

Portland Anthroposophic Times

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

www.PortlandAnthroposophy.org

Volume 8.7 July 2012

In 2010, The Portland Branch sponsored a workshop by Gunther Hauk at the Portland Waldorf School on the subject of honeybees. This was met with much enthusiasm by members of the community, and as a result, many of us are now backyard beekeepers. Below is just one person's story. We also want to take note of Jacqueline Freeman's efforts in teaching classes in Battle Ground, WA, and Lauren Johnson's starting the "Tour de Hive," as well as the many others who are taking up this the initiative.

In Pursuit of a Swarm By Wes Burch

My bees died this winter, leaving three quarts of honey in the hive. Why? I don't know. Colony collapse, too cold a winter, the hive got moldy in the bottom section...?

Spring has come, and with the ascension of the sun I've caught three new swarms; one got away, and I gave away a colony.

Catching swarms is an exercise in patience and adaptability. And then you get to watch the show in your back yard. I have my hive entrance about a foot from the fence. When the bees go out they go straight up and then up and away, and when they come back, they float down like snowflakes. And they return from their travels with a grocery bag on each leg. I bet I check my hive two or three times morning and afternoon, every day. I worry about them like they are children. Are they too hot? Are they too cold? Did they have any breakfast?

Just like going fishing, you go out the door after a swarm with your tackle box, but you always leave the best tool at home.

First attempt this spring: at dawn, I tried to position my cardboard box under the swarm, which was on a branch about twenty feet up; then I tapped the branch. Ok, great plan...I tapped and they bounced off a lower branch and missed the box. What a mess. I had a friend come over and she found the queen in the grass. Full of awe, quite a moment, and then she got stung.

My friend, who is so tender with bees you can't believe it, picked up a lot of the bees and put them in the box with the queen. The rest went back up to the high branch.

We left the box near the tree, but not near enough. There was a running path near the tree and when the sun came up, and it got a lot warmer, the bees awoke more, and they began to circle about looking for the queen.

They got very agitated and my friend got stung three more times, once on the chin.

The Portland Branch of the Anthroposophical Society invites you to

Save The Dates!

- July 11-15 **The Embryo in Us**
with Jaap van der Wal
- Sept. 29 **The Art of the Heart**
with Frank Chester
- Oct. 21 **The Work of the Angels in Man's Astral Body**, Branch study coordinating
with national conference, **That Good May Become: Meeting our Spiritual Destinies in America**

For more information about these branch-sponsored events, and other events and initiatives in our community, see the calendar section of this newsletter or visit the branch website.

Just as we were discussing whether that was enough, the swarm poured out of the box and flew off down the running path to a branch way higher than the first.

We had to let that one go..

Second swarm: my neighbor's hive swarmed. About twenty feet up. I tried to do it the right way this time. I drummed on the side of the box to entice them... nope.

I climbed a ladder up under the swarm, but couldn't let go of the tree trunk, and move the box, and scrape off the bees at the same time. I needed help or a third arm.

After hours of study, I realized the bees were going to leave if I didn't do something.

I stuck my neighbor's tree trimmer blade up under the swarm and used the rope which tightens the blade for a plumb bob, thereby locating the box directly underneath.

I tapped the branch with a long 2x4 and down they came, right into the box. "Good shot," said my neighbor, who had retreated to his deck. But dropping bees twenty feet to the ground is maybe not so good for them.

So I went to Wichita Feed and Hardware the next day and bought three ten foot pieces of half inch steel conduit, with couplings. I put a hole in the bottom of a plastic flower pot, inserted a coupling and ... poof, I was ready to reach up thirty feet. Floppy at the top, but...

The trouble is that I haven't seen the high branch situation since.

Third attempt pretty easy: I had two helpers. One had a two sided ladder. The swarm was in a pine branch with another bush overgrown into the same area. (Pruning shears are a good thing to have.) I only had to climb about twelve feet up this time.

I trimmed out the multitude of branches, and held up my nucleus hive under the swarm, while my helper cut the branch and set it on top of the hive. He climbed down and I handed him the hive. He set it on the ground and we had a successful capture.

