



*Little Yarra Steiner School is situated on Wurundjeri Country. We respectfully acknowledge the Wurundjeri Woiwurrung People of the Kulin Nation as the Traditional Custodians of the lands on which we work, learn, and play, and pay respect to their Elders past, present and emerging.*

*We are honoured to share in the continued care of this land, with its wetlands and river, its stones that sleep in the depths of the Earth, its plants and trees that reach for the Sun, and all the creatures that know it as home. We respectfully acknowledge the ancient and enduring culture of those who have walked this land in the past, which will continue to enrich the lives of our community into the future.*

### **Welcome to LYSS 2022**

*The times we are going through are very challenging. We have had to give up things we love and let big changes happen to us. However, it is important for us to focus on the good things and open our eyes to small and big, beautiful things that don't jump out at us the first time we look at them.*

*First of all, it is striking how much of an impact the pandemic has had on our interaction with nature worldwide. Ships are at a standstill, unable to leave, air traffic has been reduced enormously. At the same time marine life is finally getting a chance to reclaim its natural habitat. Dolphins are cavorting in the harbours and canals where waters are becoming clearer and cleaner. Because of the restriction of air traffic, the earth can finally breathe a little easier and people who live in areas where the sky has not been seen for a long time suddenly glimpse the rich, calm blue that we so often admire here.*

*In times of school closures, many young people have learned to be more self-directed, have become more creative and filtered out their special interests, perhaps picked up new skills and hobbies to explore. After months of isolation, it is great to see so many families coming together in a very new and special way to spend time together. How much more can we appreciate the precious time with our friends and relatives now that we see that this is not always a given. There is no question that our economy is suffering tremendous damage, but perhaps those of us who may have fallen more and more into economic dependency have been shaken awake to realise how little we actually need.*

*At a time like this, community, cohesion, appreciation, consideration, creativity, as well as a new kind of attention and self-discovery are emerging all over the world. What is happening is a great challenge for us, but it is also a great opportunity.*

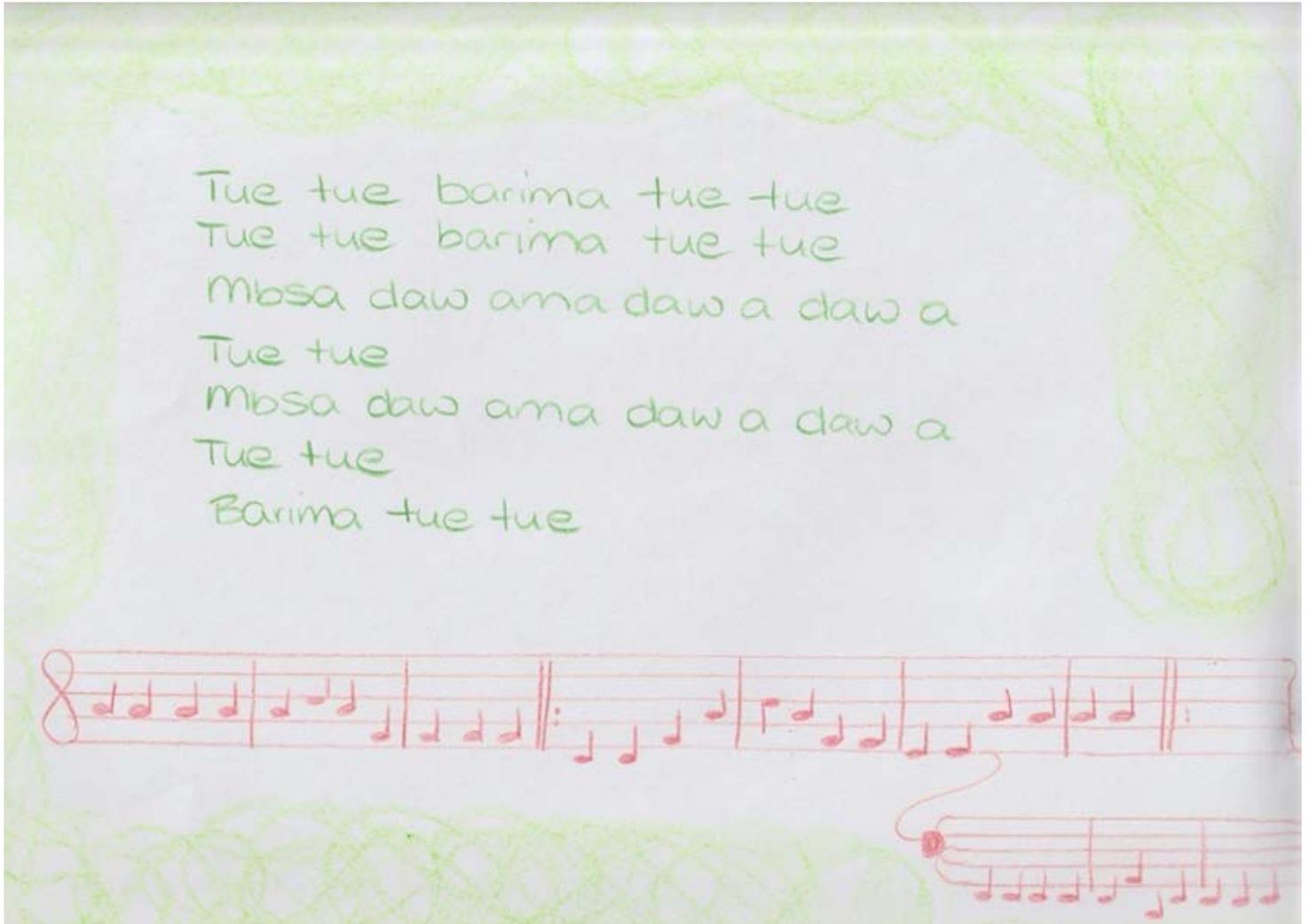
*Wishing everyone in our school community a healthy and opportunity filled 2022.*

Sonja

# Tue Tue

A folk song from West Africa

(to be sung in round)



Not everyone agrees about where this West African song was first sung. The most common belief is that it comes from Ghana...but there's some evidence that says it may be originally from Guinea.

