

# Sweet Porridge



22 November 2022



*Dear LYSS Community,*

*Days of Summer, where art thou?*

*Where's thy sultry evening glow,  
as the sun bides farewell to a heat-filled day,  
where the air is filled with the scent of fresh hay,  
where the ice-cream van meanders down the lane,  
where wide open we swing every windowpane.*

*Where art thou Summer with your glorious sun?*

*With the skies so blue comparable to none,  
with the crickets singing so loudly at night,  
whilst the sunsets red glow, an incredible sight.*

*We miss you Summer, come to us soon,  
with the milky way up high and the glowing, golden moon,  
with music and laughter and children playing on the lawn,  
with sunrise swimming in the early morning dawn,  
with sweet ripe fruit to feast upon,  
with gardens in full bloom, oh come on,  
dearest Summer, come visit us soon.*

*(SF 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.*

# Speaking Grapes, Smiling Apples and Ringing Peaches

A TALE FROM HUNGARY

**T**HERE WAS ONCE a king who had three beautiful daughters. One day he set off to the market, but before he left, he asked his daughters: "Tell me girls, what would you like me to bring back for you from the market?" "Please buy me a golden dress," said the eldest daughter. "I would like a silver dress," said the middle daughter. "And what would you like?" the king asked the youngest princess. "My dear father," said she, "bring me some speaking grapes, smiling apples and ringing peaches." The king scratched his head. "Hmmm, I have never heard of those, but I'll certainly bring them to you if they exist." With that, the king went to the market. He bought a golden dress for his eldest daughter and a silver one for his middle daughter, but speaking grapes, smiling apples and ringing peaches were not to be found anywhere in the whole market.

He was sad that he could not fulfill his dearest daughter's wish that whosoever can bring me some speaking grapes, smiling apples and ringing peaches should come to my palace and will be rewarded with riches for their whole life." Just then his carriage suddenly shuddered and came to a stop. It was stuck fast in the mud—so stuck that the horse could not move it at all. The king tried everything he could think of, but the horse just stood still. The king did not know what to do. His horse was so strong, at other times, that it could pull anything; now it would not even pull the small cart. He asked for help from the nearest village. People came with more horses and all kinds of animals, but nobody could move the cart. Suddenly a pig appeared and said: "Your Majesty, if you give me your youngest daughter's hand in marriage, I'll help you out of the mud." The king's mouth opened wide with astonishment, but he couldn't say a word. Then without thinking he said, "All right. Show me what you can do." He shook hands with the pig and said, "If you help me get out of here, I promise I'll give you my youngest daughter." The pig immediately put his snout into the mud under the cartwheels, gave a push and the cart was out of the mud in no time at all, and the horse took the king home in a flash, galloping the whole way. When he arrived, he gave the golden dress to the eldest daughter and the silver one to the middle daughter and then he said to his youngest daughter: "Why didn't you also wish for a dress? I couldn't find speaking grapes, smiling apples and ringing peaches anywhere." The words had hardly passed his lips when he heard the pig approaching. He looked through the window and sure enough, there stood the pig at the gate. He had even brought a wheelbarrow with him to put the princess in. He shouted up to the king: "Your Majesty, I am here to take your daughter home with me."

"You horrible pig," thought the king. "I know what I'll do," he said to himself. Quickly he dressed the servant girl in beautiful silken clothes and sent her downstairs, but the pig immediately realized he had been cheated and he cried: "Your Majesty, this is not your daughter. Give me your true daughter." The king was beside himself with remorse that he had been so careless as to promise his dearest daughter to this ugly pig. Why, he'd even shaken hands on it! The little princess was very upset. The tears fell down her face and she cried so loudly that the whole palace shook. She said she'd rather die than marry a pig. The king, too, was in tears as he said, "I promised I would give you to him, so you must go." But he tried yet another idea. They dressed the princess in an ugly, old, grey and dirty gown, hoping that the pig might no longer want her.

