

Sweet Porridge



23/02/2023



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.

Dear LYSS Community,

Welcome to the new school year and a big welcome to all our new families in the LYSS 'village'. It is wonderful to watch our community grow and blossom with each new year. May this be a year filled with much nourishment, inspiration, connection and music for our children and for us as a community.

*"A tone lies at the foundation of everything
in the physical world."*

This is only one of many unexpected statements made by Rudolf Steiner in these unusual spiritual scientific studies of the art of music. Steiner argues that music is experienced not just with the ear ("merely a reflecting apparatus") but with the whole human being.

Those of us who have experienced the effect of listening to a choir with angelic voices singing will know how it feels when those voices touch the heart so deeply that it simply overflows with emotions as the music permeates every pore of our human being.

How fortunate we are to gift these skills of musicality to our children from an early age, at home and at school and to hear the fruits of their labour, in our homes, classrooms and even on buses.

May you enjoy this first edition of our community newsletter for 2023. Contributions and co-editors are always welcome to create future editions.

Sonja

*It takes a
village to
raise a child....*





Dandelion

A Summer Song

Dandelion, yellow as gold,
What do you do all day?
I wait and wait in the tall green grass,
Till the children come to play.

Dandelion yellow as gold,
What do you do all night?
I wait and I wait in the tall green grass,
Till my hair grows long and white.

What do you do when your hair grows white
And the children come to play?
They take me up in their dimpled hand
And blow my hair away.

Father Sun and the Dandelion

[From storytelling teacher Suzanne Down - adapted from an Ojibway legend]

One summer morning Father Sun woke up and looked out over the land. The grass was green, flowers were blooming, and waters flowed clean and bubbling in streams. Father Sun smiled and shone brightly.

Then he noticed, in the far meadow, a girl with golden hair, wearing a green dress was standing all alone. Her hair was as golden as the sun himself! How lovely she was, he thought, and Father Sun moved slowly across the sky to have a better look at the golden girl.

The girl with the golden hair bobbed her head at Father Sun in welcome, and Father Sun beamed and glowed. Each day Father Sun looked for the girl and was happy when he found her. He warmed her with his sunbeams, and she nodded sweetly at him in thankfulness.

But one day when Father Sun looked for his golden girl, she was gone! In her place stood an old woman with grey hair!

Where is my golden girl, worried Father Sun! He looked as far as he could see. No golden girl anywhere! He called to Brother Wind. 'Please dear Brother Wind,' Father Sun pleaded, 'you are so quick and fly so free, can you find my golden girl?'

Brother Wind flew high and low looking for the golden girl. He looked in the hills, and in the valleys, but she was nowhere to be seen. He breezed through the meadow to ask the old woman with grey hair if she knew where the golden girl had gone. But as soon as Brother Wind blew near, the grey-haired woman also disappeared! (storyteller, blow the puff ball away).

Sadly, Brother Wind told Father Sun the golden girl was gone.

Father Sun was broken-hearted. His beams were not as bright, and his glow was not as warm, as he drifted across the sky. Then one day, he saw in the meadow, not one, not two, but many golden girls, and they were all nodding at him!!

Oh how happy Father Sun was, and he shone his brightest in return. ☀️



Little Yarra
STEINER SCHOOL

MUSIC REGISTER

Instruments for Sale

Term 1 – 2023

VIOLIN

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

1/2 size student violin "Skylark" Chinese. 45 years old. Good condition. Comes with bow, shoulder rest, shoulder pad, rosin and good hard case. \$70 Vasudha 0451 944 051.

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 "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

1/4 size Sandner Dynasty Co. Cello and bow in good condition. Comes with a hard/soft case in poor condition (straps need replacing). \$400 Contact Larry 0458 254 858.

1/2 size Palantino cello

Good condition-has a few surface scratches, new bridge, soft case \$350 Renee 0403953388

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.