There is also a question about what language was first used for the lyrics- and even what the lyrics mean! The language most commonly connected with the song is Ashanti but...native Ashanti speakers (of the Ewe tribe in Ghana) have translated this song in a variety of ways, all with different meanings. According to different people, the song is about:

- a plentiful harvest/harvesting food
- a child selling food to an adult
- a child apologizing for knocking a man over
- nonsense syllables

It is okay to have such different ideas about the language, lyrics, and origin of the song. When considering all the different cultures of people who live in the area of West Africa where the countries of Ghana and Guinea are, it is expected. Both of these countries have many different cultures and over 80 different languages are spoken in Ghana alone!

With all this in mind, it is not surprising that a single song may have found a wide variety of representations and meanings. It is also not surprising that THIS song has endured so many adaptations. It is a really fun song to sing! In fact, it is a fantastic representation of how multicultural a song can become.

# The Soupstone Story

A TALE FROM THE UNITED KINGDOM

ONCE THERE WAS a little girl walking through the forest. She was lost, and tired, and hungry, and cold. She came to a little hut in the middle of a clearing and knocked at the door.

An old woman came out and she said, "I'm lost, and I'm tired, and I'm cold, and I'm hungry. Can I please come in and warm up, sleep on the floor and have a bit of bread to eat?"

The woman said, "You're welcome to come in, and I can make you up a bed by the fire. But I'm afraid that I do not have any food for you to eat."

"Well," said the little girl, "I have a magic soup stone in my pocket." "A magic soupstone? What's that?" asked the woman. "If you put it in a pot of water and cook the water, it will make lovely soup." "That's amazing," said the old woman. "Let's try it."

So she found a pot, filled it with water and put it on the stove. The little girl dropped the soupstone in it and they waited while the water heated.

After a few minutes, the woman said, "How's that soup of yours doing?"

The little girl took a ladle and tasted it, and said, "It's pretty good, but it would be even better if there was some potato in it."

"Potato!" said the woman. "I have a potato here somewhere." So she found a potato, cut it up and put it into the soup, and they waited.

After a few minutes, the old woman said, "How's that soup doing?"

The little girl took the ladle and tasted it. She said, "It's pretty good, but it would be even better if there were some leeks in it."

"Leeks!" said the old woman. "I have some leeks here somewhere." So she found the leeks, cut them up and put them into the soup, and they waited.

After a few minutes, the old woman said, "How's the soup doing?"

The little girl took the ladle and tasted it, and said, "It's pretty good, but it would be even better if there was some carrot in it."

"Carrot!" said the old woman. "I have some carrots here somewhere." So she found the carrots and cut them up and put them into the soup, and they waited.

After a few minutes, the old woman said, "How's that soup doing?"

The little girl took the ladle and tasted it and said, "It's pretty good, but it would be even better if there were some herbs in it."

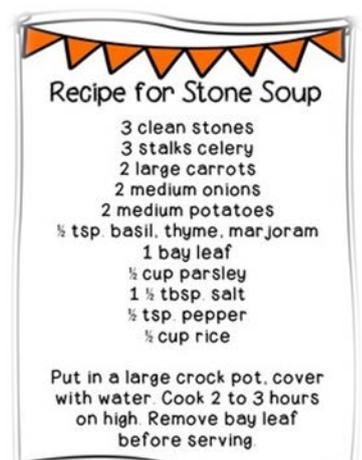
"Herbs!" said the old woman. "I have some herbs here somewhere." So she found the herbs, chopped them up and put them into the soup, and they waited.

After a few minutes, the old woman said, "How's the soup doing?"

The little girl took the ladle and tasted it, and said, "It's ready, and it's lovely!"

And it was!

## The End



# Community Creations

This page is a space for ideas and creations from the school community to be shared.  
Contributions welcome, email to [sweetporridge@lyss.vic.edu.au](mailto:sweetporridge@lyss.vic.edu.au).

## On Existence:

To measure a day's value based on productivity is to live in the future, because every time one is being productive, one is doing, one is planning, one is trying to get things done. One is living through something that has to be completed.

A constant want for productivity would equal eternal unsatisfactory feelings, as an entire lifetime cannot be productive and therefore if how productive one is defines the value of a day, than there are many seemingly worthless days. It is not measuring through productiveness that will give value but measuring through presence. Through being.

Instead of one questioning how much they've done in a day, one must question how much they have been. How much they have existed. How much they have been living through just breathing and taking each moment as it comes, rather than living through doing.

Doing can only fulfil so much. There will be a time in one's life when doing is not possible. If that be when one is ill, tired, experiencing hardships, anything. The only thing that can be done then is to be. To exist and to accept that the definition of being enough or doing enough (and that to have a day that has value and purpose) can only be done and is purely through existing.

And more than that. Not only existing as a human (externally existing in a way that suits those around oneself) but existing as a living breathing being. For this is the purest and most valuable form of being in a life.