But they were mistaken. The pig rejoiced when he saw the princess. He gently put her in his wheelbarrow and carried her away. "Don't cry, little princess; you'll be happy with me," he said. But the princess just cried and cried. "Don't cry, little princess, we'll be home soon." said the pig. The princess cried even harder when the pig stopped at the pigsty, led her in and bade her sit in the dirty hay. "This is my house, little princess," and he gave her some corn to eat. The princess cried herself to sleep. "Sleep, little princess, your grief will soon turn to happiness tomorrow," said the pig. She slept and slept until midday and when she opened her eyes—oh wonder —everything was shining brightly around her. She had fallen asleep in a pigsty and awakened in a palace! She had lain down on straw and awakened on silken bed sheets. When she opened her eyes, a dozen maidens came to ask her how they could serve her. They brought beautiful dresses made of silver and gold for her to wear, and then they accompanied her to the dining hall. There, the table was already laid with food, and a handsome prince came towards her. He led her to the table and spoke: "Please sit down, beautiful princess. All that your eyes can see here belongs to you, even myself; I am yours if you so wish." "But who are you?" she asked. "I will tell you everything. Come with me into the garden." And as they were walking, lo, a vine branch brushed against her, its bunch of grapes speaking, saying, "Take me, beautiful princess." "These are the speaking grapes," said the youth. They went on and, oh wonder, there was an apple tree covered with smiling little red apples. As they continued to walk, all at once the air was filled with the sound of many bells. "Look at that tree," said the prince, "it bears ringing peaches." Well, you can imagine how happy the princess was; she cried and laughed at the same time. "You see, I have everything you wished for here in my garden," said the prince. "Will you stay with me and be my wife?" Embracing him, she answered, "I'll stay with you, and we'll be together forever." Then the youth told her that he used to be a prince, but an enchantress had changed him into a pig and that he had to be a pig until a maiden came along who wished for speaking grapes, smiling apples and ringing peaches. They invited the princess's father, the king, with all his court and celebrated a grand wedding. They lived for a long time and if they are not dead yet, then they still live.

## The End



# MUSIC REGISTER

## Instruments for Sale

**Term 4 – 2022**

### **VIOLIN**

1/4 size violin Hidersine Vivente with bow and case. Excellent condition. \$250 contact Claudia 0400339235

¾ size "Suzuki" violin, with case and bow. Good condition. \$140. Marilena 0448 995 538

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

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, could be mended, 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 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**

½ 1/2 size cello, in perfect condition, only needs to be tuned. \$600.00. Contact Sheila on 0427720802.

½ 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.

¾ "Hofner" cello with hard case and bow. Beautiful sounding, quality instrument. Great condition. \$800 ono. Melinda 0414 258 490.

¾ 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. \$750. Lisa 0410692929

New, hard- foam **Cello case** for a 1/2 size Cello.

We paid \$170 including delivery (\$20). We need to find a good home for it- you can buy it for \$140 or make an offer. The case has velvet like lining and a pocket with zip on the outside for music folders and multiple handles. Call Karina on 0416 181 171

## **DOUBLE BASS**

Large ¼ 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, \$1300.00. 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](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.



# 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)

## *Climate Change*

*everyone stands on the dock  
near the shore facing west  
waiting silence  
waiting for silence  
unknowingly waiting for the man with the bag  
who carries the field with the small flowers  
as though they were merely thoughts  
created through some mystical sense of knowing and feeling safe  
he feels the cold steel rail of the ship  
wrapped in the rope  
the rail is trapped  
and he is  
the sea swallows the dock  
the tides rise  
the moon screams as she pulls and tugs at the young naïve waves  
luring them in to play  
smashing against looming cliffs of grey and green  
everyone sits on the chimneys  
their minds clouded with the soot  
they wipe their foreheads, dirty marks streak  
dirty marks scream  
but they merely comment on the power of the sea  
and smile as they pick up their drenched clothes  
“another demonstration of our strength in community”  
their hearts sleep peacefully  
sleep forever  
the dock is now quiet  
quiet forever but covered  
in the memories  
slowly being washed away by the ever-growing older waves  
the man with the bag sighs  
pulling it over another moment*

*(anonymous contribution)*

# LYSS Community Advertisements

Please consider support for businesses from our school community when you next need a product/ service.