"Music is the divine way to tell beautiful, poetic things to the heart." – Pablo Casals

Some years ago, Peter Thurlow, one of the foundation fathers of Little Yarra, wrote "My Little Yarra Story." He wished to capture the history and acknowledge the process and people that were a part of creating the Little Yarra Steiner School. Peter's story has been previously printed in Sweet Porridge many years ago and with the arrival of many new families it seems timely to share his story again. I hope you enjoy. Thank you Peter and all involved.

My Little Yarra Story by Peter Thurlow

Chapter 1 - WHAT A JOURNEY.....

It was the valley, which inspired me, and made me want to live here.

The people were somehow different; special, enjoying the simple pleasures of life, unencumbered, free of spirit, interesting. Full of life. There was something I couldn't put my finger on.

The beauty, the misty mountains, crisp air, the smell of the bush, the sound of the birds, the hot and dry, the wet and cold... all just beautiful.

When I first met the Steiner community I was growing veggies with my mum Bette [thank you, thank you, thank you] for our shed stall in Croydon, not far from the Melbourne Rudolf Steiner School. At that time I did not even know Steiner was into anything other than Biodynamics. I was 24 years old, had travelled, met many people, shared many crazy experiences... I met my tribe.. and to think they were just around the corner all the time.. amazing!

Corinne and I met... got married... had kids... Lara, Nathy and Nicky. We found a place to live just up the road in Three Bridges.. paradise.

Having friends like Sue and Johannes, Craig and Helen, Rani and Adrian, Bob and Jenny, Ric and Jo.... all living up here in the Valley... many with small children, a seed was planted... Could we?... Would we?... Dare we?

A moment of madness/destiny occurred when one night Sandra Busch rang, out of the blue. She was asked if she would like to pioneer a new school and almost immediately became excited.... we weren't to know that it was her birthday, and she was on her way out to a meeting with friends, who, as we learned later, were planning to ask her that very evening to be the class one teacher at Warranwood... of course upon hearing Sandra's news, the question was never asked... Little Yarra was calling.

We asked Alan Earle if we could lease part of his land in Yarra Junction for the new school.. He wholeheartedly agreed and there was no going back from here.

This was September 1984. We met weekly during the last months of '84 and all of '85 to start kinder/prep in 1986 with a handful of children in the Wesburn Public Hall. [Thankyou to the then Upper Yarra Shire]

Our meetings were special.... there was always a candle in the centre... we had a short verse, closing our eyes and picturing all those in the circle... we shared news or challenges into the circle and then we started our meetings... it was amazing how well we worked together...

Chapter 2 - THE WESBURN HALL

The Wesburn Public Hall was the first building to house the Little Yarra Steiner School Kinder and Prep. Whilst we were trying to get permits to build on Alan Earle's land and registration for a school from the Schools Commission, we started the kinder/prep class. This was 1986.

During 1985 the hall was discovered, and the local council generously allowed us to use it rent free, as long as we adapted to other organizations using it as well... this provided us with a few problems as well as laugh or two.... We accepted these conditions and set about painting the place pink, adding a window and a fireplace.... the karate club didn't think much of the colour... the masons didn't seem to notice. The site was idyllic... quiet, private, and the most beautiful mountain views and bush walks. There are still reminders of us being there today.

We had to adapt to many challenges... the toilets... the public being 40 metres away... Sandra made it part of the program to take the whole class for a little walk!

We also received a lot of help from government departments [thank you Wendy Lundt], council [thank you Mike Weisbicki], other Steiner Schools [M.R.S.S.], local schools and the local community... somehow everyone was willing to embrace the possibility... it was great!