Existence is valuable as it means that one is alive (physically) but being is more precious than anything, for when one can be and realise that is all that needs to be done to be enough, then one will feel like they're living. One will not only externally be alive but will feel and truly be a living wonderful being.

(Contribution from a senior LYSS student)

I am struck by the fact that  
The more slowly trees grow at first  
The sounder they are at the core  
And I think the same is true for human beings.  
We do not wish to see children precocious  
Making great strides in their early years like sprouts  
Producing a soft and perishable timber;  
But better if they expand slowly at first  
As if contending with difficulties  
And so are solidified and perfected.  
Such trees continue to expand with nearly equal rapidity  
To an extreme old age.  
~ Henry David Thoreau

*"The need for imagination,  
a sense of truth and  
a feeling of responsibility –  
these are the three forces  
which are the very  
nerve of education."*

*Rudolf Steiner*

Sweet Porridge edition - Term 1 2022

Closing date for submissions

TERM 1 2022

Friday 11 March

Friday 1 April

Date of Publication

TERM 1 2022

Tuesday 15 March

Tuesday 5 April

[sweetporridge@lyss.vic.edu.au](mailto:sweetporridge@lyss.vic.edu.au)

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Small ad – 25 words	\$ 3
Business card size or 100 words	\$ 6
Quarter page	\$ 10
Half page	\$17
Full page	\$30
Community Notices	Free of Charge
All year	by arrangement

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# MUSIC REGISTER

## Instruments for Sale

Term 1 – 2022

### VIOLIN

½ size violin, with hard case & shoulder rest. \$40 ono. Olesia 0403 763 953

½ size, "Joseph Violti" violin, hard case, shoulder rest, bow, \$99, Susan 0400 980 463

½ size Chinese student violin for \$65. Malini 0491 641 693

½ size "Chamber student" violin, with case and bow. Good condition. \$140. Marilena 0448 995 538

¾ size "Dolfin" violin with bow and case. \$90. Tania 0490 794 930

¾ size "Chamber 2 student" violin, bow and case. Good condition. \$150. Marilena 0448 995 538

¾ "Prelude Stradivarius copy", Chinese handmade instrument. Comes with a hard case, bow and shoulder rest. The violin case has a crack and could be mended. The sound is very good as it is. \$200. Kelly 0414 391 039

¾ size "Rafel RV 1203" violin, High quality. Beautiful tone. Comes with hard case and quality bow. \$350 Gareth 0433 662 088

¾ size "Chamber Student 101" violin, with bow and case, \$400. Ingrid 0415 261 932

¾ size "Gliga I" violin with hard case, \$750 ono, Andrea 0425 658 522

¾ size "Stradivarius" violin. Built in the 20<sup>th</sup> Century in Germany. Excellent condition for its age. Selling for \$1150 ono. Ness 0407 186 043.

Full size 4/4 "Huxley" violin, with bow and case. Good condition. \$60. Marilena 0448 995 538

Full size "Chamber Student" violin, with bow, chin rest and hard case. Good condition. \$300.

Rachel 0427 726 969

Full size RV5 Raggetti 2015 violin. Bought new for \$645. In excellent condition. Comes with bow, chin rest and rosin. Selling for \$480. Ness 0407 186 043.

Full size "Suzuki NS-20" violin, Excellent condition. Hard case but no bow. \$250 ono.

Olesia 0403 763 953

Full size 4/4 "Prelude" violin. Copy of Stradivarius. High quality, very good condition. Comes with bow & case. Valued at \$2500. Selling for \$1500. Aladdin Jones 0490 123 199 or Tessa Priest 0405 390 348.

### VIOLA

¼ size viola (violin strung for a viola because violas are not made this small). Good condition. \$60. Anna 0424 308 472

¼ size "Raggetti" viola, good condition. Obligato strings. Good bow and shoulder rest. Nice mellow tone. Light weight hard case. \$250 negotiable. Damien 0418 622 647

13 inch "St Antonio" viola. Very good condition with a new shoulder rest and hard case. A new bow is needed. \$150. Dana 0418 210 656

14 inch "Chamber" student viola with shoulder piece and bow. Excellent quality including case. \$500. Contact Murray 0458587942.

## **CELLO**

1/2 size cello- Hofner- beautiful sound. \$900. Includes recently purchased new bow and a hard case. Contact Liz: 0419 774 566

½ size "Montanari Deluxe" cello. Deluxe set up in excellent condition. Originally bought from Cellissimo for \$1600 with a hard case worth \$200. Selected by a professional cellist. Selling for \$980 ono. Ness 0407 186 043

Full size student cello, with hard case. In excellent condition. Please call Ness for more details 0407 186 034.

Full size 4/4 "Samuel Eastman VC100" cello. Beautiful instrument. Comes with quite new carbon fibre bow and soft case. Originally purchased from Cellissimo in Kew for approx. \$1500. Selling for \$900. Jo 0404 014 704.

Full size "Enrico" cello, beautiful tone, hard case with wheels. Both cello and case are in excellent condition. Only a couple of years old. Selling for \$650. Madeline 0411 160 612.