*Experience the difference*

**Providing a Holistic, Alternative,  
Natural and Non-Invasive  
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**Contact Jess to find out more  
0401 269 991**

## New LYSS family looking for a place to rent

Hi LYSS community, our family of four (plus Lula our dog) are keen to move to the Valley and looking for a place to rent. Can you help us find our dream home?

Edyta is a Polish language teacher with post-grad qualifications in Steiner philosophy and creative art therapy. Brett works in International Education at La Trobe University and is a qualified mindfulness and meditation instructor.

We met in Poland while teaching together at the same school. Edyta, Brett and Maya (6) arrived in Melbourne almost five years ago from Darwin.

Edyta is home-schooling our children, Maya and Liam (3). Maya loves books, caring for animals and making pom poms. Liam loves singing, mixing ingredients and building stuff. As a family, we love swimming, bushwalking and cooking. We're clean living, considerate and reliable.

We are currently renting a small three-bedroom home backing onto Plenty Gorge bushland in Greensborough. Maya is enrolled to join class one LYSS next year and we would like to move anytime between now and April 2023. We are open to different rental arrangements, including but not limited to semi-rural, bushland or close to nature. We love gardening and ideally would like to have space for a veggie patch and a few chickens. We'd be willing to stay long-term in the right place.

We'd be super grateful if you could help us find our home in the valley. Feel free to contact us via email [brettwsmith@gmail.com](mailto:brettwsmith@gmail.com) or call/text Brett on 0429548294.



# Walk The Land



**Natureplay**  
ValleyWildlings.com.au



**Join us for Term 1 2023!**

A inspiring natureplay program for preschool and kinder ages 3 - 6  
Tuesdays, Thursdays, Fridays  
9am - 3pm. Half day option.



**\$80  
per day**

CCS may be available

Small groups. Limited Spaces  
Days are child-led - creatively supporting the children's interests and needs.  
Children are encouraged to explore their wild natures and are guided and mentored in their own pursuits.

Looking for a loving nanny for  
our 1 year old from February  
2023, for 3 days a week based in  
Healesville (a walk to main  
street).

We'd love to hear from you if  
you'd like to hear more:

Angela Mann  
[Mann.Angela.k@gmail.com](mailto:Mann.Angela.k@gmail.com)

# LYSS Community Advertisements

Please consider support for businesses from our school community when you next need a product/ service.

**24/7 EMERGENCY SERVICE • FREE QUOTES**

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**0413 772 681** | [www.FALLSPLUMBING.COM.AU](http://www.fallsplumbing.com.au)



### Nursery Hand position available.

Carawah Nursery is a family-run business with a focus on producing high quality tube stock and is a leading wholesaler specialising in native Australian plants.

We are seeking applications from a hardworking and dedicated individual, who enjoys working in the outdoors, in a fast-paced, fun environment.

#### Job Requirements:

- Must be physically fit.
- Must have own transport.
- Ability to grasp tasks quickly and work towards a high level of efficiency and speed.
- Great communication skills.
- Ability to work individually and efficiently within a group
- Be a strong team player.
- Ability to work in all weather conditions.
- Horticultural qualifications/experience desired but not required.

#### General Nursery Hand include, however, are not limited to the following:

- Propagation of cuttings
- Tubing cuttings
- Preparing stock for dispatch
- Plant maintenance
- Watering

Casual summer work with the potential of full-time hours.

Please send your Resume to Rachel at [admin@carawahnursery.com.au](mailto:admin@carawahnursery.com.au)



We are a small local gardening service based in the Yarra Valley

### Sweet Porridge - Closing date for submissions

TERM 4 2022 **Friday 9 December**  
 TERM 1 2023 **Friday 10 February**

### Date of Publication

TERM 4 2022 **Tuesday 13 December**  
 TERM 1 2023 **Tuesday 14 February**

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

or at the school Office. Please email all content to [sweetporridge@lyss.vic.edu.au](mailto:sweetporridge@lyss.vic.edu.au)