Next attempt: same yard in North Portland, but no help. I drove over there in a thunderstorm, which stopped just as I arrived at the house. The swarm was under an apricot tree branch, about eight feet up. I held the hive box under the branch and thumped the branch hard. Only about half the bees fell in the box. The rest stayed on the branch. I set the box down and picked up my very light flower pot, and tried brushing the bees off the branch with my drafting brush (just think of a large Groucho Marx mustache.) They didn't like that. I think they were wet and cold. The dampness makes them stick together. So I tried just pushing them off the branch slowly and gently with a hive slat.

Rain began to fall, so I took the 85% that I had in the box, and called it good. It's best if you can leave the hive there until nightfall so all the bees can find their way inside. (Now, I know this.)

Being a Waldorf parent, I checked the clock and I was running about 20 minutes late for picking up my daughter from school. As I came up the west on-ramp to the Fremont bridge, I saw brake lights all along the lower deck. Traffic jam! I looked in the rear view mirror of the van to see how I could get over quickly to the 405 south exit. I saw...bees! Out.... Buzzing....Flying around...Out of the hive!

Have I mentioned... there are thousands of bees in a colony? And only one beekeeper in the car.

And it began to rain heavily, another cloudburst, and hail began to fall out of the sky.

I don't quite remember the landmarks on the way home, but let me just say I went to the store and bought mosquito netting for my next adventure. The bees deserve their own separate space while in transport.

I feel strongly about this.

I next attempted a cut-out operation (as in cutting out a section of wall to get to the bees that have taken up residence inside). Getting a call from a homeowner in Elsie (on the way to Seaside), I collected tools for a week, scheduled the use of the family van for a day, and arranged for a landing site for the bees, which had moved into a wall in the man's house.

This was the perfect situation. On arrival, the homeowner cut open the wall himself, with varied kinds of saws, none of which I had brought. It was a cool day, so the bees were not very active, and I brought my smoker to fill the cavity with smoke. (this handy device is a cylinder filled with leaves and bark and burlap, having a spout at the top for the smoke to go out, and a bellows on the back to push out the smoke.) The smoke makes the bees sleepy,

The bees stayed docile and we were able to cut the honeycomb and brood comb out of the wall and place it in the hive. The comb was all white, really lovely, shining in the darkness. We scooped out the bees with a putty knife and poured them into the hive. At the last moment, we came upon the queen in the last dark corner of the wall cavity. In the hive she went, and on went the roof. Another successful capture.

Now it's late June, swarm season is over, and I have all these tools rigged up that I probably won't need again, because every capture is different. And that is the appeal of it all.

Remember, as Pooh Bear says, "You can never tell with bees."

From **Winnie-the-Pooh and Some Bees** by A.A. Milne

(ed. Note) If you have a story to tell, or thoughts to share, following up on any of the Branch events that you have attended, or other Anthroposophical study, we would love to consider them for inclusion in the newsletter. How does Anthroposophy resonate in your life?



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Frank Chester and the Art of the Heart

Frank Chester is a master teacher, sculptor, and geometrician. In the year 2000 he developed an objective, lawful process, using science and art, wherein the invisible world could be made visible. The inspiration for this work came from his visit to Dornach, Switzerland, where he saw models of a series of seven-sided capitals (the tops of columns) in a building designed by Rudolf Steiner. As a result of this encounter, a seed was planted within him whereby he envisioned the possibility of constructing a seven-sided sculpture based on the geometry of these capitals.

Two years later he began his search for a three-dimensional, seven-sided sculpture. After much trial and error, failure after failure, and months and months of effort, he eventually discovered... a new geometric form with seven equal faces. In the history of mankind this geometry has never appeared on the earth before. However, the significance of this form was unknown. (Rudolf Steiner said that "geometry was knowledge which man himself apparently produces, but its significance is completely independent of him.") Since its discovery, Frank devoted himself to discovering the potential meanings of this form, and almost ten years of

work have led him to see how it relates to the human heart, to the geometry of the Earth, to sacred architecture. And to the potential for inspiring others about the awe-inspiring connection between seemingly abstract geometries and the dynamism of life.

Putting this form through the alchemical transformative process of Earth, Water, Air, and Fire, many previously unknown geometric structures have emerged. This geometric form also demonstrates a remarkable correlation to the form and functioning of the human heart. On the basis of experimentation with various related geometric forms and the movement of water in a vortex, Frank is uncovering indications concerning the relationship between etheric formative forces and the geometry, structure, and physiology of the human heart. Thus the form is called the Chestahedron, both after its discoverer and because the form relates to the geometry of the heart, which sits in the chest.

