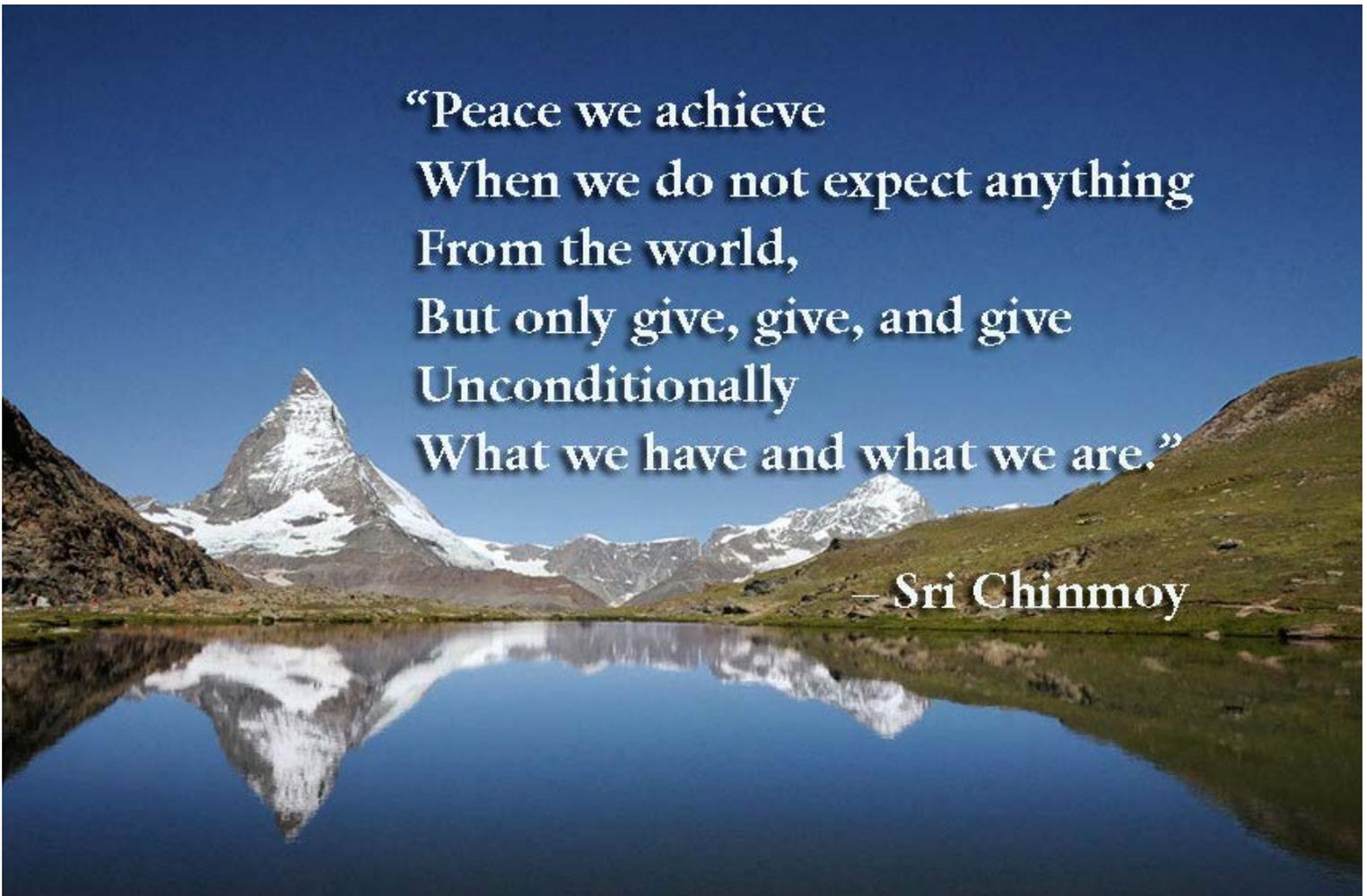


16 March 2022

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.