### Services we offer

- Garden maintenance
- Lawn mowing
- Garden clean-up
- Mulching and weeding
- Minor chainsaw work
- Whipper snipping

Additional garden services by consultation

If you're looking for a friendly, reliable and local service please give us a call 0493 099 984 or send us an email at [mylittlegardenhelper@gmail.com](mailto:mylittlegardenhelper@gmail.com)

[www.mylittlegardenhelper.com.au](http://www.mylittlegardenhelper.com.au)

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- New patients welcome

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[www.yjd.com.au](http://www.yjd.com.au)  
1 Hoddle Street Yarra Junction

## Understanding Anthroposophy Through the Rhythms of the Year

*“To celebrate a festival really means to unite oneself in spirit with the cosmic spirit”. ~Rudolf Steiner*

Our festival life is structured to include activities that stimulate head, hands and heart. We engage our thinking through studying Spiritual Science, learning, as Goethe did, what lives behind the laws of nature, engaging in creative thinking outside the box, like Einstein demonstrated, opening to insight and intuition to better solve the problems of the world. Movement and artistic endeavours motivate our will forces, creating balance and beauty, channelling creativity in a purposeful way that deepens our thoughts through action. Activities like storytelling, biography sharing, and singing consciously involve our feeling life, reducing stress, stimulating our imagination, creating connections and goodwill.

By strengthening our thinking, feeling and willing we lead more conscious lives, better able to serve the greater community, parents, good neighbours, mindful citizens, purposeful workers in our chosen fields of work in the world.

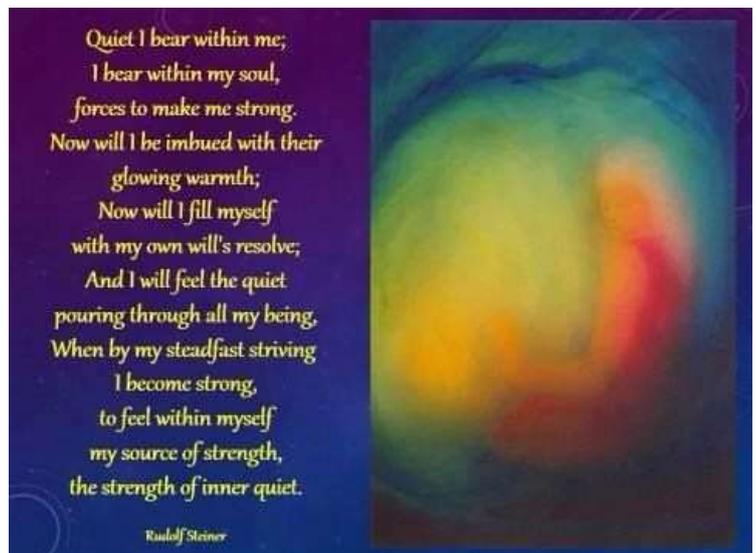
**The Greek meaning of the word festival is “Shining Day”.**

The festivals not only commemorate great historical events, cosmic truths and traditions; they are in themselves spiritual events that manifest in seasonal rhythms and carry a significance that grows and deepens with the development of human evolution. The celebration of **the festivals let us practice what Steiner calls ‘the Reverse-Ritual’** – The idea of **‘Openness to Above’**. Instead of invoking Spirit down, as in days of old, **we rise to the spirit, in our thinking.**

We study and celebrate these **‘Shining Days’** to sustain and renew ourselves and the world. A festival has the quality of lifting us out of the ordinary and into the mysteries and magic of the rhythm of the seasons. Throughout history, festivals have emerged from people’s connection with their spiritual life and their search for the meaning of human existence.

*“The great festivals exist to bear witness to our connection with the whole universe...”*

Rudolf Steiner, Lecture in Berlin 1905



## Craft Activity

### Saving Seeds

A garden is all about hope and creating something positive to look forward to. Knowing how to do something empowers you to take the next step towards creating something new. From little things big things grow....happy gardening.

#### Step 1 Harvesting Seeds

Only save seeds from the most vigorous plants with the best fruit and avoid using seed from weak or unusual looking plants. In this way you will be naturally selecting the traits you wish to encourage in your crops.