## **DOUBLE BASS**

Large ¾ size double bass with soft case and bow, excellent condition, professionally set by the wonderful luthier Nicholas at *Bows for Strings*, \$1000 ono, Glenn 0434 006 089

## **WOODWINDS**

"Artley" **clarinet**, student model in good condition. \$100. Marek 0421 582 438

"Yamaha" YAS-26 **Alto Saxophone**, gold lacquer. 2 years old, perfect condition. Has 1 year warranty left on it from Ozwinds in Ormond, \$1300. Dan 0402 726 750

**Euphonium**, excellent condition, includes case. \$300. Adam 0413 016 040

## **OTHER INSTRUMENTS**

**Trombone** - good condition. Soft case & mouthpiece included. \$195. Contact Liz: 0419 774 566

Full sized red **piano accordion**, excellent condition, with hard case. \$400. Kim 0417 312 602

**Bongos**, Tycoon percussion Series 8 6" & 7", black hardware, mahogany colour. Bought new, never used. \$40. Trudy 5966 5270 or text 0439 817 508

If you wish to add an instrument for sale, please email details to [sweetporridge@lyss.vic.edu.au](mailto:sweetporridge@lyss.vic.edu.au). Once you have **sold** or **bought** an instrument through the Music Register please advise us via email and we will remove the item from this list.

Please note that music teachers are happy and able to view or value instruments being purchased by LYSS students during their child's individual lessons or after hours in consultation with the child's music teacher. Please do not leave instruments for inspection or collection by a potential buyer at the music department or school office as we cannot ensure the instruments' safety and have limited storage room.

# Beans and Bananas Fruit and Vegetable Coop

-Supporting your Health and Local Valley Businesses-

Beans and Bananas Fruit and Vegetable Coop offer fortnightly Organic and Biodynamic Fruit and Vegetable Boxes to the community!

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## Traditional Wooden Longbow Making Workshop

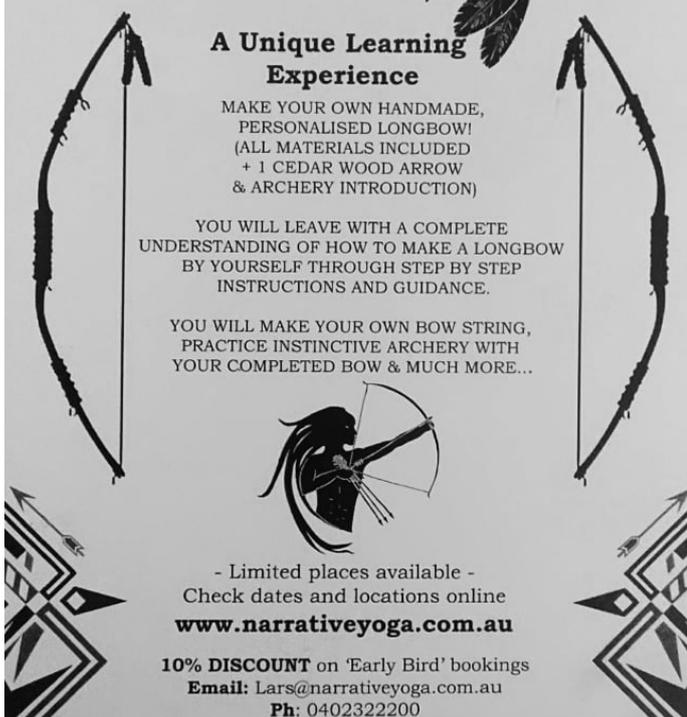
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Next workshop 2-3rd April, Yarra Junction

## Community Chi Gung

Yarra Junction

Thursday Morning 9.30 am

Half hour Gardening/Landcare exchange or by donation

Contact Antonia 0401 837 233

Carawah Nursery in Hoddles Creek is looking for some summer seasonal workers for a few school leavers. The work required is Nursery Hand Work, involving propagation, potting, tubing, grading orders, making trays and other nursery related jobs. The work environment is very welcoming, and we are very proud to have on our current staff many former Steiner students that started once finished school and are still here many years later. Ability to work in all weather conditions, particular outdoors and in summer heat is essential, as is a good work ethic, punctuality, and a can-do attitude. The role/roles may potentially continue after the summer period with the opportunity for the right candidate's to be offered a permanent role.

Please contact Grant on 0448 482 821 if you are interested.



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Grant Rankin - Managing Director  
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15 Falls Rd, Hoddles Creek VIC 3139  
Phone: 03 5967 4244 Fax: 03 5967 4239  
[carawahnursery.com.au](http://carawahnursery.com.au)



## Why use blackboards in schools today?

In schools around the world blackboards have been replaced with whiteboards and textas, or with Ipads and other digital technology, as a tool for teaching children. Indeed, old fashioned blackboards are regarded as quaint and an anachronism in modern educational settings.

In primary classrooms in Steiner Schools, blackboards and the artistic representation of images arising from the curriculum through chalkboard drawing continue to be used as an important and appropriate tool for teaching children. Why is this so?

In Steiner education, teachers bring the Main lesson content beginning with a story. As they listen to the story, children begin to 'dream into' the topic, building within themselves their own imaginative picture. From this, little children need to draw their own imaginative pictures in freedom. Blackboard drawings are therefore "open", loosely formed without strong outlines or colours.

Sometimes a teacher adds a bit to the drawing after the children have left for the day, gradually building it up day by day over a Main Lesson. Children come to school with a great sense of anticipation to see what has been added to the emerging picture.

By Class 5 or 6, children now enjoy seeing the detail of a more fully formed picture, particularly in history and geography.

To bring beauty, warmth, and artistry to this task, teachers need to develop their own skills in blackboard drawing.

During our second year History and Geography unit here at the Seminar, students develop these necessary skills, gradually building up an image which could be brought to children as part of a History Main Lesson. Students were asked to develop a theme, prepare a lesson plan, identify activities in craft, movement, drama, and music to integrate into their teaching, and create evocative blackboard drawings which 'speak' to children. The following pictures capture stages of the emerging image.

