



Journal

Fall/Winter 2011

65 Years of Weaving Waldorf Education with Traditional New England Camping

An Orchard So Young

In the early 1970s, a class of students planted 10 apple trees on the easterly slope of the hill behind the two A-frame cabins. Now, some 40 years later, these trees are an important element of our fall programs. We gather "drops" and press cider; we pluck ripe apples for pies and sauces. We also welcome our summer campers beneath the orchard on the first day of each session.

These trees have weathered well. Yet, they're getting old, and we need to think of the classes who will arrive at Glen Brook 20 or 30 years from now. What will they harvest?

With this in mind we planted another six trees this fall just uphill from our existing orchard with funds donated by the 2009 8th grade class from the Cape Ann Waldorf School. On a gray day this fall, a heavy winter sky pressing down on us, we planted the trees and composted and nourished their roots with biodynamic preparations. As we wrapped the bark in deer-resistance tape and put out a salt lick, I was mindful of approaching winter and reminded of Robert Frost's ode to his apple orchard, "Goodbye and Keep Cold:"

*This saying good-bye on the edge of the dark
And cold to an orchard so young in the bark
Reminds me of all that can happen to harm
An orchard away at the end of the farm
All winter, cut off by a hill from the house.*

Elements, animals, and pests may all prey on our young apple trees. Yet as their larger and older cousins, just downhill, have proven, the passing of time will also strengthen and nourish these trees for the enjoyment of future generations of campers and students.

—Twain Braden
twain@glenbrook.org



Six mature apple trees were donated to Glen Brook by the Cape Ann Waldorf School's graduating 8th grade class. The trees complement Glen Brook's existing orchard with four new varieties for cider, pies, and apple sauce.

Glen Brook's 5th Director



After an extensive search, the Glen Brook Committee of the Board of Trustees of the Waldorf School of Garden City is pleased to announce that *John Ryan* will be Glen Brook's next director. An experienced Waldorf teacher and farm educator, John is a graduate of Rudolf Steiner College in Fair Oaks, Calif., and has led numerous farm and gardening programs at several Waldorf schools around the country, including the Princeton Waldorf School in Princeton, N.J., the Hawthorne Valley Farm in Ghent, N.Y., the Sacramento Waldorf School, where he implemented the school's five-acre garden into a comprehensive 12-grade Waldorf curriculum, and, most recently, the East Bay Waldorf School in El Sobrante, Calif. His broad experience as a leader, educator, and enthusiastic proponent of farm-based education is a perfect foundation for leading Glen Brook's future. "I am excited to join the Camp Glen Brook family," John said. "This is a tremendous opportunity which I enthusiastically embrace." John will be moving to Glen Brook with his wife Tara Reinertson in January. ✨

—Twain Braden

Glen Brook Web Extras: The "Green Living" section of our web site contains updated selections from Skyhorse Publishing's recent book list.

www.glenbrook.org

The Journal is printed on recycled paper using soy-based ink.

2012 Calendar

February:

Winter Camp: 20th - 25th

March:

Maple Sugaring Weekend I: 9th - 11th
Maple Sugaring Weekend II: 23rd - 25th

July:

Summer Camp Opens: 1st
Parent & Visitor Weekend: 21st - 22nd

August:

Summer Camp Ends: 11th
Family Camp: 13th - 17th

NOTE: Registration for all events is available at www.glenbrook.org

Glen Brook Land Stewards: Field Report

It's Wednesday evening, getting late, and I find myself once more bathed in the glaring white light of the Glen Brook woodshop. Though bone tired, I convince myself to mill one more strip for my canoe, just as I have done the past three evenings. After working days that typically run from 6am to 9pm, a day jam packed with physical work, teaching, and general role-modeling, how is it I find the energy to pursue my own projects? Surely the awesome presence of Monadnock greeting me over my granola each day contributes, but could that truly be the source of all my inspiration?