**Tomato seeds:** Allow the fruits to fully ripen on the plant and scoop out the seeds and pulp. Place in a jar of water and leave for a few days, swirling them in the water daily. After a few days, the seeds should have come free from the pulp and sunk to the bottom. Pour the liquid away and rinse the seeds. Leave them to dry on a paper towel and, when fully dry, store in an envelope in a cool, dry place.

**Capsicum seeds:** Harvest seeds from peppers after the fruit has fully ripened on the plant and started to wrinkle. Remove the seeds from the capsicum and spread them out on paper towels to dry. When fully dry, store in an envelope in a cool, dry place.

**Peas and Beans:** Allow the pods to ripen on the plant until they are dry and start to turn brown. Remove the pods from the plant and spread them out on a tray indoors, to dry. Leave them for at least two weeks before shelling the pods or wait until you are ready to sow the seeds the following spring.

#### Step 2 Storing seeds

Seeds should be stored in individual envelopes, in an airtight container and in a dry place above ground level. This prevents moisture from spoiling the seeds or animals such as mice eating their way through your supply

It is important to label your seeds correctly, including the name, variety, and date you collected them. Not only does this ensure that you know which seeds you are sowing but you can also evaluate how successful each seed-saving project was. You can purchase small paper bags and be creative with your labelling, by drawing or writing on them.

#### Optional Step 3 Seed swapping

Seed swaps amongst gardeners is a great way to share your harvest and gain new plant varieties to try. You can also try creating new plants from cuttings and sharing those with family and friends.



## Craft Activities

Got a good one to share? Email to [sweetporridge@lyss.vic.edu.au](mailto:sweetporridge@lyss.vic.edu.au)

# Recipes

Got a good one to share? Please email to [sweetporridge@lyss.vic.edu.au](mailto:sweetporridge@lyss.vic.edu.au)

## HERB AND FLOWER SALAD WITH HONEY DRESSING

### INGREDIENTS

- 1 bunch watercress, washed and trimmed
- 6 spring onions, finely sliced
- 4 sorrel leaves, torn into small pieces
- 1 bunch lamb's lettuce, washed and trimmed
- 6 radishes, trimmed and thinly sliced
- 3 sage leaves, chopped
- 3 mint leaves, chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 tablespoon clear honey
- salt & freshly ground black pepper
- fresh edible flowers ( calendula flowers, roses, primroses, lavender, blue borage, violets, nasturtiums, pansies, marigolds)

### NOTE

Make sure that your flowers and herbs are insecticide free and are not traffic polluted as well.....wipe them or wash them gently, allowing them to dry before using them.

### DIRECTIONS

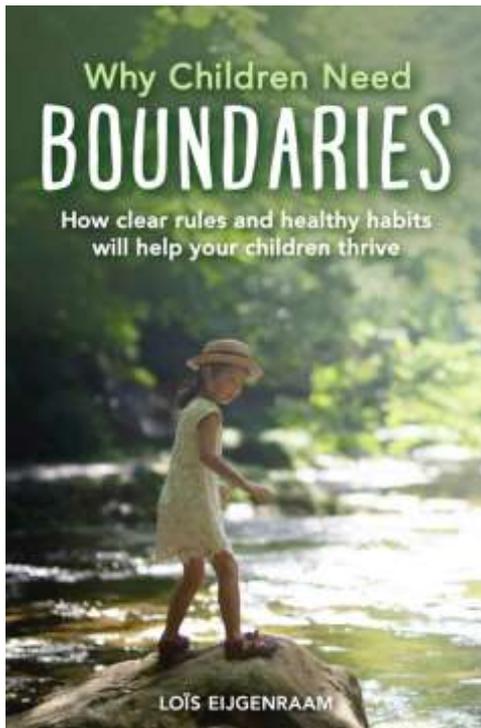
**Step 1** Toss together the watercress, lamb's lettuce, spring onions, sorrel, sage and mint leaves.

**Step 2** Mix together the olive oil, lemon juice and honey - season with salt and pepper. Toss the salad with the dressing.