**“Peace we achieve
When we do not expect anything
From the world,
But only give, give, and give
Unconditionally
What we have and what we are.”**

— Sri Chinmoy



*Aesop, the ancient Greek storyteller, once said,
"No act of kindness, no matter how small, is ever wasted."*

When my family first arrived at Little Yarra from suburban Melbourne in late 2005 we experienced our first act of kindness when unexpectedly a busy teacher and her family offered to cook us a meal for our last night in our old home. Not only did this wonderful food nourish us physically but it also left us with deep gratitude of being part of a community. Furthermore, this gesture also pathed the way to be repeated on many occasions for others over the years.

There has never been a greater need for kindness than right now in these times of upheaval, whether through natural or man-made causes. Kindness connects, soothes, and strengthens us. Everyone has challenges, often hidden from sight, making us appear to be 'coping' and 'strong' when what we really need and yearn for is that random act of kindness that shows us "you matter, you are part of this world community".

Being kind has a positive effect on our body, our mind, and our self-esteem but it is not just about how we treat other people — rather how we extend those same behaviours and intentions to ourselves as well! This is not easy as we often place ourselves last in the order of priority, especially as parents, carers and teachers. How often do we think "I'm sure this person needs x/y/z more than I do...?"

By being kind to ourselves we have the recharge we need to do the same for others. There are many ways we can show kindness to our self: Reserve some time in the day just to be with yourself. Become aware of your own achievements and give yourself recognition. Respect and forgive yourself. Stop trying to be perfect and tell yourself "I am enough".

Kindness is contagious and inspiring! It is free, easily accessible, and unlimited. Let's use it abundantly, a special summer harvest for all to share.

*With gratitude
Sonja*



I am the Sun

I am the Sun –
And I bear with my might
The earth by day, the earth by night.
I hold her fast, and my gifts I bestow
To everything on her, so that it may grow:
Man and stone, flower and bee
All receive their light from me.
Open thy heart like a little flower,
That with my light I may thee dower:
Open thy heart, dear child, to me,
That we together one light may be.

Christian Morgenstern



Autumn Verses

How the Leaves Came Down (Poem)

by Susan Coolidge

"I'll tell you how the leaves came down,"
The Great Tree to his children said:
"You're getting sleepy, Yellow and Brown,
Yes, very sleepy, little Red.
It is quite time to go to bed."

"Ah!" begged each silly, pouting leaf,
"Let us a little longer stay;
Dear Father Tree, behold our grief!
'Tis such a very pleasant day,
We do not want to go away."

So, for just one more merry day
To the great Tree the leaflets clung,
Frolicked and danced, and had their way,
Upon the autumn breezes swung,
Whispering all their sports among—

"Perhaps the great Tree will forget,
And let us stay until the spring,
If we all beg, and coax, and fret."
But the great Tree did no such thing;
He smiled to hear their whispering.

"Come, children, all to bed," he cried;
And ere the leaves could urge their prayer,
He shook his head, and far and wide,
Fluttering and rustling everywhere,
Down sped the leaflets through the air.

I saw them; on the ground they lay,
Golden and red, a huddled swarm,
Waiting till one from far away,
White bedclothes heaped upon her arm,
Should come to wrap them safe and warm.

The great bare Tree looked down and smiled.
"Good-night, dear little leaves," he said.
And from below each sleepy child
Replied, "Good-night," and murmured,
"It is so nice to go to bed!"

O Dandelion

O Dandelion, yellow as gold,
what do you do all day?
"I just wait here in the tall, green grass,
'till the children come to play."

O Dandelion, yellow as gold,
what do you do all night?
"I wait and wait, while the cool dew falls,
and my hair grows long and white."

And what do you do when your hair grows white,
and the children come to play?
"They take me in their little hands,
and blow my hair away!"



Autumn
Yellow the bracken,
Golden the sheaves.
Rosy the apples,
Crimson the leaves.
Mist on the hillside,
Clouds grey and white.
Autumn, good morning!
Summer good night!



The Cat and the Rooster

Ukrainian Folk Tale

ONCE upon a time there lived a cat and a rooster who loved one another dearly. The cat would play his fiddle and the rooster would sing, the cat would go out to get food for the two of them, and the rooster would stay at home and look after the house. Every time the cat prepared to go out he would say to the rooster:

"You mustn't let anyone into the house, rooster, or go out yourself, no matter who calls you." "I won't, don't you worry," the rooster would reply, and he would get into the house and stay there till the cat came home.

