



Anthroposophical Society PORTLAND BRANCH

Newsletter

January 2020

Urban Biodynamic Gardening: SEEDS

with Sandra Burch

At the beginning of this New Year, we can find a fresh start. Perhaps, in reviewing the past year there are certain things we hope to improve upon. Maybe there is something new we would like to learn, a new way of communicating or another way of making art, of bringing beauty into this world. January is always a month full of potentials.

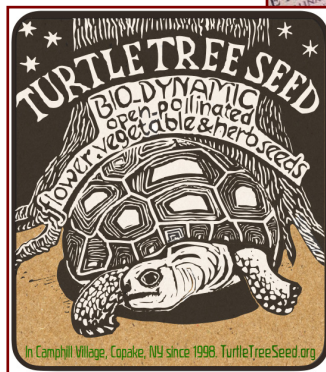
These hopes or plans that come to us as the year begins are like special seeds, planted and if all goes well - and the will is strong - weeded and watered and tended for the whole year. With the ultra long nights and wintry weather January is also the perfect time to think of gardens past and start looking at goals for this coming gardening season.

Maybe some seed catalogs have come to your house. I heartily recommend Turtle Tree Seed Company - a biodynamic seed initiative housed at Camphill Village in Copake, New York. From their website: They grow, select, and clean their seeds with great care. They are pioneers of seed transparency, and grow most varieties in their own gardens and source the rest from committed biodynamic farmers. You can check out their website at: www.turtletreeseed.org. From the front cover of their catalog: Over 380 Open-Pollinated Vegetable, Herb, Flower and Farm Crops, Including 65 Heirloom Varieties. All of the seeds that Turtle Tree sells are certified Biodynamic by the Demeter certification program.

How wonderful to know I am supporting and being supported by biodynamic practices with every packet of seeds I buy. I don't have to wonder if the seeds are organic or sort of organic or semi-hybrid or worse, no guessing, the quality is uniform - all

biodynamic. Why does this matter? What makes me such a fan of biodynamic seeds? In a nutshell, the type of stewardship of the soil, plants, animals and people on a biodynamic farm is the best. Still sounds vague, hmmm. How about this: biodynamic practices take into account the spiritual aspects of farming (and gardening) making for more resilient, flavorful and nutritious food.

But, the bigger thing about Turtle Tree, that has me head over heels for their seeds is something I had not known about or thought about: open pollinated seeds. Little did I know how much this type of seed matters, until I watched the movie: "SEED - The Untold Story". The film has gorgeous imagery, very inspiring people from all over the world coupled with perky, creative and soulful music. This documentary tells the story of seeds and their importance. Open pollinated seeds are the ones that produce plants that produce



viable seeds. Hybridized and genetically modified seeds either: do not give seeds that will grow a consistent crop or it is illegal to save the seeds. These sorts of manipulations in order to make a market, by taking away people's ability (and right) to grow their own food, year after year, just to generate a profit - seems like it should be illegal. But, alas, we know that profit driven activities are what is most valued in our culture. So, if I don't want to support the enslaving profit drivers and I want to contribute to freedom in my life and the lives of others, then using open pollinated seeds is crucial. Check out the film trailer at: <https://www.seedthemovie.com/trailer>. Just be sure to type in the whole title, or you might come up with a horror flick called - "Seed". Yes, I speak from experience.

Here is what is catching my fancy: Detroit Dark Red Beets -

heirloom dating from 1892. Karate Cabbage - Ethiopian "kale" with smooth green leaves and rich buttery taste. Tromboncino - heirloom squash from Italy, a summer and a winter squash both. Beet Berry - mulberry-like bright-red fruit with a sweet mild flavor on branching 12 inch plants. And this might finally be the year that I plant Styrian Pumpkin. Naked seeded, it is an heirloom from Austria - the shellless seeds are green and very tasty, even raw. May your dreams and hopes for the coming year in your garden and everywhere else bring you joy, work and laughter.