**Step 3** Place the salad in an attractive serving dish. Scatter the edible flowers over the top of the salad.

Enjoy!





Children of all ages need clear boundaries to help them navigate the world around them and develop healthily. But 'boundaries' doesn't just mean rules: babies need physical boundaries such as loving arms or a cot to feel safe; young children depend on regular routines to know what will happen next and what they'll be doing tomorrow; older children need space to make positive choices and develop as individuals.

So how can we provide appropriate boundaries for our children? And how do we know when to adapt as children grow.

This insightful book gives an overview of the different types of boundaries children need at different ages and stages, from babies to young adults. It offers a parent's toolkit of practical advice on common pitfalls to avoid, how to form healthy family habits and how to set appropriate rules.

Loïs Eijgenraam, author of *Helping Children Form Healthy Attachments*, draws on Rudolf Steiner's theories of child development to create a holistic, natural and positive guide to inspire and support your own approach to parenting. She was born in 1965 in the Netherlands. She has been a kindergarten teacher for over 30 years and also works as an educational consultant and lecturer.

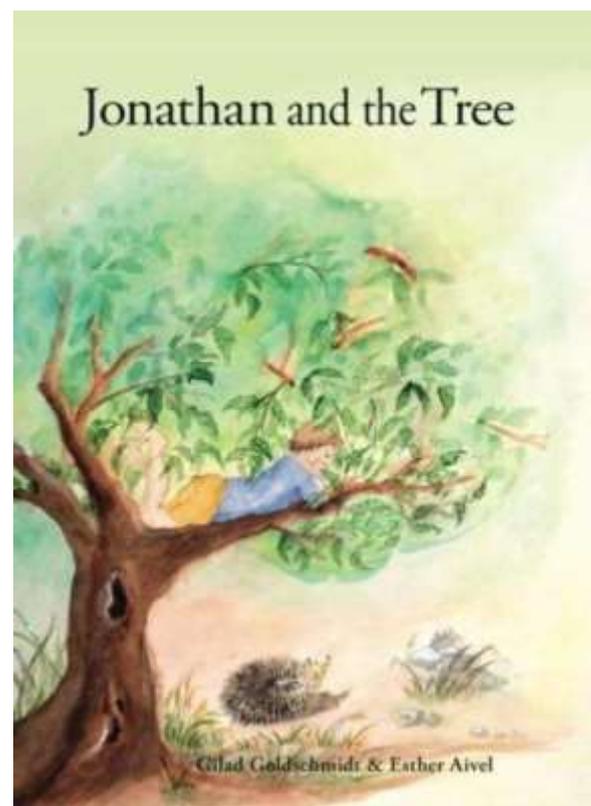
Floris Books ISBN: 9781782506362 Published: 19 March 2020

## Jonathan and the Tree

Gilad Goldschmidt

This touching story of a boy and his friendship with a tree gives remarkable pictures of the cycles of life, and of death. All ages will find satisfaction in this tale of life's changes and challenges and the power of a good friendship to encourage and sooth these changes and challenges. The story is poignant and instructive. The beautiful illustrations carry the story straight to the heart and encourage imagination.

Translated from Hebrew. Available in print from [Waldorf Publications](#) or as an eBook.





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.

[The Valley Market Warburton](#)

1<sup>st</sup> Sunday

11am-3pm

Thomas Avenue, Warburton

[Warburton Community Market](#)

2<sup>nd</sup> Sunday

9am-2pm

St Mary's Anglican Church, Warburton

[Upper Yarra Community Market](#)

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

8am-2pm

Car Park adjacent to Recreation Reserve,  
Yarra Junction

[Millgrove Community Market](#)

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

7am – 3pm

Memorial Park Reserve near CFA, Millgrove

A circular sign for 'MELGANICS' is centered over a background of fresh produce. The sign lists the store's offerings and hours. The background shows various fruits and vegetables, including sweet potatoes, purple onions, green beans, and bananas.