Now, a fox once saw the rooster and decided to lure him out and catch him. She crept up to the window of their house when the cat was out and called out: "Come out, rooster, and join me, and I'll give you grains of wheat and some water clear and sweet."

But the rooster called out in reply: "rooster-a-doodle-doo, I'll do without, for I promised the cat I'd not go out!"

The fox saw that this was not the way to go about things, so one night she crept up to the house, threw some wheat grains under the window for the rooster to see and herself hid behind a bush.

By and by the cat went out hunting as usual, and the rooster opened the window and looked out. There was no one about, he saw, but there, scattered on the ground, lay some luscious grains of wheat. The rooster was eager to eat them and said to himself: "I think I'll go out and peck at those grains for a bit. There is no one about, so no one will see me or tell the cat on me."

But no sooner did he step over the threshold than the fox was upon him. She seized him by the scruff of his neck and away she ran to her own house! And the rooster called out to the cat:

"Save me, brother cat, I pray!
Foxy's taking me far away.
For her bushy tail
I can't see the trail.
If you don't come, friend,
I will meet my end."

However, the cat was a long way off and he did not hear the rooster. By the time he returned home it was too late for him to go after the fox. He tried to overtake her, but could not, so back he went home and wept and cried. But he got to thinking after a while, and, taking his fiddle and a bright-pictured sack, set out for the fox's house.

Now, the fox had four daughters and a son, and before going out hunting that day, she told them to keep an eye on the rooster and to heat a pot full of water so that as soon as she was back she could kill and cook him for dinner. "And mind you let no one into the house while I'm away," she said. Away she went, and the cat came up to the house, stood under the window and began to play and to sing the following song:

"Foxy's house is big and tall,
Her four little daughters are beauties all,
And Pilipko, her only son,
Is very sweet to look upon.
Step outside, young foxy, do,
And I'll sing some more for you!"

Now, the fox's eldest daughter felt that she must go and see who it was playing and she said to the others: "Stay here in the house and I'll go and see who it is that plays so well." She came out of the house, and the cat rapped her smartly on the nose, whisked her into his sack and began to play and to sing again:

"Foxy's house is big and tall,
Her four little daughters are beauties all,
And Pilipko, her only son,
Is very sweet to look upon.
Step outside, young foxy, do,
And I'll sing some more for you!"

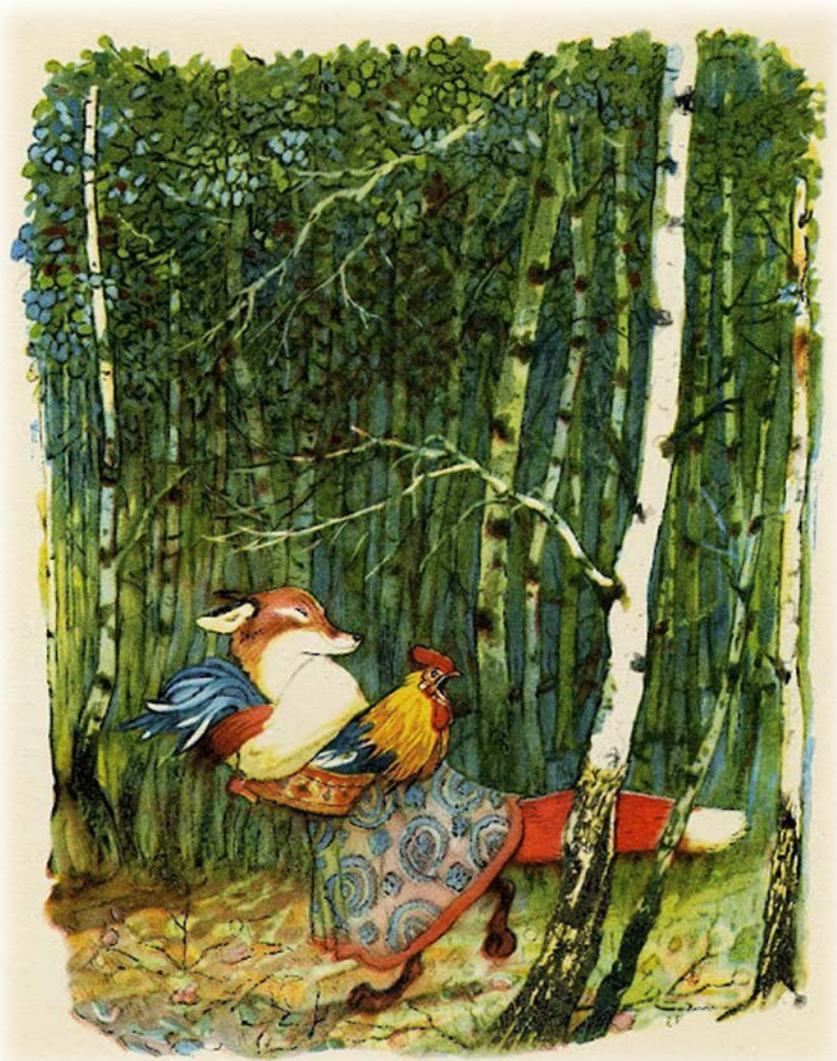
The fox's second daughter went out to see who it was playing, and the cat rapped her on the nose and whisked her into his sack. And the very same thing happened to the fox's two younger daughters. There sat their brother Pilipko in the house and waited for his sisters, but they did not come back.

