

## School Calendar

**Mar 5** Health Committee Meeting 7pm

**Mar 12** Finance Committee Meeting 7pm

**Mar 13** All School Meeting 7-9pm

**Mar 17** Grade 4 Parent Meeting 6:30pm

**Mar 18** Facilities Meeting 7:30pm  
Grade 8 Parent Meeting 6pm

**Mar 19** Executive Meeting 7pm

**Mar 19 & 20** Faculty In-service- no classes

**Mar 21** 7<sup>th</sup> Grade Talent Show and Meal  
5-9pm

### FRIDAY ASSEMBLY for 3/6

**Grade 2 will be sharing a flute/song**

**Grade 3 will be sharing a flute/song**

**Grade 7 will present a pirate poem**

**Faculty Singers will present a song**

### ***News from the Office:***

**The Personnel Committee** is happy to report that Steve Lantro has been hired as school custodian. He is learning the ropes in the next few weeks. We are all glad he is here.

**All School Meeting** Mark your calendar for Friday, March 13 at 7:00 p.m. for an important All School Meeting. We'll be discussing the school budget, enrollment, the raffle, and more. If there is something in particular you would like to see added to the agenda, please let us know! Write a note and put it in the Board's mailbox in the office or email [board@pleasantrydewaldorf.org](mailto:board@pleasantrydewaldorf.org)

This is an adults-only event, and we'd really like to see a representative from every family attend. If you have any questions feel free to ask any member of the Board of Directors. Thanks, and see you on Friday the 13th!

**Pennies for Peace:** In 1993 a young climber, returning from an attempt to climb K2 in the Karakoram Himalaya, became lost. Separated from his climbing partners and their porters, he stumbled into one of northern Pakistan's most remote and primitive villages. The family of the village chief took him in and nursed him back to health. Walking about, he found village children practicing their lessons outside, writing with sticks in the dirt. They had no school building, paper, or pencils. Before leaving he promised the village chief that he would return to build them a school. It took two years, but he returned with enough money for the needed materials and to hire a teacher. This success led him to another village that needed a school, and another, and another. His nonprofit organization has now built 78 schools in remote Pakistani and Afghan villages, all in partnership with the local people who donate materials and labor. All of the schools are educating girls as well as boys. The young climber, Greg Mortenson, received his first significant contribution from children at the River Falls, Wisconsin elementary school where his mother was principal. One of the children proposed collecting pennies to help, and Pennies for Peace began. That year the children

## The Lunchbox Express

donated 62,340 pennies.

*Pleasant Ridge begins a three month Pennies for Peace drive this week.* Janie Tippens, our librarian, asked the faculty to take up this effort, and they have. Miss Tip has two versions of Greg Mortenson's book, *Three Cups of Tea*, in the library now, and will be sharing it with the appropriate grades (one is a picture book, the other a young readers version of the NY Times bestseller). Miss Tip will also have a large jar in the library to accept the children's Pennies for Peace (pennies only please!), now through May.

### ***News from the SCRIP program:***

**Spring Cleansing** Daylight savings time is just around the corner, already. And soon the crocuses will be peeking through. It's a good time for considering a fresh start, a spring cleaning on many levels - including your nutrition. Did you know that an estimated 70% of all Americans suffer from hidden food allergies? Here's a solution. By popular demand, Susan Barendregt, Nutrition Therapist, will be offering the Allergy Elimination Cleanse again this spring. This 4-week program will help you to uncover hidden food allergies and give your body a safe, gentle detoxification. And here's an added plus: **Susan is among several Holistic Health Center practitioners that accept Scrip.** Susan will run the cleanse in two rounds this spring, with up to three groups each round. One round will run

### HOT LUNCH MENU March 5-11

Thurs-Mac and Cheese  
Mon- Pasta Marinara  
Tues- Enchiladas  
Wed-Baked Potatoes

Tuesday evenings beginning April 14th. Another will run Wednesday evenings beginning May 27th. For details, and a list of FAQ's see the "group cleanse" page at [www.susancnt.com](http://www.susancnt.com). Call now to enroll, at 637-7272 or email [SusanCNT@gmail.com](mailto:SusanCNT@gmail.com). The cost of the cleanse is \$190. If you pay with Scrip, 5% comes back to fund the PRWS budget. Take care of our school as you care for yourself. Got Scrip with you?

### ***News from Development:***

We are wondering if someone in town might want to host a spring rummage sale for the school? Barbara Peterson will be moving out of her home, eventually to Maplewood Terrace, and has items to donate to us if we are able to use them. If you can imagine yourself hosting such a sale please be in touch with Mary (637-8504) as soon as possible. Everything will be moved on Friday and Saturday of this week. Thanks for your consideration.

### ***Raffle News:***

Spring is coming, Spring is coming....That means the Good Energy Raffle Drawing is coming - April 18th! Remember, sell those tickets, and turn them in as you sell them!

**New Opportunity** for selling tickets - Would you like to visit our scrip vendors and deliver posters? Each time, you will have an opportunity to have a conversation with someone who is a supporter of scrip, and PRWS. At the same time, you can get the word out about the raffle. Please contact Missy Hughes for information.

**Saturdays** - Remember to sign up for selling tickets during the Indoor Farmers Market at Main Street Station every Saturday morning. A new sign up sheet will be posted in the lobby.

**March 20/21** - The Green Home Show will be at Main Street Station - Sign Up for a time to man the PRWS Booth, right outside the entrance to the Green Home show, and talk to folks about the Good Energy at PRWS, and our support for the local community. A sign up sheet will be posted in the lobby.