**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



# Festive Markets and A Taste of Culture

- Live Music -
- Kids Cultural Cooking Demos -
- Stalls: Art - Craft - Produce - Food

# African Twilight Market

**FRIDAY 28TH OCTOBER**



# NGULU



**INDIGENOUS FESTIVAL**

**FRIDAY 18TH NOVEMBER**

# Christmas Twilight Market

**MEXICAN THEME**

**FRIDAY 16TH DECEMBER**

12567408-JM43-22

**3.30pm to 9pm**  
**Yarra Valley ECOSSE**  
 711 Old Warburton Rd, Wesburn  
[www.ecoss.org.au](http://www.ecoss.org.au)

These Events are proudly funded by



24-36 Hinkley Ave, Croydon VIC 3136, Australia

**ON THE  
MAIN  
STAGE:**



**FOLLOW THE ROBIN MUSIC**



**AINSILIE TWILIGHT MARKET**  
**FRIDAY DEC 2ND, 4-8PM**

## Restorative Yoga Sundays

- Sunday, November 27, 2022
- 10:30 AM 12:00 PM
- Wellspring Warburton ([map](#))

Join Restorative Yoga teacher Katherine Spargo to unravel chronic stress and tension in the body & mind with this 90-minute weekend offering of restorative yoga at The Wellspring, Warburton.

Restorative yoga is different from other active styles that focus on movement and stretching. An opportunity to slow down, do less, and tap into the calm side of your nervous system.

Beginner students most welcome. Completely floor based, all props provided for maximum comfort and rest.

Sunday November 27 \$28/\$22con

To book [click here](#).



### Tuesdays

**9.30am to 10.45am - Intuitive Flow Yoga with Crystal** - 0416 361 012 to book

### Wednesdays

**9.30am to 11.30am - Restorative Dance for Adults with Roma** - 0414 964 346 to book.

### Thursdays

**7pm - 8pm - Qi Gong with Peter** - 0419 426 265 to book

### Fridays

**9.30am - 10.30am - Hatha Yoga with Sandra** - 0410 951 128 to book

### Sundays

**9am to 10.15am - Intuitive Flow Yoga with Crystal** - 0416 361 012 to book

## **Op Shops in the Yarra Valley**

The Yarra Valley has plenty on offer at your local Op Shops!

### **AdCare Op Shop**

3490 Warburton Hwy, Warburton Tuesday and Wednesday from 9am to 3pm

### **Vinnies Warburton**

3381 Warburton Hwy, Warburton Monday - Sunday 10am-4pm

### **First Impressions Clothing Exchange (FICE), Yarra Junction Community Hub**

2463 Warburton Hwy, Yarra Junction 3797 Monday – Friday, 9am – 5pm

### **Benwerren Boutique**

2455 B380 Warburton Highway, Yarra Junction Monday- Friday 9am-4pm, Saturday 10am-2pm

### **Community Opp Shop**

Tuesday - Friday 9am-3:30pm, Saturday 10am-2pm 2455 B380 Warburton Highway, Yarra Junction

### **Golden Opportunity Shop**

362 Warburton Highway Wandin North Monday to Friday 10am- 4pm, Saturday 10am-1pm

### **Salvos Healesville**

193 Maroondah Hwy, Healesville VIC 3777 Monday to Saturday 9am – 5pm

Thursday Health Care Card Discount

### **East End Opportunity Shop**

309 Maroondah Highway, Healesville Monday, Tues 10am – 2pm Wednesday 10am - 4pm

Thursday, Fri 10am -2pm

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



- *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).

**Full-time accredited Steiner Teacher Training course:** Advanced Diploma in Rudolf Steiner Education (course code 10527NAT) 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. Information: Ph. 03 98765199: [office@steinerseminar.com](mailto:office@steinerseminar.com) Address: *Melbourne Rudolf Steiner Seminar, 37A Wellington Park Drive, Warranwood, 3134*





# KIDS IN THE BUSH SCHOOL HOLIDAYS PROGRAM

## BUSH EXPLORING, GARDENING, HORSE PLAY, NATURE BASED ART AND CAMP COOKING

Is your child glued to devices? Do you want them to spend more time outside? Nature deficiency is a reality in many children's lives, with many children becoming increasingly alienated and distant from nature.