"I think I'll go out and get them to come home," said he to himself, "or our mother will be angry when she gets back."

He stepped outside, and the cat rapped him on the nose too and whisked him into the sack! Then he hanged the sack on a dry willow tree and ran into the fox's house. He found the rooster and untied him, and the two of them ate all of the fox's food, overturned the pot of boiling water, broke all the dishes and ran home.

And the rooster did just as the cat told him ever after and never, never disobeyed him again.

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.

The Art of Listening

why is it that one wishes to know so much? to know everything? is it to prevent feeling threatened due to lack of knowledge and understanding? is it because this feeling of threat and even fear is uncomfortable? unwanted?

one wishes to know because it creates security. safety. a sense of comfortability.

one wishes to know because then one does not feel outcast.

so why is it, if this want for knowledge is so great, that it is so easy to neglect the true art of listening?

people hear. people hear all the time.

they hear what everyone says. pay attention to words, sentences, phrases, the dynamics, the volume, the way the sentence is formed.

they hear wonderfully. always asking questions in the hope of knowing the next answer, speaking in their minds before their previous question has even been acknowledged.

they hear so intently. so carefully. so critically. yet something is missing. something is always missing.

people hear so much, yet they often forget to listen.

now, while they share similarities, one cannot confuse hearing and listening.

hearing is externally or briefly acknowledging and perceiving the wisdom, thoughts or sounds shared.

listening is allowing those thoughts and sounds to be greeted in one's mind and observed with full attention.

hearing allows one to feel as though they know something, yet all that one knows is not all that is worth knowing. it is not what one truly wishes to know. for what one wishes to know has been lost. lost due to hearing in place of listening.

only when listening and allowing the thoughts and sound to settle and to stay and when acknowledging the information without assumption, or feeling the necessity to speak, will one learn in the purest form. only through this can understanding be built, and the mind developed.

only when one listens will one realise there is an eternity of things they do not know.

by listening, one will not feel isolated. for one will have an understanding for the things that are necessary to know. the things that allow one to live.

only when one realises this, and practices or closely observes this, will knowledge, inspiration of the mind, ideas and so much more feel precious and as though one has stepped into a new freedom.

the freedom that is born through the simplicity and the art of listening.

(Contribution from a senior LYSS student)



Sweet Porridge edition - Term 1 & 2 2022

Closing date for submissions

TERM 1 2022

Friday 1 April

TERM 2 2022

Friday 6 May

Date of Publication

TERM 1 2022

Tuesday 5 April

TERM 2 2022

Tuesday 10 May

Email sweetporridge@lyss.vic.edu.au

Advertising Rates for Sweet Porridge

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

All revenue raised from Sweet Porridge benefits the Parents & Friends Association of Little Yarra Steiner School.
Advertising payments can be made via EFT
BSB 633 000 A/C 14 284 4166 LYSS P & F
or at the School Office. Please email all content to sweetporridge@lyss.vic.edu.au

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Instruments for Sale

Term 1 – 2022

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

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 "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

¾ 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 Chamber student cello and bow. Comes with a soft case, in good condition except for some surface scratches, \$550. Contact Natasja 0498 266 385 or infor@natasjafox.com

3/4 Chamber Student Cello Model with bow (approx. 3yo instrument) Beautiful sounding Cello. Used by intermediate player: playing grade 4. Purchased and set up by Nic at Bows for strings Glen Waverley. Hard case included. Case has partial broken zip. Still perfectly usable. \$950. Lisa 0410692929

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

"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

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

If you wish to add an instrument for sale, please email details to 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.