Some Favorite Seeds from Farmer Leonard

We have a little farm near Eugene, big enough to grow most of our own food, including grass-fed beef. I've been using the biodynamic method since we acquired the farm in 2003, but it wasn't until 3 years ago that I've come across the Turtle Tree Seed Catalog. Though we get about a half dozen catalogs offering organic seeds each year, the Turtle Tree Seed Catalog now has become our first choice. Some of our favorites:

Styrian Pumpkin: Grew it first time in 2019 as an experiment. Seeds are easily extracted, cleaned by letting them sit in water for 2-3 days, rinsed and then soaked in saltwater for 2 days, and then dried at low temperature, after which they can be kept in a tightly closed jar. They have now become what our Latin friends call pepitas. Organic pepitas, or pumpkin seeds, are hard to find and expensive, and the ones I found not long ago can't hold a candle to our own, home-grown ones when it comes to taste and even size. So we will plant more Styrians in 2020 and likely will save seeds for 2021.

Heike-Marie's Improved Cabbage: Beautiful heads, large and solid like bowling balls, with excellent taste. 2019 was our second year to grow it and it will be on the list for 2020 as well.

Filderkraut: This cabbage gets its name from an agricultural area near the German city of Stuttgart where I was born and raised, called "Die Fildern". It's the cabbage generally grown and made into sauerkraut. Here on our farm we have grown heads weighing as much as 12 pounds. It's a delicate, crunchy yet solid cabbage which besides sauerkraut makes nice cole slaw.

Super Lakota Tomato: Prolific bearer of early and flavorful fruit. The catalog description persuaded me to try them in 2019 and we have not been disappointed. I saved some seeds for the 2020 season and hope to add this tomato to our standard annual assortment we grow from our own saved seeds.

Phacelia: We tried it for the bees and as a cover crop on some beds not needed otherwise in 2019, and once the blue flowers opened it seemed as though we'd pulled in every bee in the neighborhood. This continued for several weeks as long as the plants stayed in bloom. Will sow it again on a spare bed or two.

Red Mangel, Fodder Beet: Something for the cows in winter, and ours loved them. I left them in the ground and pulled them

as needed, so no storage problem. I hadn't seen mangels since my childhood in Germany, where they are (or were) used as cattle feed in winter. We kids would swipe one or two off a field, hollow them out, slice away some of the dark skin to make a face and then put candles in them. Some of the parts we cut out we ate, sweet and juicy.

Just got our 2020 catalog in the mail. First thing I ordered was some Turtle Tree Seed T-shirts. Where else can you get organic cotton T's for \$20?

~ Leonard Ablieter

Homesteading

Long ago, I settled on this piece of mind,
clearing a spot for memory, making a
road so that the future could come and go,
building a house of possibility.

I came across the prairie with only
my wagonload of words, fragile stories
packed in sawdust. I had to learn how
to press a thought like seed into the ground;

I had to learn to speak with a hammer,
how to hit the nail straight on. When
I took up the reins behind the plow,
I felt the land, threading through me,
stitching me into place.

by Joyce Sutphen

from "Carrying Water To The Field:

New and Selected Poems"

2019 University of Nebraska Press

THE NEW FIVE COLLECTIVE: Color Keepers

The Art Hall is pleased to announce the opening of our next exhibit by *The New Five Collective*, a collaboration among five Portland-area artists all connected to Waldorf education: MJ Connors Davison, Robin Lieberman, Patricia Homan Lynch, Jannebeth Röell and Jenny Siegel.

"You will then understand the times when there was a feeling for what lies on the other side of the Threshold, for that which weaves and lives in the bright clouds, for that which weaves and lives in the mist rolling up; so that in those days painters, for instance, were in a quite different position from what they were later. Then, colour which to them was of a spiritual essence took its right place on the canvas. The poet, then conscious that the Divine, the Spirit spoke in him could say: "Sing, O Muse, of the wrath of Achilles," or "Sing to me O Muse of the great traveler" ... Just as poets in olden times could speak thus, so the old painters, even at the time of Raphael or Leonardo could say, because they also felt it in their own way: "Paint for me, O Muse. Paint for me, O Divine Power. Direct my hands for me. Carry my soul into my hands, so that You can guide the brush in my hands." It is really a question of understanding this union of man with the spiritual in all the situations of life."

*Rudolf Steiner lecture: **Mystery Centers**, lecture 2, GA 276*

Like Hilma af Klint and her early 20th century group, The Five, The Collective are five women artists working together and devoted to bridging spirit and matter. They create in various media through the color realms, celebrating life and collectively holding hope for all living beings. And as Steiner both encouraged and cautioned Hilma, they strive to be directed by their own inner guidance.