Wedgetail Therapy is offering a new weekly program!

Kids need to be able to explore their environment without fear or punishment for getting dirty or wet or falling over. Messy play provides a natural rite of passage for children to grow. Let's help our children experience a free range childhood!

### We will:

- Engage in movement, play, dirt, group activity, bush walking, building cabbies & friendships.
- Enjoy nature, planting seeds of fun
- Make lunch and eat together - Learning about campfire cooking, marshmallows and damper
- Create group art projects
- Explore and learn about nature including insects and bugs, frogs, flowers, fruit and veggies
- Experience farm life
- Learn about animal welfare and horse care

**When:** 3 hrs every Friday (4 sessions) from 6-27 January, 2023

**Cost:** \$660 (incl GST - n/a if NDIS funded) for full program, materials and lunch/snacks

**Where:** Wedgetail Therapy, 205 Parkinsons Road, Launching Place

This is being offered to a maximum of 6 children from 8 to 12 years. All abilities catered for.

Our therapists are Qualified Art, Equine and Horticultural therapists

The benefits of our program include (but are not limited to!):

- Innovative community participation
- Improved social skills and connections
- Learn new skills in managing their environment and physical bodies
- Reconnecting to real life and sense of self in the world
- Great sense of self sufficiency and practical skills
- The experience of joy and wonder in nature

Society is facing an obesity epidemic and attention-deficit disorder is being diagnosed with increasing frequency. Isolation and childhood depression and anxiety are prevalent and a sedentary lifestyle is even being linked to lower immune systems and poorer health outcomes.

Nature holds many answers for us all.



**CONTACT KIM TO BOOK OR ENQUIRE**

**TEL 0417 312 602**

[www.wedgetailtherapy.com.au](http://www.wedgetailtherapy.com.au)

# BELL

## REAL ESTATE

bellrealestate.com.au



9 Edward St, Wesburn

\$500,000 - \$550,000

Sensational half acre block ready to build on with services available

Gorgeous mountain views, great location with the main services available and ready to connect. Most of the hard work has been done for you, just submit your building plans (STCA) and off you go! Imagine the home you can design here, enjoying the feeling of space looking out onto the glorious mountain vista, with nature, peace and tranquility in abundance. The land itself is gently sloping, backing onto state forest that is full of wildlife while green grass is everywhere to see, surrounded by rural properties and farmland this haven will have you falling in love the minute you lay eyes on it. On a weekend morning you could be meandering just down the road for a coffee & pastry at the local Patisserie, some freshly made bread and a stroll on the rail trail. Fully fenced with farm gates at the entrance it doesn't get better than this. Call now and seize the opportunity to build your home in the heart of the Yarra Valley.

Contact: Leah Bannerman 0448 924 266

5966 2530

3407 Warburton Hwy Warburton

5967 1277

2457 Warburton Hwy Yarra Junction



REAL ESTATE

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## Yarra Junction

\$840,000 - \$880,000

### Huge Family Home with Stunning mountain views

This exceptional home, is a wonderful opportunity for those seeking something special to house a large family, turn it into a fabulous Bed and Breakfast, or could very easily become dual accommodation (stca). The 5 bedroom gem sits on 1500m2 with gorgeous views, and is in a great location within walking distance to the local village shops, the Warburton Trail, public transport. The chic master suite has a romantic private balcony, ensuite, walk in robe and plenty of space for a huge king bed. The stylish central kitchen, offers plenty of bench and cupboard space and with the open plan design of the dining and family, gives easy access to your all weather, party size outdoor entertaining area. A huge downstairs living room hosts a wood fire, a built in wet bar you could turn into a kitchen, bedroom 5 with 2 sets of double robes and a powder room. Established gardens, 2 car garage/workshop with toilet and ample off street parking with even enough room to park your caravan. Properties like this are exceptionally rare, so don't miss out on this golden opportunity.

Contact: Samantha Price 0438 795 190



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2457 Warburton Hwy Yarra Junction