World peace is one project that we have to do
together

Yoko Ono



Why do we use craft in the Steiner curriculum?

“Craft is a power in the heart of the curriculum, in the heart of the child and in the heart of the school” (Ruth Wittig 2005)



We often hear how the Steiner curriculum meets the children developmentally, but what does this have to do with knitting, weaving, and stitching? Some approaches to answer this question are pragmatic and some more spiritual. Matti Bergstrom, a professor and neurophysiologist from Sweden believes that it is critical to the overall brain development of our children. He argues that the density of nerve endings in our fingertips is enormous and if these are not used in childhood we become “finger-blind”. The rich network of nerves becomes impoverished, and this represents a huge loss to the brain, thwarting a child’s overall development. Interestingly, Matti likens this kind of damage to blindness.

She views craft as a form of 'sacrament'. *“We give ourselves up to the task in hand and devotion fills the soul; naught else abides there whilst we are so intimately engaged. And we learn what it is to work with love. New ideas are born in bursts of creativity... no one owns the ideas, no one owns the patterns. It is a living stream of activity.”*

Learning through doing and learning through making are twin aspects of the same fundamental attitude towards education, that permeates the curriculum based on Rudolf Steiner’s indications.

The more we take into account that intellect develops from the movements of the limbs, from dexterity and skills, the better it will be.

Thinking and understanding arise out of activity and movement. Living thinking is internalised movement. In view of the fact that modern life has deprived children of so many opportunities to imitate and practise meaningful movement through the activities of the hands, education has to compensate if children are to develop in a healthy way. Practical work harmonises the child’s soul faculties and thinking, feeling and willing, just as stories work down into the life processes and bodily rhythms in an equally harmonising way.

Making is a creative process that develops skills and competence by engaging with ideas and materials. Knowledge and understanding acquired through ‘learning by doing’ allows young people to enjoy a sense of achievement which will sustain a life-long interest in the made world.



In handwork and crafts, the formative qualities of above/below, heavy/light, light/dark, inside/outside form the basis of the work for children of all ages. All the tasks are performed by both boys and girls. They are not done for their own sake but in order to develop the capacities of the children. They should always have a practical purpose and awaken a social awareness for the work of other people.

Respect for the source of the material and the final handling of worn, used and spent artifacts are, in addition, the first stages towards individual responsibility for the environment and resourcefulness. This means that the preliminary skills for craft work are best integrated throughout the curriculum.

Craft is a space that holds the reverent and the meaningful. More than just a celebration of the end product, it’s a process of blossoming for the students, and often a journey of challenge and triumph, while working in harmony with others.

“If we occupy children with the arts and craft in the right way, we shall do more for the spirit than by teaching those things considered spiritual and cultural”

Rudolf Steiner (cited in Wittig , 2005)



Craft Activity

Opening verse for handwork:

May our hands complete our task with patience,

May our work be done with care,

May our fingers work as friends together,

May we our friendship share.



Easy Knit Chicken

You will need:

- Needles: 6 – 9 mm
- Yarn: A ball of 'chunky' weight woollen yarn
- Small piece of red yarn for beak
- Stuffing: wool roving

Instructions

1. Cast on sixteen stitches. Knit with garter stitch until it makes a square.



2. Measure by lifting one corner and folding diagonally across to see if both sides match. Cast off when they do.

3. Stitch one side. Fill with sheep's wool. Stitch the other side. From the bottom take a gathering stitch up bring down to create the shape of the hen.

4. Use red yarn and for a comb and gills and beard, if desired with buttonhole stitches.

Closing verse:

*Our hands have completed the task with
patience,*

Our work has been done with care,

Our fingers have worked as friends together,

And we our friendship shared.