The Collective's current exhibit flows out of their collaboration influenced by exercises crafted by Laura Summer of Free Columbia, a sister also on the journey who greatly inspires them in her never-ending pursuit of understanding through painting: "I am a painter and I only really understand through painting."

In art we are working with something quite different from everyday concerns. We are learning to observe reality, see what is needed, and then to act. What is freedom? What is responsibility? While all five women have exhibited individually and in other group exhibits, this show is their first as they live into The New Five Collective.

So, with open hearts they invite you to their opening reception, graced by the Orion String Quartet PDX:

Thursday, January 16, 2020
The Art Hall
Cedarwood Waldorf School
3030 SW Second Avenue, Portland, Oregon.

Please direct all inquiries to Robin Lieberman:
robin@robinlieberman.net or 503-222-1192.

"Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense."

– Ralph Waldo Emerson

The Portland Branch
of the Anthroposophical Society
Invites You to

Save The Dates!

See the attached calendar & fliers
for more information and more events

December 26 to January 6

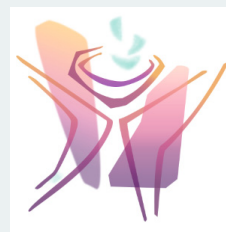
Holy Nights Readings and Socializing Contact Tom Klein for more info: 503-305-8270

February 15

Free Workshop: **Healing the Whole Person:
A Fourfold Approach to Understanding Pain**
Northwest University of Natural Medicine
9-5PM See flyer in this newsletter.

February 16:

Adam Blanning on the School of Spiritual Science,
"From mouth to ear--listening for the spiritual world
in a digital age."



Calendar of the Soul

Week 39

Devoted to the Spirit's revelation
World-being's light I gain;
Thought power grows in clarity
To give my Self to me;
And wakening from thinker's might
Feeling of Self is freed.

Week 40

And when I am in Spirit-depths
Within my soul's deep ground,
Vain notions of my self-bound nature
Are filled from the heart's own world of love
With fiery strength of the Word of Worlds.

Week 41

The soul's creative power strives
From the heart's own ground
God-given forces into flame
For good working in the life of man,
Its very self to fashion
In human love and human works.

Week 42

Within this winter gloom
It is the soul's strong urge,
Its own strength to manifest,
To lead it into realms of darkness,
And thus anticipating feel
Through warmth of heart the senses' revelation.

Calendar translation
by Liselotte and William Mann

The Portland Branch Newsletter is published monthly to serve Branch members and friends. To learn more about the Portland Branch of the Anthroposophical Society, contact Diane Rumage at 971-271-7479.

To submit an article or a calendar item email it to Christopher Guilfoil: c.guilfoil@gmail.com. The deadline for submissions is the 15th of the month preceding publication. Items selected for publication may be edited for style, content and length.

To sign up for our newsletter/email list go to:

<http://www.portlandbranch.org> and click on the button at the top of the right hand column on the home page.

The newsletter and calendar are posted on the Branch website, www.portlandanthroposophy.org. Paper copies are available at the Pohala and Healthbridge Clinics; and the Cedarwood, Michael & Portland Waldorf Schools, and Swallowtail School.

Our current newsletter team: Editor, design, layout, and illustrations: Christopher Guilfoil; Editing and proofreading Wes Burch; Calendar: Jeremy Davis; Printing and distribution: Jerry Soloway; Webmaster Angelica Hesse; Treasurer: Ruth Klein

The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2019:

Cyndia Ashkar, Christine Badura, Betty Baldwin, Virginia Berg, Sandra Burch, Wes Burch, James Conlon, Jayne Cronlund, Jeremy Davis, Michael Givens, Ali Givens, Mark Hope, Valerie Hope, Anca Hariton, Lauren Johnson, Lisa Jones, Anne Kollender, Ruth Klein, Tom Klein, Robin Lieberman, Judith Levin, Martin Levin, Brian McClure, Cheri Munske, Virginie Novak-Hoover, Robin O'Brien, Padeen Quinn, Jeff Rice, Diane Rumage, Diane Schell-Rowley, Deborah Smith, Jerry Soloway, Rebecca Soloway, William C. Surface, Linda Sussman, Elizabeth Webber

Your 2020 dues will be gratefully received:

Thank you for helping to make our lively community life possible. A typical contribution is \$50 – or what you can offer. Make out a check to 'The Portland Branch', and send to: The Portland Branch, c/o Ruth Klein, 12286 SE 41st Court, Milwaukie, OR 97222. You can also make your contribution online, by clicking 'pay here' toward the bottom of the right-hand column on the home page of our website, portlandbranch.org.



