

Biographies:

Mark Kamsler, MD, dually Board Certified in both pediatrics and anthroposophical medicine,



practices in Delafield, WI. He maintains a long-standing connection of working together with the Biodynamic community in the Midwest and works with various Waldorf schools. Dr. Kamsler lectures widely to both the general public and medical colleagues. He serves as a board member of the

American College of Anthroposophic Medicine. He co-founded the True Botanica Company, maker of anthroposophical supplements and remedies, and True Botanica Foundation, a non-profit organization dedicated to research, education and social activities related to anthroposophical health care.

Annette Conlan encountered eurythmy in her twenties in an anthroposophical community near Frankfurt, Germany. This community centered around the care of children and young adults with special needs. The healing impulse encompassed the care for land, woods, fields and gardens, through biodynamic farming and gardening as well as the care of the cultural life through the arts and the celebration of the festivals. After three years there Annette entered the eurythmy training in Dornach and after two years of practical experience, both artistically and pedagogically, started training for eurythmy therapy and Waldorf School. She currently teaches pedagogical and therapeutic eurythmy at Pleasant Ridge.

NORTH CENTRAL REGION
BIODYNAMIC GROUP
(NCRBDG)

Winter Gathering January 25-26-27 2013

PLEASANT RIDGE
WALDORF SCHOOL
VIROQUA, WISCONSIN



In the Agriculture lecture which led to the development of Biodynamics, R. Steiner speaks at length about the cosmic and earthly substances and forces involved in plant, animal and human health. Many people find this part challenging to understand. We asked Dr. Kamsler to help us deepen our insight into this important dimension of R. Steiner's teachings.

Schedule

Friday Night - Social Event & Talk

5:00 pm Registration at PRWS
6:00 pm Potluck - Please bring a dish to pass - Local Viroqua group will supply a main dish and beverages.
7:00-8:30 pm Mark Kamsler, MD Farming, Nutrition and Anthroposophical Medicine - Connecting the Cosmic and Earthly Influences for the Health of Body, Soul and Spirit. A look at the work of the farmer and insights from R. Steiner and Anthroposophical Medicine to help understand a more complete nutrition for the human being - with practical suggestions for everyday use. Location OMB 321 E Decker St.

Saturday

8:00 am Registration & Coffee Social OMB 321 E Decker St.
9:00 am Introductions
10:00 am Break
10:30 am Current and future work of the Biodynamic Farmers and Gardeners Association.
12:00 pm Dinner at PRWS
1:30 pm Dr. Kamsler "Working with Cosmic and Earthly forces: On the farm and with nutrition" Exploring ideas that can help work on the farm and inform a broadened understanding of nutrition.
3:00 pm Eurythmy with Annette Conlan
3:30 pm Break
4:00 pm Discussion of preps
5:30 pm Supper
7:00-9:00 pm Dr. Kamsler "Research with practical applications—How can we carry on R. Steiner's intentions" Cosmic and Earthly Rhythms with Potentiation and Germination Research; Working Medicinally with Ashing Processes. Can we move forward as a community?

Sunday - PRWS

8:00 am Coffee & Social time
9:00 am Reports on regional activities
10:30 am Break
11:00 am Evaluation, closing
12:30 pm Lunch- Soup, Sandwich, Leftovers

Gathering Fee

Full conference \$60.00

This includes dinner and supper on Saturday, lunch of Soup and Bread on Sunday, and snacks at breaks.

Friday evening and Saturday talks are open to the public, \$9.00/Talk. Meal costs \$15 dinner, \$10 supper. We will make special arrangements for a lesser fee for anyone who can not afford \$60.00.

Registration

For advance registration or special arrangement contact: Beth Schaldach

P.O. Box 3481

La Crosse, WI 54602

Phone (608) 386-3904

E-mail: treegreenefarm@hotmail.com

Accommodations

Home stay arrangements will be handled by Sarah Caldwell

E-mail: sarah.caldwell7@gmail.com

Phone (608) 637-8766

We will work to provide home stays for everyone who requests one. Some homes will be free and others will cost \$20.00 per night. Please contact Sarah with your requests. Home stays will be reserved on a first come first served basis.

Local accommodations are also listed below:

Heritage Inn B&B 608-637-3306

(One block away from school, discount rate.)

Vernon Inn and Suites, 608-637-3100

(Formerly Super 8 Motel)

Midway Motel 608-637-2929

Hickory Hill Hotel 608-637-3104

Logan Mill Lodge, www.loganmilllodge.com

Meals

Our local Viroqua BD Group will host this meal. We will provide a main dish, vegetarian lasagna, for the evening meal. We ask other attendees, if able, to bring a side dish, soup, bread or dessert to share.

Saturday Dinner & Supper

The menus will use locally and regionally grown organic and biodynamic food as much as possible. Cullen Bosworth, chef for Organic Valley, Driftless Café, loves sustainable, delectable food. He and his wife Micaela O'Herlihy, moved to the area to run Long Arm Farm. This diverse small farm focuses on cheese, meat and perennial crops.

Gathering Location & Directions

Friday Night Gathering:

Pleasant Ridge Waldorf School (PRWS)

431 E. Court Street, Viroqua, WI 54665

(608) 637-7828

Enter Viroqua on Hwy. 14/61, turn east on Decker Street (Second set of lights if coming from the north or the south.) Turn right on Washington St, 3 blocks from Main, then left on Court Street.

Saturday we will meet at:

PRWS "Old Main Building" (OMB)

321 E. Decker Street

Enter Viroqua on Hwy. 14/16, turn east on Decker Street (Second set of lights if coming from the north or the south.) "The Old Main" (white church) is three blocks from Main St. at the corner of Decker St. and Washington Ave.

Book Exchange

A book exchange table will provide an opportunity to bring books about biodynamics, anthroposophy or related topics, and exchange them for others. We suggest a simple book for book trade. Bring as many books as you wish to trade. During breaks people can serve themselves at the exchange table.

Questions and Information

Contact **Brian Wickert**

608-637-8890

bwickert@frontiernet.net

"Seek the real practical life, but seek it in a way that does not blind you for the Spirit working in it.

Seek the Spirit, but do not seek it out of Spiritual greed or from Spiritual egoism, but rather because you want to apply it selflessly in practical life, in the material world.

Make use of the ancient principle: Spirit is never without matter, matter never without Spirit.

In other words, say to yourselves: We will work with all material matters in the light of the Spirit and we will seek the light of the Spirit in such a way that it ignites in us a warmth for our practical deeds."

-Rudolf Steiner



Dandelion Field