Money was always short.. to become a school you have to give 2 years notice and that meant no funding. The kinder attracted some funding but that didn't cover the prep aged kids.... our fund-raising exploits were outrageous for the size of the school... school? It wasn't even fully registered yet! We did a lot of catering all over Melbourne. Rani Nixon sold a lot of candles. Our raffles were huge and special thanks to Carol McCliesh. Our fairs, amazing and they still are! 1987 was nearing and we needed a classroom for Class 1. Solution; the halls' kitchen... tiny, but with the usual care and a Don Willis blackboard, it became an obvious Steiner space. Johannes Schuster was the first teacher and because funding still hadn't come through, he would take the main lesson in the morning and go off to Warranwood [MRSS] in the afternoons to teach German.

1988.. numbers small enthusiasm high... the new Class 1 squeezed into the kitchen and away we went. During the year we purchased a second-hand portable classroom, and the council allowed us to locate it near the hall. We renovated it and again thanks to Don Willis and his craftsmanship had another beautiful [low cost] classroom... with sooo much space!

1989.. Frank Stanley became the Class 1 teacher, in the kitchen, with class 2/3 in the portable... by now the school probably had about 30 children... still small but oh so strong.

It was also about to have some challenging news.

Firstly; the property the school was hoping to build on was deemed unsuitable as it was too flat and flood prone.

Secondly; to continue the funding we desperately needed; the School had to find a new location within the same postcode. We must not forget at this stage we were only leasing Alan Earles land and there are not many people who would be so generous as to allow a school to be built on their property.

What were we to do? How can we avoid letting down our children and parents ????

Chapter 3 - THE LAND

The year 1989... Kinder and Prep in the Wesburn Hall. Class 1/2 in the tiny kitchen and Class 2/3 in the portable. What about Class 1 of 1990? If we couldn't start building on 'our land' where and how and what are we going to do? We had used up all our options here!

More meetings, brainstorming, or was it meditating, or vision building...? Whatever it was, it was the start of an amazing string of events that, once started, just could not / would not stop.... What a ride!!

Alan came to a meeting and matter-of-factly announces, 'that if we can't have the school on his land we should sell it, and with the proceeds buy a more suitable site'... whoa has this school got something special!

We spent a lot of time looking here and there [all in the same postcode, so as not to lose our registration/funding]. Enter Johannes Schuster. He had been driving past this farmland for quite a while now and decided to make a few enquiries. He discovered the farmer was about to put it on the market and, if the neighbouring farmer didn't want it, we could buy it.. Shudder, shudder.. this meant a major commitment... debt at 17% interest... it was a stunning property... magnificent... and just going there every day would be so good for the children and all of us... we had to go for it! Thanks must go to a few people here.. Alan Earle, the Directors of the school [who had to put their own homes in as security], a special acknowledgement to the teachers at LYSS who sacrificed part of their salaries to make all this possible.. [thanks.. love PT] and a special thanks to Win and Claude Wilson, who also put their home in, as we still needed more security.... and that was just the beginning!

Around this time Gail and Geoff De'Ath arrived at the school as parents. Geoff had a drott [bulldozer with bucket], and a tip-truck. Gail was a fundraising dynamo. Special thanks to the fundraisers: Louise Irving, Emma James, Rani Nixon, Shane Hollingworth, Jerry Camilleri, all the people who contributed to an appeal, and so many more.