We would like to gratefully acknowledge the following who generously provide spaces for our many activities: Dr. Joan and John Takacs for their long-standing donation of Bothmer Hall; the Portland Waldorf School; and the Cedarwood School.

Another Way to Donate to the Portland Branch

If you shop at Amazon and use the following link, a small donation, .5% of the price of your eligible purchases will be donated to the Portland Branch. smile.amazon.com/ch/93-1269233

Physical Medicine & Injury Rehabilitation



Susan Schmitt, M.D.
Joan Takacs, D.O.
John Takacs, D.O.



The clinic offers alternatively extended medicine including Physical Medicine and Rehabilitation and Comprehensive Family Practice. The physicians utilize holistic principles that include the Anthroposophical world conception and its medical modalities, movement principles from Spatial Dynamics®, Feldenkrais®, Intermuscular Stimulation (IMS), Musculoskeletal Ultrasound and refined hands-on techniques to augment alternative and mainstream medical approaches in diagnosis, treatment and prevention of illness and injury including work related injuries, personal injuries, motor vehicle injuries and sports injuries.

5909 SE Division Street, Portland, OR 97206

www.anthroclinic.com 503-234-1531

curative painting, collaborative psychotherapy for individuals and couples, anthroposophic painting workshops and retreats

Robin Lieberman 503.222.1192
MSW, Licensed Clinical Social Worker

Waldorf Travel Service

Walter Rice, CTC
Travel Magician

5316 SE Sherman St.
Portland, OR 97215
800-328-7266
503-233-4053
fax: 503-232-7224

Incredible Journeys Since 1975 walter@waldorftravel.com

Primary Care Infused with the Aloha Spirit integrating Anthroposophic Medicine.

Julie E. Foster, MSN, FNP

7477 SE 52nd Ave.
Portland, OR 97206
contact@pohalaclinic.com (503) 572-4196

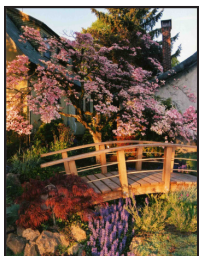
Explore Your Medicare Options:

- * Advantage Plans
- * Supplement Plans
- * Special Needs Plans
- * Prescription Drug Plans

Cyndia Ashkar
503-810-2784

cyndia.cba@gmail.com
cascadefitadvisors.com
FO Box 1634, Clackamas, OR 97015

Owner/Agent
Fax: 503-631-7431
License # 18739451



HEALTHBRIDGE
3046 NE 33RD AVE
PORTLAND 97212
503-331-7393
HEALTHBRIDGE@INTEGRA.NET
DONNA PATTERSON KELLUM LMT
BOB KELLUM ND, PhD, MSOM/L.Ac,

"The possibility of illness is due to the possibility of becoming human beings..."--Rudolf Steiner, Amheim,

With over 30 years of experience in advanced Craniosacral and Visceral therapies, Dynamic Manual Interface, Myofascial Release, Lymph Drainage, Zero Balance, and many other modalities, including Rhythmical Massage, Donna integratively weaves these together as needed for your unique issues.

With over 25 years of bodywork experience, extensive training and experience in Anthroposophic, Naturopathic, and Chinese Medicine, and a doctorate in social psychological sciences with 3 years clinical experience with Reichian psychotherapy, Bob works with you to discover the gesture of your illness and move you forward with your health challenges.

We work with you for a wide range of conditions including musculoskeletal/accident issues, cancer, diabetes and other chronic diseases, and all the typical acute illnesses associated with family medicine.

Your Ad?

- Business Card: \$120/year
- 1/4 page: \$240/year
- One time full page flier: \$40

- We can create your ad or flyer
- Rates available

Contact: Editor c.guilfoil@gmail.com

First Class of the School of Spiritual Science

Sunday, January 12, 9:30am • Lesson XVI • (no admittance after the class starts) • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Blue card required. • Lessons are normally held on the second Sunday of each month • Contact Cheri Munske at 503-484-4133, or Rebecca Soloway at 516-850-1027.