Apart from the pedagogical basis for using blackboards, there are compelling aesthetic reasons for using quality artistic materials such as pastels and chalks: these bring a more refined experience of colour, richness and nuance which whiteboard textas cannot ever emulate; indeed textas have an empty and deadening quality about them. Additionally, many blackboards are in themselves a work of art: beautiful carved timber frames provide an artistic 'window' adding to the overall visual experience for children. How much more nourishing this is for the young child's senses than the hardened and aesthetically flat quality inherent in a whiteboard.



Blackboard painting by Robin, Class 4, 2018

## Melbourne Rudolf Steiner Seminar

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**Part-time certificate courses.** Each evening we have a movement or artistic activity, supper and then a lecture/discussion. The evening also offers an enjoyable social experience. These are non-accredited courses.

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- *Rudolf Steiner High School Education* (Certificate)
- *Biodynamics* (Note: this will be offered from 11:00am – 3:00 pm on a Thursday, subject to numbers).

Enrol for these courses on-line at: [www.steinerseminar.com](http://www.steinerseminar.com)

**Full-time accredited Steiner Teacher Training course:** the Advanced Diploma in Rudolf Steiner Education (course code 10527NAT) Many students complete this course and go on to complete further tertiary study to become teachers, or undertake it for their own development and interest, or incorporate what they have learned to their own field of work in a range of settings. This is an accredited course, offering a rich and comprehensive grounding in the picture of the human being given by Rudolf Steiner in the first year, with a focus on the pedagogy and curriculum given in Steiner schools in the second year. VET Student Loans and Austudy are available for eligible students. This course offers a pathway to a Bachelor of Education at the Australian Catholic University, Deakin, and Charles Darwin universities. Places are still available. Information: tel. 03 9876 5199 [www.steinerseminar.com](http://www.steinerseminar.com)

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Address: *Melbourne Rudolf Steiner Seminar*, 37A Wellington Park Drive, Warranwood, 3134

# Anthroposophical Inner Development

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**Starts 16 Feb 2022**



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Lisa Divine & Sven Saar

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We have some great markets to enjoy in the Upper Yarra. Pop on down, support locals and connect with your community. Please check market websites for updates as market schedules may change due to weather or COVID-19 restrictions.

[The Valley Market Warburton](#)

1<sup>st</sup> Sunday

11am-3pm

Thomas Avenue, Warburton

[Upper Yarra Community Market](#)

2<sup>nd</sup> & 4<sup>th</sup> Sunday

8am-2pm

Car Park adjacent to Recreation Reserve,  
Yarra Junction

[Warburton Community Market](#)

2<sup>nd</sup> Sunday

9am-2pm

St Mary's Anglican Church, Warburton

[Millgrove Community Market](#)

3<sup>rd</sup> Saturday and 5<sup>th</sup> Sunday

7am – 3pm

Memorial Park Reserve near CFA, Millgrove

A photograph of fresh produce including sweet potatoes, broccoli, leeks, and bananas. A semi-transparent circular overlay contains text for 'MELGANICS'.

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- \*Friday 3.30-6.00pm (The Valley Market ECOSS)**
- \*Saturday 10am-1pm**

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## Fill Good Bulk Foods

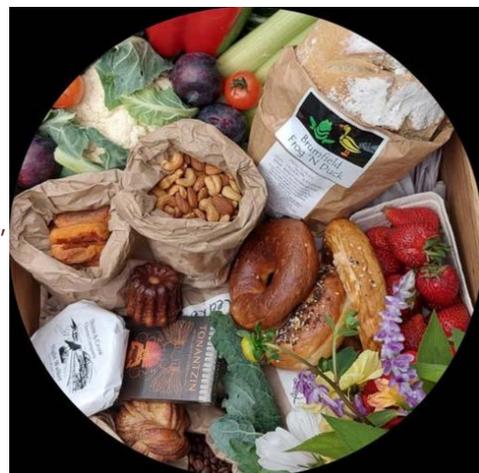
Hello dear Little Yarra Community

You may know us, heard of us or we're news to you.

Feel Good, Buy Better. The feel-good vibes as bodies thrive, consciences are alive, affordability and sustainability done right. Feel good for our ourselves, each other, and our great mother.

We're locals who have answered to call to serve our community with:

- ✓ Fresh whole foods
- ✓ Plastic Free
- ✓ Local producers and farmers all easy to find in the one spot.



And we're seriously delicious! Local artisan cheese, sourdough, croissants, bagels, local organic fruit and veg, artisan roasted nuts and dried fruit and so much more from [Sanna's Ghee](#) / [Tomi's Miso](#) / [Jack's Stone and Crow's cheese](#) / [Shanny's Sauces](#) / [Anda's Brumfield's Sourdough](#) / [Jordan's Everlasting Farm's Veg](#) / [Len and Heather's Rayner's Fruit](#) / [Alison's Badger Creek Blueberries](#) / [Simons' strawberries from Gooligutch](#) / [Michelle and Darren's Hill Farm eggs](#) / [Ricci's Bikkies](#) / [Jodie's organic Avocados](#) / [Sean's Spelt Sourdough Breads](#) / [Mary Anne's Yarra Valley Bath and Body](#) / [Mick's organic olive oil](#) / [Twid and Col's Holy Cow Chai](#) / [Cleo and Wayne's Silva coffee](#) / [Fernando's Tonantzin chocolate](#) / [Alison's Local Wild Foraged Eucalyptus Essential Oil](#)

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## Ayurvedic Crispy Buckwheat Pancakes

Ingredients:

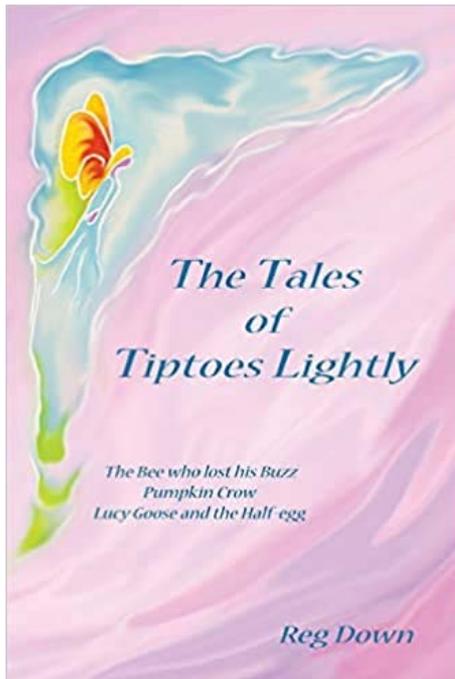
- Buckwheat flour - 1/2 cup
- Non-homogenized milk - 2 tbsp - (can replace with fresh almond milk or add millet & channa flour to make batter stick)
- Water - 1 cup
- Cinnamon powder - 1/2 tsp
- Cardamom seeds crushed or cardamom powder - 1/2 tsp
- Ghee for frying
- Fresh coriander, fresh lemon and maple syrup (optional) for garnish.

Method:

Mix all the ingredients, adding water a little at a time, to make a smooth, runny batter. Heat non-stick pan to low heat. Then coat pan with 1-1.5 teaspoons of ghee. Pour enough batter to have a pancake of the size you want & evenly spread the batter to make the pancake. Optional: add chopped coriander on the raw batter and spread to infuse it in the pancake. When bubbles start appearing on surface of the pancake, add 1 teaspoon of ghee around edges (if you didn't start with enough ghee). Turnover and cook other side, spooning ghee around edges to make crisp. Serve this Ayurvedic pancakes with fresh lemon juice, fresh coriander and mango chutney or maple syrup.

Ayurvedic Properties:

- Rasa (Taste): Astringent, Sweet, Pungent
- Virya (Energy): Heating
- Vipaka (Post-Digestive effect): Sweet
- Gunas (Qualities): Heavy
- Actions on the doshas: Balances Vata and Kapha, increases Pitta in excess



## The Tales of Tiptoes Lightly by Reg Down

Here is the original collection of stories of the beloved fairy **Tiptoes Lightly** by Waldorf teacher and master storyteller **Reg Down**. Best suited for ages 4-9 years.

Stories in this first volume include:

- "The Bee Who Lost His Buzz"
- "Pumpkin Crow"
- "Lucy Goose and the Half-Egg"

Tiptoes Lightly lives high up in the branches of a Great Oak Tree, overlooking Running River. She and her friends enjoy many colourful adventures! First they help a bee who's been snagged on a thorn belonging to grumpy Mr. Cactus. Next they visit the house of Pine Cone and Pepper Pot, and sail down to the sea to untangle Octopus, who is too young to count his legs properly and gets them all mixed up! Later they journey to Snowy Mountain to visit Jack Frost, who tells them the dramatic story of his origin. Finally, after many adventures big and small, they find the real mother of the half-egg that Lucy Goose found in the mud and is determined to hatch along with her own eggs. With plentiful illustrations by the author, these are simple, innocent and magical nature stories.

Both humorous and reverent, these stories are suitable for reading aloud to pre-readers, or for older children to read themselves.

### About the Author:

**Reg Down** grew up all over the world, and has lived in South Africa, Namibia, Ireland and Canada. The father of three, has taught eurythmy in Waldorf schools in the U.S., Canada and Australia. The author of eight books for children, Reg's stories have arisen out of his work with his students in kindergarten and the early grades. He lives in Sacramento, Cal., "writing, publishing, storytelling and puppeteering."

## The Dignity of the Young Child: Volume 1

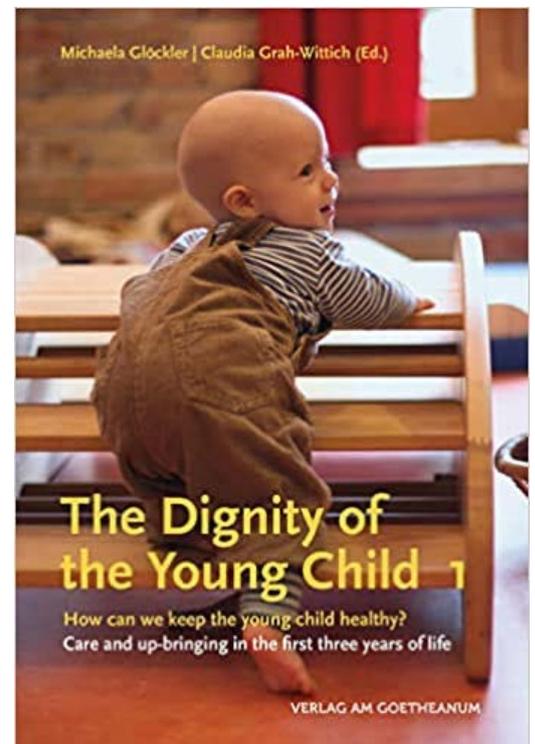
How can we keep the young child healthy?  
Care and up-bringing in the first three years of life

By: Michaela Gloeckler

New and successful insights for the care and raising of the child in the first three years of life. The contributions in this book deal with the process of incarnation in the first three years of life. They highlight questions concerning the young child walking, speaking and learning to think--on the one hand from the viewpoint of anthroposophical knowledge of the human being, and on the other hand from research by Emmi Pikler.