This work points to a science of the future. A science that studies the objective structure of a manifested form and explores the form's basic intention.

“Frank’s work helps crack open new avenues of thinking, new ways of understanding our world, and provides insights that help us better understand ourselves. What he is doing, in a nutshell, is exploring the relationship between geometric form and the dynamic principles that underlie the operations of natural and physiological processes, specifically those related to the human being. He did not set out with this goal in mind, but rather followed the trail of a simple question concerning the possibility of a seven-sided geometric form with faces of equal surface area.” (*Seth Miller*)

Frank is an artist, sculptor and geometrician who lives in San Francisco. He has taught art for more than thirty years in high schools and colleges. Since encountering the work of Rudolf Steiner, Frank has been exploring the relation between form and spirit. This has led him to take up research concerning the number seven. For the last several years he has been teaching sacred geometry at the Waldorf teacher training program in San Francisco. He has been presenting his research at international conferences and Waldorf schools in the United States and Europe.

Frank Chester will be joining us for a workshop in Portland on Saturday, September 29 – details coming soon. The material above was edited a bit and excerpted from his website (frankchester.com), where you can see more information, lectures, articles, and examples of his artistic pieces.

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The EMBRYO IN US: *Understanding Ourselves as Embryo*, With Jaap van der Wal, MD PhD, Portland OR, July 11 -15, 2012

Orientation and Introduction:

This seminar will explore human prenatal development and show how biology is expressing the essence of human spiritual enfoldment. Understanding the stages of development is a foundation for therapeutic recognition of embryological forces in all later stages of life.

Craniosacral Therapists have been urged to comprehend embryological forces at work in their sessions because the forces that formed the body are continuously at work throughout life, carrying the blueprint of Health into manifestation at every moment. This seminar is a rare opportunity to hear a world authority speak about the modern scientific understanding of embryology. He has developed a unique synthesis of this science with spiritual principles.

In human embryonic development we are dealing with what could be mentioned as 'still functioning in forms'. By this is meant that the gestures of growth and development that the human embryo is performing could be interpreted and understood as human behavior. As a kind of pre-exercising of what later on will appear and be 'freed' as physiological and psychological functions. The embryo exhibits human behavior.

The human body gets its shape and form during embryonic development in a continuous process of change and metamorphosis. Using the phenomenological method of observation it is possible to understand those gestures as human behavior. During the early phases of human existence the processes that accompany the act of incarnation may be “read” from the biological facts. Those gestures also are a kind of echo or recapitulation of the gestures of development of man as a species. In this way of becoming a human and becoming human, biography and biology meet. The embryo may help us to learn the real and essential patterns of human development.

The human embryo seems to be a kind of continuous empathetic equilibrium between 'introvert/antipathy' and 'extravert/sympathy' in relation to its context and environment. This polarity seems to be active in various dimensions and directions as. between head and extremities, and between cranial (head) versus caudal (pelvis), while in the vertebral column the typically human quality of going upright seems to be preserved.

During its total development the embryo is the expression of the presence of a being, which is able to mediate between 'heaven' and 'earth'.

The aim of the seminar is to let attendees share in the mighty processes that form the basis of every human individual, participating not only with the intellect but also with the heart. This innovative way of considering embryonic development will open

completely new perspectives as to polarities and threefoldness, microcosm and macrocosm, heredity and incarnation, evolution and the development of mankind. (See calendar for more details)



The **Portland Anthroposophic Times** is published monthly by the Portland Branch of the Anthroposophical Society in America to serve Branch members and friends. To learn more about the Portland Branch of the Anthroposophical Society, contact Diane Rumage at 503-908-0131.

To submit an article or a calendar item for this newsletter, go to <http://www.portlandbranch.org/contact>, where you can also contact the editors and the Branch Council, and add or remove yourself from our email list. The deadline for submissions is the 15th of the month for the next month's edition. Items selected for publication may be edited for style, content and length.

Newsletter co-editors are Wes Burch, Valerie Hope & Timothy Popoff. Seth Miller is our webmaster, and Ruth Klein is our accountant.

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

The Portland Branch thanks the following Members & Friends for their Dues and Generous Donations in 2012!