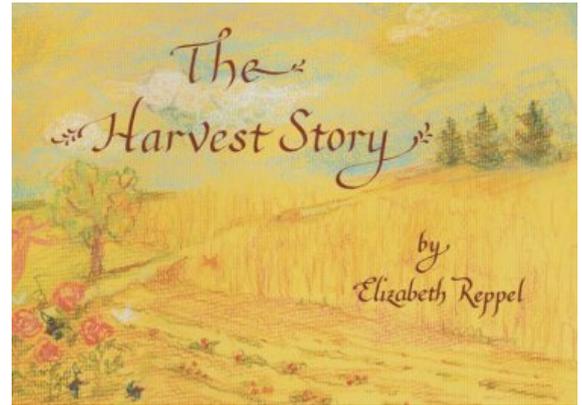
Children's Books / Parent & Educator Literature

The Harvest Story by Elizabeth Reppel

In this delightful story, written in verse, we journey through the seasons with the farmer, from winter rest through to autumn harvesting. Along the way, we meet the elements as they bring help for the seeds to grow.

The entire book is a work of art – the drawings exquisitely beautiful and just right for young children; the verses are hand-written in a beautiful script. It is a privilege to be able to offer something this lovingly created. Ages 3-8.

ISBN: 9780946206568



Meditations for Courage and Tranquillity: The Heart of Peace

by Rudolf Steiner, Matthew Barton (Translator)

*The years flow past into the stream of time,
leaving us with memories;
and in remembering, the soul
weaves life together with life's meaning.
Live the meaning, trust existence;
and universal life will join
the core of your being with its own.*

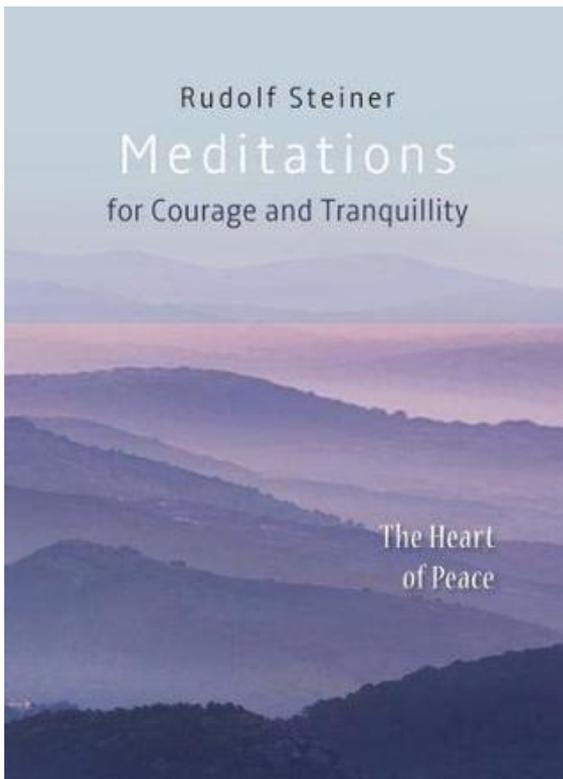
As a spiritual teacher, Rudolf Steiner wrote many inspired and beautifully crafted verses. Often they were given in relation to specific situations or in response to individual requests; sometimes they were offered simply to assist in the process of meditation. Regardless of their origins, they are uniformly powerful in their ability to connect the meditating individual with spiritual archetypes. Thus, the meditations provide valuable tools for developing experience and knowledge of subtle dimensions of reality.

Matthew Barton has translated and selected Steiner's verses, sensitively arranging them by theme. In this collection--to promote courage and tranquillity--Rudolf Steiner highlights the balancing, harmonising forces of the heart, which are so much under attack in our cerebral culture.

The verses aim to strengthen the heart by warming and enlivening thinking, allowing for genuine peace of mind; by drawing feeling into the dark depths of our will, in order to help develop courage; by nurturing a real sense of peace within the heart; and by helping us to help others. Together they provide a powerful antidote to the stresses and strains of modern life.