- How can the young child be given enough free space to best unfold its innate capacities for the future?
- How can the child's autonomous will to learn be supported and promoted, so that its personality can develop on the basis of trust and security?
- How can the relationship skills of the young child be formed by attentive and trusting togetherness in care situations, as prerequisite to be freely active?
- How should the surrounding of the little child be designed, also with regard to the self-education and self-development of the parents and educators, so that the child can experience being by itself and then again in connection with its surroundings?

The answers to these four essential questions correspond to the current state of knowledge and practical experience. To optimally support children in their development in a world that is often not child-friendly, the interdisciplinary combination of medical-psychological-pedagogical research has proven to be particularly fruitful and forward-looking.





**Dr Frederick Swann**  
**(B. App. Sc. Chiropractic)**  
**(B. App. Sc. Clinical Science)**

*Dr Fred Swann has been working as a Chiropractor since 2000.*

*He is a director at Tree of Life Integral Centre in Kew, Melbourne, and is now the new owner of*

*The Innate Connection Croydon.*

*At The Innate Connection, our mission is to provide excellent neurologically based chiropractic care to all who seek it. By doing so, we aim to lift the collective consciousness of society to experience and expect a higher level of wellbeing. Dr Frederick Swann and his team are passionate about helping patients to live healthy lives without the use of medication or surgery.*

*Dr Fred Swann is also the co-founder of Integral Energetics, a training and development program which has been developed to deepen ones understanding of the Energetic Field and its relationship to the body, the psyche and spirit.*

*Dr Fred has specialized in network spinal analysis (NSA) and has also trained in torque release technique, as well as other low force chiropractic methods. He has studied biofeedback and neurofeedback and used technology to assess psychophysiology and stress for over a decade, and he uses a mindfulness-based approach to state training, assisted by the technology.*

*Dr Fred has a particular interest in non-ordinary states of consciousness and how these states can be of benefit for healing the body from trauma and injuries, and also the generation of embodied flow states, to enhance performance and life enjoyment.*

*In addition to over twenty years in private practice, he has spent time consulting to athletes in professional sport about flow state and the body, and the implications for improved performance and recovery.*

*Dr Fred has a lot of friends and family in the local community and is excited to have the opportunity to be able to serve everyone at **The Innate Connection**.*

*The Innate Connection  
72 Maroondah Highway Croydon.  
[admin@innateconnection.com.au](mailto:admin@innateconnection.com.au)  
8740 3444*

# PLANT SALE

LILYDALE BAPTIST CHURCH  
CNR HULL AND SWANSEA ROADS

SAT

FEB  
26

8am  
-  
12.30pm

Large range of **CHEAP**  
plants

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RSL Fundraiser for the  
Yarra Ranges  
Cowey-Selman Kokoda  
Award





# OUTER EAST FEMALE FOOTBALL ROADSHOW

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## **WEDNESDAY 23RD OF FEBRUARY**

**OLINDA GREEN SPORTS OVAL, OLINDA-MONBULK RD**

**5PM-6:30PM**

## **WEDNESDAY 2ND OF MARCH**

**WESBURN PARK, WARBURTON HWY WESBURN**

**5PM - 6:30PM**

## **WEDNESDAY 9TH OF MARCH**

**DON ROAD SPORTING COMPLEX - 249-263 DON RD, HEALESVILLE**

**5PM-6:30PM**

## **FRIDAY 18TH OF MARCH - IN CONJUNCTION WITH EFNL**

**EASTERN RANGES OVAL- 95 COLCHESTER ROAD KILSYTH**

**6PM - 7:30PM**

## **REGISTER HERE**

**[HTTPS://WWW.PLAYHQ.COM/AFL/REGISTER/FD1C68](https://www.playhq.com/afl/register/fd1c68)**

**ATTEND AS MANY SESSIONS AS YOU'D LIKE. ATTENDANCE TO ALL SESSIONS IS FREE.**



**PLEASE EMAIL ANY QUESTIONS TO  
GRACE.NICHOLLS@AFL.COM.AU**

## Events in February/March 2022

### Frogs of the Yarra Ranges: Identification, Ecology and Conservation

Next date: Saturday, 26 February 2022 | 10:00 AM to 11:30 AM



Learn about the frogs of the Yarra Ranges and surrounding areas, including those most commonly encountered, some that are threatened, and others that have established through introductions. Hear the calls of the various local species and learn some of the key characteristics used to identify them, as well as aspects of their biology, habitat preferences and threats they face. There will also be time for questions at the end of the presentation. Presenter David De Angelis is a naturalist, environmental educator and consultant with a particular interest in the conservation and ecology of frogs and reptiles.

[Register for this event](#)

### Electric Vehicle Community Information Event

Next date: Saturday, 19 February 2022 | 10:30 AM to 12:30 PM

The Yarra Valley Community Power Hub will be hosting this event in partnership with Yarra Ranges Council and Healesville CoRE.

One of the biggest sources of greenhouse gas emissions is transport! Vehicles using clean, renewable energy can help to achieve significant reductions in greenhouse gases, reduce air pollution and make our environment more liveable. With the market for Zero emissions vehicles expected to mature over the next decade, the Victorian Government is preparing a Zero Emission Vehicle Roadmap to manage the transition. Electric Vehicles will have an effect on our electricity grid and will provide an additional way of storing and distributing energy.