No, though the physical beauty of Glen Brook plays a role, my motivation and energy ultimately come from the satisfaction of motivating and energizing others. There are few things as gratifying as watching a stubborn pre-teen release her inhibitions and embrace an activity that is as foreign as wood splitting. Or experiencing the exhilaration of a fifth grader who overcomes, for the first time, the frustration and difficulty of hiking and exalts in the beauty of an alpine overlook. In leading children to these moments of transformation I find personal meaning and fulfillment, which in turn gives me energy to create. So I can utilize my evenings to boat-build, just as Kate can motivate each rest period to paint, and Mark to construct a root cellar. In giving so much to Glen Brook, and the children that come through here, we each get back that intangible drive that enables personal enterprise, ambition and growth. ✨

—Nate Grady

A New Map of Glen Brook: Stories of the Land

Over the years, Glen Brook's 240-acre campus has been surveyed countless times—by intrepid summer campers on orienteering courses; by 11th graders studying cartography; and by professionals making maps for tax plats and land deals. There are also numerous casual surveys, those of our hiking trails that show hand-drawn icons of the buildings and lakefront, the colors of each trail's blazes. This past year, however, we combined all this data into one map,

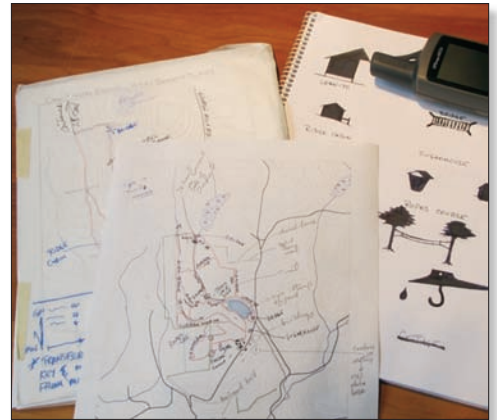
synchronizing the personal history of the property with a GPS-based survey. The result, a joint effort between Glen Brook staff and Maine-based Map Adventures LLC, is a beautiful map that combines old-fashioned survey data with hand-drawn icons on a satellite-based grid—an illustrated history of Glen Brook on an 8 ½ by 11 inch sheet of waterproof paper.



Steve Bushey, left, worked with Glen Brook staff to map the camp's 240-acre campus using satellite technology coupled with numerous traditional surveys.

All we had to do was feed the historical information to him so he could lay it onto the satellite data and then carry a GPS unit in our backpacks as we hiked the trails. In the ensuing months I carried the unit surreptitiously while leading groups on their "welcome hikes." It took one year to gather the complete trail data and another six months to collate it.

The map features 18th-century stone walls, footprints of all the buildings, dotted lines signifying all hiking trails, wooden bridges, and natural features such as Old Grandfather Glen Brook and the brook waterfall. Most significantly, it can also be used by orienteering groups since it includes a compass rose and mileage scale. The map also refers to features that tie the campus in to the surrounding area—most significantly, the old Cheshire railroad beds that link east and west to form a future Greenway for hiking, biking, horse and snowmobile trails. Maps have a way of serving our lives in this way, connecting us with the past and future by sharing the myriad stories that the land tells. ✨



—Twain Braden
twain@glenbrook.org

Program Notes

I am walking along the Glen Brook trail with a group of students when, suddenly, one of the students yells "CAMOUFLAGE!" She covers her eyes and starts counting aloud to 10. The rest of us sprint in different directions looking for cover: a tree, a bush, a hill, a rock. As the count nears 10, the footfalls cease and the forest is completely still. The seeker opens her eyes and pivots to spy the hiders as we stay motionless, or squirm deeper into our nooks.

Lying on my stomach in a pile of dirt, my heartbeat slows, and I notice the small spider sitting in the middle of a beautiful, miniature web. I don't look for long because this time I'm found quickly: the seeker identifies my bright blue sweater through a gap in the rocks. As I walk back to the trail, I smile to see students crouched in tight places, covered in leaves and dirt, nervously hoping that they are not found. As they hide, I can see their experiences recorded on their faces: focused attention to minute detail; nervousness about the bugs and grubs they're sitting with; bated breath as they notice their shadow and slowly transform it into a tree shape. This classic activity, hiding, has a lot to teach, and the lessons are different for everybody.