Published 1 January 2019 by Rudolf Steiner Press

ISBN 13: 9781855845534



Inner Quiet

*Quiet I bear within me
I bear within myself
Forces to make me strong.
Now will I be imbued
With their glowing warmth.
Now will I fill myself
With my own will's resolve.
And I will feel the quiet
Pouring through all my being
When by my steadfast striving
I become strong
To find with myself
The source of strength
The strength of inner quiet.*

- Rudolf Steiner

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Introduction to Nature Journaling



Next date: Saturday, 09 April 2022 | 10:00 AM

Nature journaling is the practice of drawing or writing in response to nature. This practice helps you slow down, look closely and discover more about the nature around you.

This webinar/workshop presented by Paula Peeters of [Paperbark Writer](#) will include a brief introduction to the practice of nature journaling, a reflection on place, and beginner-level exercises in drawing from nature.

The use of basic drawing materials such as graphite pencils, ink pens, watercolour pencils and aquabrushes will be demonstrated as part of the drawing exercises. One you have registered you will receive a list of suggested items to have on hand to get the most out of this session, however, a pencil and paper will be enough to participate.

We'll be giving away a copy of Paula's '[Take this Book for a Walk](#)' - a step-by-step guide to nature journaling, written in a friendly, simple style for kids and adults. To go into the draw for this book you will need to complete the survey at the conclusion of the webinar.

[Register for this event](#)

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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Events in March 2022

Healesville Mini Film Festival

Date: Sunday, 27 March 2022 | 10:15 AM to 5:15 PM
The Memo, Healesville, 235 Maroondah Highway, Healesville 3777

The *Healesville Mini Film Festival* pays tribute to the excellent films being produced by many small countries that are so often overlooked.

Is it possible to recognise the country of origin of a movie from its style? For example, are the styles of films from America and the UK recognisably different? And what about Scandinavian films, do they have their recognisable style? Well, here are three outstanding examples of contemporary Scandinavian films on the one day, in three different genres, where you can test this hypothesis.

First, an outstanding thriller from Denmark, *The Guilty*, which is unusual in that it is set solely in a police emergency call-room. Maybe not unique, but there are very few other films like it in circulation. Then, a superb study of the indigenous people of northern Norway and Finland in *Sami Blood*. The Sami have had issues and problems similar to other indigenous races around world and this is an excellent bitter-sweet look at this situation.

And lastly at the end of the day, a drama/comedy from Iceland, *Woman at War*. This film has a brilliant musical soundtrack concept which underlines this absurdist comedy, but it also explores seriously the depth of current environmental issues and humanity.

Lunch: A light Scandinavian themed buffet lunch by noted chef, Susanna Luebbers, will be available in the Nan Francis Room. It is essential to book by Tuesday 22 March.

Tickets

\$14.50 Per film
\$36.00 Festival pass (all 3 films)

[Book now](#)

\$20.00 Lunch (Bookings close Tuesday 22 March)

[Book now](#)

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Friday 11 March

Friday 1 April

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Tuesday 15 March

Tuesday 5 April

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 Liquid Crystals and PSYCH-K®.
 Practising modalities of Kinesiology allows you to effectively listen to, and heal your mind, body and soul.
 I welcome the opportunity to respectfully work together. Please call to arrange an appointment on 0479 169 795.

Natural healing therapies which positively and powerfully transform your life. We all have an incredible ability to heal ourselves. Together we effectively release trauma, and replace subconscious limiting beliefs with positive conscious wisdom. Ultimately, empowering you to be your true best; physically, mentally, emotionally and spiritually.

Assists and support the following and more: Examples of balance types plus many 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

-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
 Address: 198 Killara Rd, Gruyere Vic 3770



Scottish Porridge - Buttery and salty

Cook oats in some water, add some currants. Once finished and plated up into a bowl, sprinkle some salt and a few little knobs of butter that melt into the oats. A splash of milk and done. Buttery salty goodness with creamy oats. Want to add some sweetness? Ripe raspberries, stewed plums...plenty of choice.

Perfect for the upcoming cooler mornings we are experiencing right now.

Fill Good is shining bright!

Right here, in the beautiful Yarra Valley we have our independent producers. They may be small, but they are mighty, vibrant and full of life. It seems our Valley is fertile ground for local enterprise.



What a wealth of creativity and empowerment we find when we work together to keep great things going and growing!

Just like the times of the past, when there was less strain on our earth. Fill Good does not have multiple suppliers for the same product. What is certain amongst our Fill Good community, is that it's ensured that our local small producers will come to us feeling safe, seen and supported. None of this would be possible without you.