This event will cover the types of electric vehicles, the effect they have on the environment, the cost of buying and maintaining them, distances between recharges, charging stations and more. There will be six electric vehicles with their owners available for further information. Learn about the latest developments in the renewable energy transport field here and overseas.

Come and learn about the community EV bulk buy which will be launched at this event.

**Bryce Gatton**, is an EV writer and consultant who has been working in the EV sector for over 12 years. Amongst the many EV hats he wears, Bryce writes for the Australian EV website, *The Driven*, and works for the University of Melbourne as the EV safety trainer and supervisor for their Formula SAE race team. Bryce will bring his electric Hyundai Kona.

#### Guest Speakers

**Kimjan Achilles** of Yarra Valley Water will talk about his decision to buy a new electric vehicle (MG ZS EV), and how good it is to own an EV. Kimjan will bring his MG.

**Trent Evans**, a member of Yarra Glenenergy, is involved in bringing a fast charger for electric cars to Yarra Glen. Trent will bring his Tesla series 3.

**Kym Saunders**, the Sustainability Coordinator at Yarra Ranges Council, will talk about the Council's plan to change their fleet to EVs. Kym will bring one of the council's EVs.



[Register for this event](#)

# Wash My Soul in the River's Flow

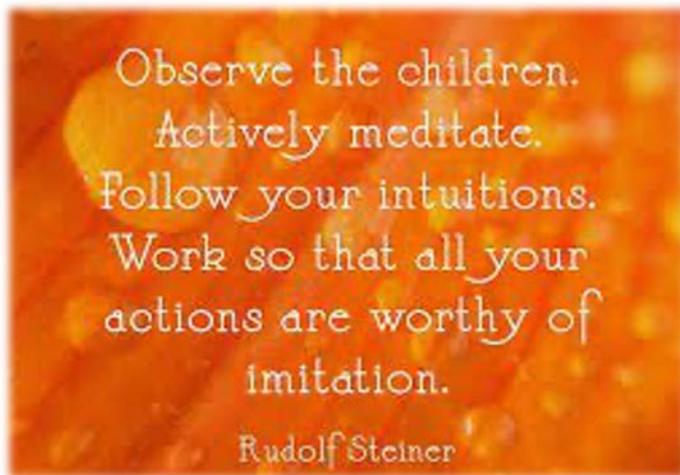
Next date: Thursday, 17 February 2022 | 07:00 PM to 08:30 PM  
The Memo, Healesville, 235 Maroondah Hwy, Healesville 3777

Thursday, 24 February 2022 | 07:00 PM - 08:30 PM  
Arts Centre, Warburton, 3409 Warburton Hwy, Warburton 3799

A cinematic reinvention of Archie Roach and the late Ruby Hunter's 2004 award-winning concert – a fertile music collaboration with Paul Grabowsky and the Australian Art Orchestra.

In 2004, Ruby and Archie worked with Grabowsky and the Australian Art Orchestra to create the seminal concert *Kura Tungar: Songs from the River*. Ruby was born on the banks of the Murray, home to the Ngarrindjeri people for thousands of years. As a child, she was forcibly taken from her family under the government's assimilation policy. Years later she met Archie, another member of the Stolen Generation, at a Salvation Army drop-in centre. The story of their lives, as told through their music and lively yarns, celebrates country and culture, resilience, and family. Philippa Bateman's lovingly crafted film threads together footage of rehearsals and opening night with stunning images of the Murray. A fittingly cinematic and spiritual tribute to two much-loved Australian performers, executive produced by Indigenous singer-songwriter Emma Donovan.

**Classification:** PG  
**Running time:** 89 mins  
**Year:** 2022  
**Country:** AUSTRALIA  
**Director:** Philippa Bateman  
**Cast:** Archie Roach





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**Assists and support the following and more:**

- Learning difficulties and co-ordination
- Anxiety / Sleep and confidence
- Depression
- Stress / overwhelm
- Muscles, ligaments, joints, tendons, fascia
- Physical and emotional trauma
- Headaches and migraines
- Digestive system / food sensitivities
- Weight control and management
- Addictions
- Toxin elimination
- Vision problems
- Chronic Fatigue Syndrome / Fibromyalgia
- Immune system
- Grief
- any issue you desire to improve

**Examples of balance types plus many more:**

- Brain Integration
- Clearing and replacing Negative Belief Systems
- Healing the Inner Child
- Clearing Redundant Vows
- Clearing Sabotage Programs
- Temporal Mandibular Joint Correction
- Clearing Survival Programs
- Clearing Shock Programs
- Trauma Balance
- Spinal Alignment Balance
- Clearing Negative Generational Programs
- Clearing Emotional Bruising
- Healing Relationships with Self and Others
- Clearing Negative Memories in the Amygdala
- Deep Emotional Balance
- Many, many or balances

Reviews on Facebook: [www.facebook.com/kinergetics70](https://www.facebook.com/kinergetics70)  
Address: 198 Killara Rd, Gruyere Vic 3770

## Sweet Porridge edition - Term 1 2022

Closing date for submissions

TERM 1 2022

Friday 11 March

Friday 1 April

Date of Publication

TERM 1 2022

Tuesday 15 March

Tuesday 5 April

[sweetporridge@lyss.vic.edu.au](mailto:sweetporridge@lyss.vic.edu.au)

The Valley Market **ECOSS**

**THE VALLEY MARKET**

The Valley Market **Warburton**

Every Friday  
3.30 pm - 6pm  
Yarra Valley ECOSSE  
711 Old Warburton Rd  
Wesburn

First Sunday of the Month  
11am - 3pm  
Behind The Arts Centre  
along the Yarra River  
Warburton



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