Cyndia Ashkar, Chrystal Brim, Wes Burch, Yvonne DeMaat, Mia Ellers, Charles Forester, Valerie Hope, Marsha Johnson, Tish Johnson, Bob Kellum, Ruth Klein, Tom Klein, Kathy Kremer, James Lee, Robin Lieberman, Regina Loos, Cheri Munske, Donna Patterson, Timothy Popof, Jeff Rice, Walter Rice, Jannebeth Roell, Diane Rumage, Chiaki Uchiyama.

Please submit your Branch membership dues (\$50), or your donations, to: The Portland Branch c/o Ruth Klein, 3609 SE Center, Portland, OR 97202

Something Small

(for Lara Clinton)

Something small, like rain
As it falls in drops
On an unseen blade of grass

Like a breath, just one
Among so many,
Who could notice?

Something small
As in words not spoken,
Or the look of an eye,

Or bits of clay
That take form but briefly

To once again dissolve...
Into cosmic proportion.

Such small events,
Who could notice?

If pyramids could speak...
Bits of clay pointing skyward
Might suggest intelligent, sensitive
Life...
Existed once

Today, like archaeologists,
We dig,
To find something small...
Bearing witness to this possibility

Meanwhile, each life, is a series of small
events
in search of a larger meaning...

Punctuated by occasional moments,
Our sentences drag on...

Marking eternity
In little increments
We wait, like so many cicada,
Lying underground in hope
For a brief moment to connect with another

And allow something small and unexpected
To fling open our hearts...

~ Bob Kellum, 3-7-06

Branch Sponsored Events

Portland Branch Council Meeting

Monday, July 9, 7-9 pm • 2606 SE 58th Ave. Contact 503-775-0778 • email valerieannhpx@aol.com.

All Branch members are welcome to attend, and/or to call us with agenda items, proposals, suggestions, or to observe. Meetings are on the second Monday of each month.

First Class of the School of Spiritual Science, Lesson 8

Sunday, July 8 • 9:30 am sharp • Bothmer Hall, 5919 SE Division St, Portland, 97207, Contact Diane Ramage at 503 908-0131 or Cheri Munske at 503 772-2632 Blue card required. Second Sunday of each month

The Embryo in Us: Understanding Ourselves as Embryo, with Jaap van der Wal MD PhD

July 11-15, 2012, Warner Pacific College, 2219 SE 68th Ave. \$350 (Price recently reduced) • limited # OF \$225 work study spots Contact Dr. Bob Kellum, healthbridge@integra.net or 503-331-7393

This popular course is limited to 45 people, so apply early to assure your place. It has approval from OBNE for 26.5 Naturopathic General and OB CEU's. We will explore human prenatal development and how the shaping of the body expresses essential attributes of the development of the human as a being of spirit and matter, body and mind. See the article in this issue.

The Art of the Heart with Frank Chester (article in newsletter)

Saturday, September 29. Bothmer Hall, 5919 SE Division St, Portland, Contact Valerie Hope, valerieannhpx@aol.com

Frank's work points to a science of the future. He is an artist, sculptor and geometrician living in San Francisco, and has taught art for more than thirty years in high schools and colleges. Since encountering the work of Rudolf Steiner, Frank has been exploring the relation between form and spirit, and he discovered a new geometric form. This geometric form demonstrates a remarkable correlation to the form and functioning of the human heart. Frank is uncovering indications concerning the relationship between etheric formative forces and the geometry, structure, and physiology of the human heart.

The Work of the Angels in Man's Astral Body, Branch study coordinating with the national conference: That Good May Become: Meeting our Spiritual Destinies in America

Sunday, Oct 21, 3pm Bothmer Hall, 5919 SE Division St, Portland • Limit 60 people • contact Valerie Hope, valerieannhpx@aol.com

You can find the lecture, "The Work of the Angels..." online at the Rudolf Steiner Archives. An excerpt with commentary and questions is available in the Spring 2012 issue of *Being Human*, available to be picked up in Portland from Valerie Hope (503)775-0778, or on the Anthroposophical Society in America website at www.anthroposophy.org.