As the seeker spots more people, I challenge her to be descriptive, rather than just calling a person's name. "Where do you see him? Behind the eastern hemlock or the white pine?" Gradually, she learns the tree names and incorporates this level of detail into her description: "I see a red shoe sticking out from the base of the knotted eastern hemlock that is between the two dead birch trees to the right of the trail." As the students slowly trickle back, faces flushed with excitement, they share how they hid, what they saw, and think about how to hide more effectively next time.

This game is a lot of fun. Of course, while playing it, students also learn about the forest: thick oaks, with loud crunchy leaves that draw attention, or thinner pine trees with soft beds of needles that allow for quiet shifting. They get off the trail and have a chance to study rocks, leaves, and bugs. With nature as our classroom, learning becomes a full sensory experience, integrating mental activities with physical awareness. Fun and learning become one in the same. ✨

—Mark Stehlik
mark@glenbrook.org

Facility Report: A Bridge Quite Near

Building a bridge over the stream at the intersection of Glen Brook Road and Horse Hill Road was hatched some years back but the means of production was missing. Enter the recent 7th and 8th grade "rite-of-passage trip."

Students learned how to mix and pour concrete for the footings. They peeled bark from the many hemlock trees which would be needed to construct the bridge.

Standing three-feet-high and held together with long spikes in each of the four corners, they built the bridge crib—a



The 7th and 8th grade boys and girls from the Waldorf School of Garden City built a Nepalese-style bridge across the brook below Glen Brook's dam during their rites-of-passage trips this fall.

five-by-four-foot box made of hemlock logs—to serve as the bridge's footing and loaded with big rocks. Hoisting the two 24-foot bridge stringers into place culminated the first week of work. During the second week, students swung hammers to install decking over the stringers; erected vertical posts to support the rails and roof; and inserted smaller peeled logs between verticals to serve as handrails. The work was hard, the hours long, but spirits remained high through the construction. ✨

—Grant Butler
grant@glenbrook.org

Farm & Garden: Food Preservation at Glen Brook

The first few pages of Laura Ingalls Wilder's classic *Little House in the Big Woods* is an excellent primer in food preservation. In it, Laura describes Pa hanging strips of salted venison and building a fire to smoke the meat. After several days, Ma would remove the meat, wrap it in paper, and store it in the attic.

To survive the winter, preserving food was a matter of life or death for the early settlers. With the invention of refrigeration, many of these skills have become a lost art. But at Glen Brook, we dedicate a portion of our farm's yield to teach students how to preserve food properly.

In lacto-fermentation (a process that the early settlers would have used), students learn how to properly wash and chop vegetables and then pound them to release their juices into a jar. Adding salt to keep the bacteria away will also build enough lactic acid to preserve the food for several months. This past year—in our newly renovated kitchen—students canned and pickled several jalapeño peppers, cucumbers, carrot, and ginger. We may not need to preserve food like the early settlers did, but the skills of knowing food preservation is alive and well at Camp Glen Brook. ✨

—Ash Sheehan
ash@glenbrook.org

Camp Glen Brook's Winter Camp 2012



Glen Brook Winter Camp 2012: During the week of **February 20-25, 2012**, Camp Glen Brook offers its annual winter program for 3rd through 8th graders. The week is patterned after our summer program with two morning and afternoon activity blocks. We skate on the pond, sled down the open fields and hills, paint and draw in the art studio, enjoy cross-country skiing and snow-shoeing, and care for the farm animals. In the evenings we gather before the wood stove in the living room for quiet activities, including singing, skits, and games. The annual Winter Olympics and Music Festival are highlights of the week! Contact: office@glenbrook.org or 603-876-3342. ❄️

www.glenbrook.org

*To receive the Glen Brook Journal
electronically in the future, email
office@glenbrook.org*

*Address Correction Request to
35 Glen Brook Road
Marborough, NH 03455*

