogía Waldorf y una introductoria del trabajo en A. Biodinámica.

Pasó el tiempo, mandé correos electrónicos a todas las personas que conozco (conozco muchas porque tengo una familia grande y crecí en ese lugar) también a las que no conozco, a las dos Iniciativas de Escuela Waldorf que hay ahí, hice posters, etc.

Faltando una semana para que él llegara le sugerí que se saltara Guadalajara y que si había tantas personas interesadas en Colima mejor se enfocara para allá.

Ya que solo habíamos 5 personas apuntadas y pagadas.

Sin embargo él con toda tranquilidad me contestó que no me preocupara, que la gente iba a llegar.



Ese mismo día o al siguiente, fui a casa de una vecina de un tío que alguna vez me había dicho que le encantaba aprender cosas nuevas.

Al llegar a su casa estaba llenísima de gente por que se estaban dando ahí una serie de pláticas sobre Reiki. Así que deje toda la información.

En fin, al final en las pláticas hubo alrededor de 30 personas cada día.

Las conferencias fueron muy exitosas, sembraron inquietud en un grupo que sigue reuniéndose o que han decidido unirse a las iniciativas ya existentes.

También le realizaron una entrevista para un suplemento de medio ambiente en el periodico de mayor antigüedad e importancia de la Ciudad.

Por otro lado, Mario (mi esposo) y yo habíamos ya decidido que el siguiente año escolar, mis hijas y yo nos iríamos de Mexico.

Yo ya no quería pasar otro año en la Ciudad. Además de darles a ellas la experiencia y oportunidad de que aprendan otro idioma y puedan regresar a una escuela tradicional privada en México ya que para su edad no hay más escuela Waldorf en donde vivimos.

En México desgraciadamente la escuela pública es terrible y controladora.

Ha sido todo un logro para la Pedagogía Waldorf llegar hasta donde llegamos en México: Educación Elemental y en Cuernavaca están logrando terminar la Secundaria.

Nuestro plan familiar original, era irnos a Montreal por ser una cultura más latina y por que algunos amigos viven allí.



Sin embargo en su estancia en Guadalajara, Ferdinand, logro convencernos de venir a conocer Squamish, la granja y la pequeña y linda escuela Waldorf del lugar.

Así fue, realmente nos gusto mucho y nos pareció ideal.

Así mismo, la posibilidad de ver y participar más de cerca en el funcionamiento de una granja biodinámica, regresando a vivir cerca de la naturaleza que tanto nos hacía falta.

La experiencia hasta ahora, ha sido mejor de lo esperado, nuestras hijas están felices en éste lugar.

Para mí, venir a la granja lo más que puedo, esto es 2 o 3 veces a la semana y ayudar en lo que hace falta, esta siendo, además de terapéutico, un gran aprendizaje que espero poder llevar de regreso a México.

Por ahora, mi trabajo, esta siendo deshierbar el dragón de piedra que se encuentra en ésta propiedad, que debe haber tomado mucho tiempo y amor hacerlo.

Y muero de ganas de verlo descubierto!

Estoy deshierbar al dragón y al mismo tiempo, ojala que también mi dragón interior.

Estoy en una búsqueda, que creo que la mayoría de las personas de éste planeta compartimos.

Busqueda del amor, pero no un amor romantico, sino el amor a mi misma. De alguna manera creo que el trabajo en la tierra me ayudará a encontrarlo.

Gracias y bendiciones!

Classifieds



C-DAR BIODYNAMIC PREPARATIONS

The soils in our gardens and farms (and especially our forests) need not only compost and a lot of human attention but also spiritual care and food. A set of biodynamic preparations containing yarrow, chamomile, nettle, oak bark, dandelion, valerian and horse tail can easily transform your garden into a sacred place. The biodynamic preparations are cured over a period of up to 12 months in special sheaths and environments.

We take great care to supply the very best preparations, based on indications given by Dr. Rudolf Steiner (founder of the Waldorf School movement).

Buy a set for \$60 - to which we add two additional preparations (free of charge), namely the chrystal and root growth preparations (500 & 501)

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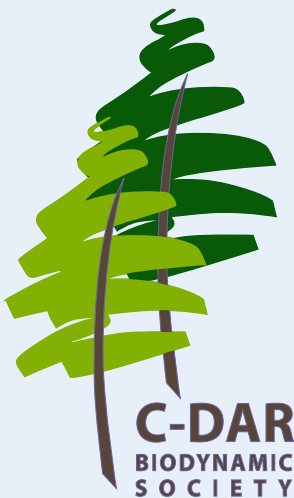
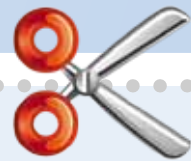
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Cedar Valley Waldorf School Tours

Are you curious about a school which ignites a life-long love of learning? Come for a school tour at Cedar Valley Waldorf School and see the Waldorf philosophy applied to various stages of child learning and development. Tours will sit in on all of the school's grades classes (1-8) and conclude with a question and answer session. Tours are scheduled for the last Wednesday of every month (Except December) from 9:15-10:30 at the school on 38265 Westway Avenue in Valleycliffe. www.cedarvalleyschool.com

Gabriel Alden Hull, Secretary
Cedar Valley Waldorf School
604-898-3287



Donations

Send donations to:

C-Dar Biodynamic Society
Box 3818 Garibaldi Highlands
BC V0N 1T0

For more information visit our website

www.cdarbiodynamic.org