Ordering online is easy and quick. We pack all your goods by hand into brown paper bags. Pick up is from Don Valley or we Deliver to you. Free Delivery for orders over \$120 or a 5% pick-up discount. For a call or an email, I am found here: Chris Info@fillgood.com.au or 0413 593 570. Or shop away dear friend via the link and share in our local bounty www.fillgood.com.au.

Yarra Valley ECOSS & The Valley Market

presents

ecotopia



Celebrating Sustainable Living, Regenerative Farming
and Permaculture

Friday March 18th. 2022 - 3.30pm-9pm

Regenerative Farming Seminar.

Saturday March 19th -10am-5pm

Featuring

Main Stage:

Welcome to Country

Awol Monks

Ecotopaiir band

Mr Manifold & The Resolution

Ganga Giri band

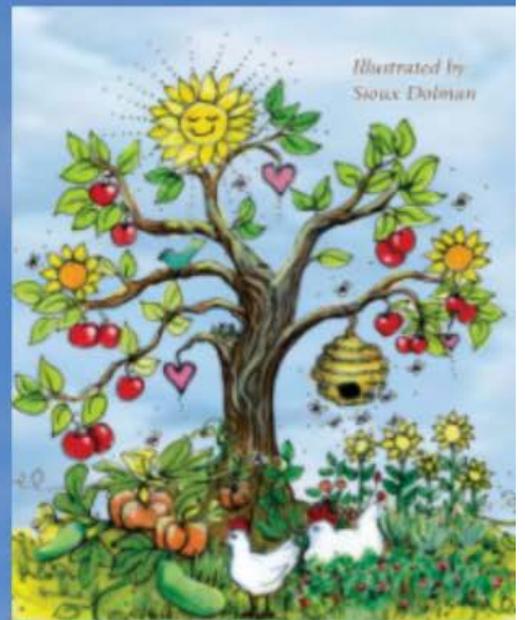
In the Dome:

The Dreaming Space Circus

And more.....

ECO Market Stalls

Presented by:



COST: \$15/\$10 DONATION * MORE DETAILS @ [ECOSS.ORG.AU](http://ecoss.org.au)
YARRA VALLEY ECOSS 711 OLD WARBURTON RD WESBURN
THIS IS A COVID SAFE OUTDOOR MARKET

ECOSS acknowledges the traditional custodians of the land the Wurundjeri people of the Kulin Nation. We pay our respects to elders past, present and emerging. We acknowledge that we are in Climate Crisis and pay respect to those working hard towards Climate Mitigation.

PROUDLY SPONSORED BY





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](#)

1st Sunday
11am-3pm
Thomas Avenue, Warburton

[Upper Yarra Community Market](#)

2nd & 4th Sunday
8am-2pm
Car Park adjacent to Recreation Reserve,
Yarra Junction

[Warburton Community Market](#)

2nd Sunday
9am-2pm
St Mary's Anglican Church, Warburton

[Millgrove Community Market](#)

3rd Saturday and 5th Sunday
7am – 3pm
Memorial Park Reserve near CFA, Millgrove

A circular graphic overlay on a background of fresh produce including sweet potatoes, broccoli, leeks, and bananas. The text inside the circle provides information about Melganics, including their offerings and store hours.

MELGANICS
We lovingly provide;
*Organic & Biodynamic fresh fruit & veg
*Dry goods,bulk, dairy, vegan, fridge produce
*Local available seasonal fresh produce
STORE HOURS:
* Tuesday 2.30-6.30pm (Top up Tuesday)
*Friday 3.30-6.00pm (The Valley Market ECOSS)
*Saturday 10am-1pm
Located @ ECOSS - 711 Old Warburton
Road, Wesburn

Melbourne Rudolf Steiner Seminar

Full-time and part-time courses in Rudolf Steiner Education



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.

- *Nourishing Early Childhood* (Certificate), which explores the life of the very young child from 0-7. Duration: 1 year.
- *Understanding Child Development and Rudolf Steiner Education* (Certificate), which considers child development and education during the Primary years. Duration: 2 years
- *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

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

email: office@steinerseminar.com

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



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
8740 3444*