***Anthroposophy in the Driftless Region:***

**“Turning Crisis into Opportunity: The Challenge of Individual Growth and Community Development For Our Time”** is

the theme of the 9<sup>th</sup> Annual Viroqua Anthroposophy Conference, with keynote speaker James Ulness, Ph. D. March 20-22 at the Old Main Building. The conference features three lectures, a round table discussion, a mini-film fest on Permaculture, and workshops on community building and economics with Robert Karp; music with Monica Sutherland, and Permaculture with Mark Shepard. Cost: \$90/full conference or \$80 if pre-registered by March 13. Partial conference is \$15 per event. To download a registration form or for more info go to [www.ViroquaConference.com](http://www.ViroquaConference.com) or contact Sheila Andersen at

[Sheila@leadingedgereview.com](mailto:Sheila@leadingedgereview.com) : 608-236-4115.

There is a registration box in the school Office if you are registering for the whole conference or individual workshops. No need to pre-register for the lectures-just show up.

**Conference Housing Needed** If you have an extra bedroom and would like to rent it to a conference attendee for \$15/night on March 20 & 21st, please contact Kathy Lofton, registrar at 637-8026 or [kathleenlofton@yahoo.com](mailto:kathleenlofton@yahoo.com). You will not need to provide any meals, only housing.

**Spiritual Counseling Appointments** There are some appointments available for spiritual counseling with James Ulness on Saturday, March 21. Cost is \$40/hour. To reserve an appointment, please contact Sheila Andersen at [sheila@leadingedgereview.com](mailto:sheila@leadingedgereview.com).

**Pre-Talent Show**

**CURRY SUPPER**

**SATURDAY, MARCH 21**

**5:00 PM to 7:00 PM**

The 7<sup>th</sup> grade will be offering a meal before the Talent Show. The menu will include a variety of curries with rice, dahl, raita and dessert.

**MARK YOUR CALENDARS!**

**TALENT SHOW**

**SATURDAY, MARCH 21**

**7:00PM TO 9:00 PM**

**PLEASANT RIDGE GYM**

***Calling All Students!***

We are looking forward to showcasing your talents once again. Here are the guidelines for this year's show.

1. Participants must be Pleasant Ridge students and anyone who accompanies them.
2. Acts must be no more than 5 minutes long and must be performed acoustically. *(No electronics allowed.)*
3. Fill out a form (available in the office) and return it to the 7<sup>th</sup> grade room or the office by Monday, March 16.

## **Community News**

Let's make Magic this summer! **Periwinkle Cottage waterfront LaHave, Nova Scotia.** Weekly 700. Nature Trails, and Beautiful Beaches, Short cable ferry ride to Lunenburg. One bedroom with King Bed and Double futon in living room, full kitchen and bathroom. For more information and pictures call 902 688 1649 or email [faerylaughter@gmail.com](mailto:faerylaughter@gmail.com)

**Steve Lantro is available for handyman work;** painting, big & small projects, carpentry, repair etc. Free quotes. Call me at: Steve Lantro's Handyman services 608-637-2698 or [greatspiritwork@gmail.com](mailto:greatspiritwork@gmail.com)

### **SUTHERLAND HOUSE CONCERT**

**Saturday, March 14, 7:00 PM**

Please join us for the first of many Sutherland House Concerts. **Seating is limited, reservations are required -** [wvatt@yellowcello.com](mailto:wvatt@yellowcello.com) or 637-3239.

**WHERE:** S4706 Orchard Road, Viroqua, WI

**PROGRAM:** Works by Haydn, Vivaldi, Bach, Vitale, Squire, Eccles,

**PERFORMERS:** Caroline Carlson, cello, Mei-Ling Felten, violin, Effi Sutherland, piano, Tatiana Sutherland, violin, Ellen Worman, cello

**ACCOMPANISTS:** Lenore Lams, piano,

**3 Bedroom, 1 bathroom, 1 car attached garage, 1st Floor for rent. (approx. 1,000 sq.ft.).** First floor of a two story Victorian. Large sunny rooms, large yard, \$500/month plus gas and electric. Landlord pays water & sewer. 787 S. Main St., Viroqua. Call Bill Brooke Realty for more info. 637-7900.

### **Classes starting soon at Ewetopia Fiber**

**Shop:** Beginner Socks, 3/14, 21 from 1-3pm, Beginner Hat and Mittens, 3/12, 19, 26 from 6-8pm, Spinning with a Wheel, 3/21 from 1-4pm

Please call 637-3443 to register!

#### **LUNCHBOX EXPRESS COMMUNITY NEWS POLICY**

The Lunchbox Express Community News section is provided as a service to the school community. Printing of an ad does not imply endorsement by Pleasant Ridge Waldorf School.

#### **How to Place an Ad:**

1. Limit your ad to **70 words**. We do not edit. We will not print ads over 70 words. If you must have a long ad, make a note & give it to the office staff to place on the bulletin board.
2. Ads will be **printed only once**.
3. Put your ad in the **folder in Lauren Hunt's mailbox** in the Office marked "Lunchbox Community News" OR e-mail ad to Lori Dehlin at [lorid2@frontiernet.net](mailto:lorid2@frontiernet.net) with **"Community News" in the subject line**.
4. **Deadline is Tuesdays at 8:30am.**

There may be occasions, due to unforeseen circumstances or space constrictions; that the Community section will not be printed.

Thank you!