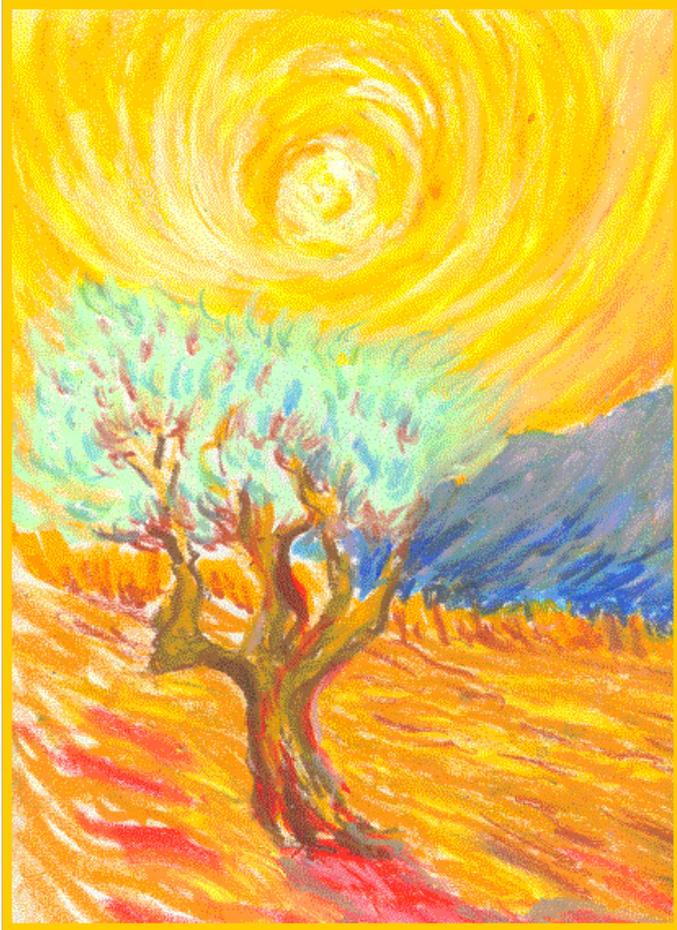
I can still remember cutting the fence for the schools entrance and Geoff's beaming smile as the first scoop full of dirt was tipped in the truck. Is it still 1989?... I'm not sure, but it was around then... we were just so busy. There were all sorts of permits to be got.. council were getting worried...was it going to be a lot of portable classrooms, spoiling the vista?.. We had purchased a second-hand toilet block and needed to move the portable onto the land from Wesburn! Trying to convince council was made easier because Johannes had designed, what is now the admin building...which also needed permits.

My guess is, that around the middle of 1990 the move to the land was made [albeit in the mud]... and for the start of 1991 we had purchased the now kinder/prep buildings and transformed them into suitable spaces. We had one group of K/P's with Sandra in Mother Holle... it's now toilet was Corinne's office, and the central admin space. Another K/P was still at Wesburn, with Maria Lerch... and Class 1 was again in the kitchen with John Elliot. Class2/3 with Frank, in Briar Rose, and Class3/4, with Johannes in the original portable.... the building process was well underway!

Around this time Alan made another amazing announcement. He was getting married to Mary and would not be needing the steel frame he was going to use in the house he was planning to build at the school... so became the Mudbrick shed... completely built by volunteers. Ken and Bridge [parents at Little Yarra] initiated the farm and built the farm shed [which has had many uses over the years]. They also purchased the first cows [thanks to a loan from Sandra]..... But what about the next Class 1... Where? How? With what?.. and so it went on... to be continued...

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



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

Look To This Day

Look to this day for it is life
The very life of life
In its brief course lie all the realities
and truths of existence.
The joy of growth
The splendor of action
The glory of power
For yesterday is but a memory
And tomorrow is only a vision
But today, well-lived, makes every
yesterday a memory of happiness
And every tomorrow a vision of hope
Look well, therefore, to this day.

EVENING PRAYER

(for the parent, to say it with the child
after age three)

From my head to my feet,
I'm the image of God
From my heart to my hands,
His own breath do I feel.
When I speak with my mouth
I shall follow God's will
When I see and know God
In Father and Mother
In all loving people, in beats and flower,
in trees, plants, and stones,
Then no fear shall I feel,
only love then fills me
for all that is around me.

- by Rudolf Steiner

The importance of the eel to local communities is evident by the extensive fish-trapping systems in Budj Bim created by the Gunditjmara people. Hundreds of meters of excavated channels and hundreds of tonnes worth of basalt dam walls have covered the site for thousands of years to manage water flow from Lake Condah. Eel and fish traps (i.e. small holding ponds), increased food availability (and trading currency) all year round for the Gunditjmara people. As the eels migrate, Canopus, *Lo-an-tukka*, the second brightest star in the sky is seen at its highest position at due South.