July Portland Anthroposophical Community Events

Watercolor Painting Healing Circle with Robin Lieberman

July 19, August 16 – 3rd Thursday of each month • 5:30-8:30 pm • 1410 SW Morrison St., Suite 901 • \$50 includes all supplies and readings, and come refreshments. Please register in advance • contact robin@robinlieberman.net or 503-222-1192

Each month we will explore a subject, either specific color, technique or study using Liane Collot-d'Herbois' esteemed work as our launching pad.

September Portland Anthroposophical Community Events

Luster and Image Colors 2: Workshop with Chris Guilfoil

Saturday September 15, 9 am-5pm • 3135 NE 17th Ave, Portland OR 97212 • \$ 75.00, includes material • Please bring a dish for a potluck lunch. To reserve a place please register with a check to Chris Guilfoil and send it to J. Roell 3135 NE 17th Ave, Portland. For information contact Jannebeth Roell at 503-249-3807, or Jannebeth@mindspring.com

Chris will continue to work with us on the subject of luster and image colors. It is the second of 4 workshops on this theme, maximum 12 participants. "One who, through a long period of soul-culture no longer considers as dogma but as experience what Dr. Steiner has said in his color lectures about "luster" and "image" colors, will see in this turning of luster to image and of image into luster, a priestly redeeming act for the earth – a transformation." ~ Maria Strakosch

Outside of Portland

The Christ Event of the 21st Century with Dr. Yeshayahu Ben-Aharon

Friday, July 6, 7 pm; July 7, 9 am to 6:30 pm; Seattle Waldorf School's Huckleberry Hall; July 8, 10 am, Global School • \$125 •

Contact: steinerbooks@comcast.net

Friday, view film Transcendent Man; discussion follows. Saturday lecture, The Christ Event of the 21st Century; introduction to Social Yoga workshops 1 & 2

Ongoing Local Activities and Study Groups

Council Meetings of the Portland Branch, 2nd 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.

Anthroposophical Course for Young Doctors, Study Group 1st Tuesday of the month, 7-8:30pm

Pohala Clinic, 12050 SE Holgate Blvd . • Contact Julie Foster by phone at (503) 572-4196 or by e-mail at julie@pohalaclinic.com.

First Class of the School of Spiritual Science, Second Sunday of the month

9:30 AM sharp Bothmer Hall, 5919 SE Division St, Portland, 97207 • Blue card required. Please contact Diane Ramage at 503-908-0131 or Cheri Munske at 503-772-2632

Karmic Relationships Study Group:

The study group is on a summer hiatus and will begin its work anew in September.

Knowledge of the Higher Worlds 1st and 3rd Tuesdays 7:30 - 9:00 PM

3046 NE 33rd Avenue, Portland, OR 97212 • Contact Donna Patterson and Bob Kellum at 503-331-7393.

Mystery Dramas, with Speech-Formation Exercises 2nd and 4th Wednesdays

7:30 - 9:00 PM, in SW Portland • Starting to work on the 3rd Mystery Drama by Rudolf Steiner, The Guardian of the Threshold. No acting experience necessary, just a love of the Word. Contact Diane Ramage by e-mail at dramage@comcast.net or by phone at (503) 908-0131

Portland Waldorf School Community Choir Friday mornings from 8:45 - 10:15 am

Portland Waldorf School, 2300 SE Harrison Street, Milwaukie in the Orchard Room

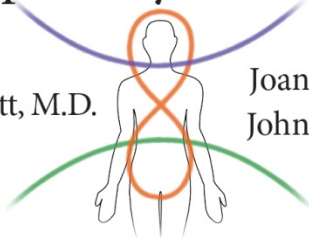
Anyone who enjoys singing songs through the seasons, across the centuries and around the world is welcome, including drop-ins. This event is free. Marion Van Namen (503) 956-4046.

Waldorf Education and Teacher Training Lectures and Courses

Conducted throughout the year by the Micha-el Institute. Contact John Miles at 503/774-4946. johncmiles@usa.net.

Multi-Specialty Health Clinic

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.



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See your business card sized ad here

by contacting

<http://www.portlandbranch.org/contact#3>

Embryo In Motion: Understanding Ourselves as Embryo

4-DVD Set Now Available With Jaap van der Wal, PhD, MD

This beautiful 4-DVD set was professionally recorded live in Portland, OR, June 3–6, 2010.

To learn more about the 4-DVD set and for instructions on how to order it, go to the “shop” portal on the Portland Branch website at www.PortlandAnthroposophy.org.