Portland Branch Council Meeting

Monday, January 13, 7pm • 2606 SE 58th Ave. • Contact Valerie Hope, 503-775-0778, valerieannhpdx@aol.com

All Branch members are welcome to attend, and/or call us with agenda items, proposals, suggestions, or to observe. Please contact Valerie to let her know you're coming. Meetings are normally held on the second Monday of the month.

Holy Nights Study in Corvallis

Wednesday, December 25 to Sunday, January 5, 5pm • 1020 NW 25th Street, Corvallis • Contact Elle McCloskey, lmcnelskey@gmail.com

The Corvallis Study Group will meet each evening, from December 25-January 6, at the home of Renate Joy.

We will work from the lectures given at the 1923 Christmas Conference for the re-founding of the Anthroposophical Society on the days of the year the lectures were given (Rudolf Steiner's "Rhythms of the Foundation Stone" GA 260). Along with these, on most nights we will also read a bit from "Why Become a Member of the Anthroposophical Society", by Sergei Prokofieff. "...for singing out of light provides the music for the stars..."

The New Five Collective Opening Reception

Thursday, January 16, 5-8pm • The Art Hall at Cedarwood Waldorf School, 3030 SW 2nd Ave, Portland OR 97201 • Contact Robin Lieberman, robin@robinlieberman.net, 503-222-1192

The Art Hall is pleased to present The New Five Collective: Color Keepers. They are a Portland group of women artists who have previously exhibited individually and in groups. This is their first exhibition as The New Five Collective. All are welcome to the opening reception. Please see the flier in this newsletter.

Dr. Adam Blanning on the School of Spiritual Science

Sunday, February 16 • Location TBA

"From mouth to ear - listening for the spiritual world in a digital age."

Additional details in the next newsletter.

"Make for yourself a new and strongly courageous view of faithfulness. What people otherwise name as faithfulness fades away so quickly. But make this your own faithfulness. In the other person you will experience moments – quickly passing away – in which he will appear to you as if filled, as if irradiated with the original form of spirit. And then there can, and indeed surely will, come other moments over long periods when people become dried up and darkened. You, however, have to learn to say to yourself at such times, "The Spirit makes me strong. I think of the original form. I saw it once, no deception, no appearance shall rob me of it." Battle always for the picture that you saw. This struggle is faithfulness, and in this struggle one person will be near another as with the guardian forces of the angels."

~ Rudolf Steiner

Ongoing Local Activities and Study Groups

First Class of the School of Spiritual Science • Second Sunday of the Month

9:30 am sharp (no admittance after the class starts) • Bothmer Hall, 5919 SE Division St, Portland, 97206 • Blue card required.
Contact Cheri Munske at 503 772-2632, or Rebecca Soloway (516) 850-1027

Council Meetings of the Portland Branch • Second Monday of the month

7-9 pm • 2606 SE 58th Ave., Portland • Contact Valerie Hope, (503) 775-0778, valerieannhpdx@aol.com
All Branch members are welcome to attend, and/or to call us with agenda items, proposals, suggestions, or to observe.

School of Spiritual Science Study • Second Thursday of the Month

The First Class of the Michael School and its Christological Foundations by S. Prokofieff • For Members of the School of Spiritual Science 7:30-9:00 pm • Contact Rebecca Soloway, rsoloway1@gmail.com or 516-850-1027

Christianity as Mystical Fact Study Group • First Monday of the Month

7:45-9pm • Bothmer Hall, 5919 SE Division St., Portland 97206 • Contact Jerry Soloway 503-908-7615 or jrsoloway@hotmail.com
Please join us in lively discussions centered on Rudolf Steiner's *Christianity as Mystical Fact*.

Community Painting Tuesday Mornings

8:45-10:00AM Tuesday Morning Painting Group for adults resumes March 2020. Watercolor painting focusing on color studies and seasonal moods. All levels welcome. Portland Waldorf School. Contact cherimunske@gmail.com to RSVP.

Adult Eurythmy Class with Jolanda Frischknecht

Tuesdays 6:30-8 pm • Bothmer Hall, 5919 SE Division St., Portland 97206 • Cost: \$20/session; paid monthly, sliding scale on request • Contact Jolanda, jolandamf44@gmail.com, or 503-896-3345 Feel free to drop in, invite friends.

Eurythmy for Waldorf Alumni: Wednesdays

Study, 6:30-7:30 pm; Eurythmy; 7:30-8:30 pm • Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Contact Carrie Mass, Carrie.mass@portlandwaldorf.org If you've ever attended a Waldorf High School, this is for you!

Eurythmy, Portland Waldorf School Community: Thursday Mornings

8:45-9:30 am, Eurythmy Room, Portland Waldorf School, 2300 Harrison St., Milwaukie • Free - All are welcome. Contact Sarah Rem, sannerem@gmail.com 503-729-1740

Pacific Eurythmy, Open Classes for the Community in Anthroposophy and the Arts: Monday Evenings

For details please see our website, www.PacificEurythmy.com or call Jolanda, 503-896-3345 or Carrie, 415-686-3791

Festivals Study Group: First and Third Friday Mornings

10am - 12pm • 2606 SE 58th Ave, Portland • Contact Suzanne Walker, 503-208-2426 zzwalker@mac.com • We are working with various of Dr. Steiner's lectures in an effort to better understand the festivals and how we may come to observe them according to his indications. This study is also greatly deepening our experience of the Calendar of the Soul and the cycle of the year.

Knowledge of Higher Worlds by Rudolf Steiner • Friday Mornings beginning October 4

9:15-11am • contact Patricia Lynch at patriciahomanlynch@gmail.com

Singing Circle at the Portland Waldorf School • Friday Mornings

8:45-10:15am • Portland Waldorf School, 2300 SE Harrison St., Milwaukie, in the Orchard Room • all voices are welcomed. Contact Julianne Renzema at momartist@yahoo.com. No practice during school breaks.

Speech Formation and Mystery Drama Group • Every 2nd and 4th Wednesday

7:25-8:55 pm • 8654 NE Boehmer St, Portland, OR 97220 • Free. New participants accepted. No experience necessary, just enthusiasm and a love of the Word. Diane Ramage 971 271-7479 drumage@comcast.net

Friday Book Study in Corvallis beginning October 4

5:15-6:15 pm at the home of Renate Joy • 1020 NW 25th Street, Corvallis • Our new study is Rudolf Steiner's "Occult Science: An Outline" (If you are planning to buy this book, we suggest the classic translation by George and Mary Adams.) This is a great way to study anthroposophy in community with others, where different perspectives are shared, and understanding can deepen.

Waldorf Education and Teacher Training Lectures and Courses

Conducted throughout the year by the Micha-el Institute. Contact Jen Davis, 503-449-7387 jennifer@micha-elinstitute.com

Waldorf Teacher Education, Eugene

Two and Three year Career Training and Artistic Development Learn more at www.WTEE.org or call (541) 514-7905

The Art Hall Introduces

THE NEW FIVE COLLECTIVE
COLOR KEEPERS

MJ CONNORS DAVISON
ROBIN LIEBERMAN
PATRICIA HOMAN LYNCH
JANNEBETH RÖELL
JENNY SIEGEL

OPENING RECEPTION

Thursday, January 16, 2020
5-8 p.m.

special guest musicians
ORION String Quartet PDX
with Sophia Rice '08

Cedarwood Waldorf School
3030 SW Second Avenue, Portland, OR, 97201

www.thearthall.wordpress.com
503-222-1192

Exhibit open through March 30, 2020



CEDARWOOD
WALDORF SCHOOL

NUNM Anthroposophic Medicine Club
and the
Society Physicians for Anthroposophic Naturopathy
present

Treating the Whole Person: A Fourfold Approach For Understanding Pain

A Workshop with Dr. Adam Blanning,
artist Chris Guilfoil, rhythmic massage
therapist Donna Patterson, Jenn McNeal,
Dr. Bob Kellum, eurythmist James Knight

9AM - 5PM Saturday Feb 15
NUNM, Room 310
~Free and open to All~

Adam Blanning, MD is board-certified in anthroposophic medicine and family medicine, and has served on the faculty of New York Medical College and the University of Colorado School of Medicine. He founded and directs the Denver Center for Anthroposophic Therapies, which offers anthroposophic medicine, therapeutic eurythmy, art therapy, and rhythmic massage. He works as consultant and school doctor for Waldorf schools in Denver and Boulder, and serves on the PAAM board. He also hosts a Western regional medical meeting each October in Denver, as well as teaches and directs the two-year PAAM curriculum in school doctoring. He likes to grow things in his backyard and spend time with his family when he is not doctoring.

Questions? jennifer.mcneal@student.nunm.edu