From April to June, when morning mists cover the land, nights become longer, and wombats emerge from their burrows it comes into Waring Season. Migrating birds arrive from Tasmania and male *bulen-bulen*, lyrebirds, begin to display their mounds, their spectacular tail feathers, and their songs to attract a mate. As the solstice approaches, Scorpius, at the heart of which is the reddish star Antares, *Balayang* (*Djuít* in Boorong naming), rises at sunset. 'Two seasonal indicators become tied in together – our closest star [the Sun] and the distant stars [like Antares],' says Duane.

Guling, Orchid Season (Aug), is marked by orchids flowering, the silver wattle bursting into colour and koalas (*Gurrborra*) bellowing at night. Jessie learned about the knowledge of Wurundjeri Elder, Nanna Jessie Hunter, who shared that her mother used the Rose Orchid as a medicinal plant in tea to relieve headaches when it bloomed at this time of year. This highlights the connection of the health of the people, animals, and land.

'There are clear links between the heavens and what is happening with animals and plants on the earth,' says Jessie. 'They are all so interconnected. If one is out of whack, things aren't right'. They note that the common brown butterfly, for example, has been hatching increasingly earlier every year for the past 65 years – an effect of climate change and warming temperatures.

Land and sky reflect each other. In the north-west of Victoria, Lake Tyrrell is named after the local Wergaia word for 'sky', as the salt lake mirrors the stars in the sky. The oral traditions of the Boorong people tell a story of how carpenter ant larvae were found to be a good food source in August when food was scarce: During a period of starvation and drought, *Marpeankurrk* kicked over a log in search of food and found the ant larvae. When *Marpeankurrk*, the star Arcturus, is visible, it is time to gather carpenter ant larvae.

Another seasonal indicator of the Boorong people is the star constellation Lyra, which they called *Neilloan*. *Neilloan* is in the sky when Malleefowl build their mounds, between March and October. The last sighting of *Neilloan*, the ancestral Malleefowl just after sunset in early October would mark the commencement of the egg-laying season.

Duane also shared knowledge of the Euahlayi people who live in north-western NSW, taught by Uncle Ghillar Michael Anderson. The Euahlayi call the celestial emu *Gawargay*, formed by the dark spaces between the stars in the Milky Way. In April and May, *Gawargay* appears to be running in the sky, coinciding with mating season, as females chase males to mate. This marks the time to gather emu eggs for food as they are not yet fertilised. In June and July, *Gawargay* lies horizontal across the sky at dusk, which is the male sitting on the nest. In August and September the emu is perpendicular to the land, pointing towards the horizon as the male emu stands as the chicks hatch. At this time the cold weather is left behind. Late in the year the *Gawargay* sits low on the horizon at sunset, searching for water in the waterhole, signifying the lack of water in the hot, dry summer.



The Emu in the Sky, Australian Indigenous Astronomy
Blog<http://aboriginalastronomy.blogspot.com/2014/03/the-kamilaroi-and-euahlayi-emu-in-sky.html>

Encoded in the positions and properties of stars are lessons on seasonal change, forecasting weather, the life cycle of an animals, and the time to gather food. When migration patterns and breeding seasons align with the stars as they should, Aboriginal and Torres Strait Islander peoples know that country is healthy.

[1] All italicised words are in the Woiwurrung language unless otherwise indicated.



The Gabriel pregnancy, new parent and breastfeeding group.

Join maternal child health nurse Jessica Moraes for this breastfeeding and new parent group.

This program will support you during pregnancy and post-partum in a warm and nourishing environment to learn about breastfeeding and getting to know your baby. We will also explore parenting topics including: sleep and settling, introducing solids, healing and post birth recovery, emotional well-being and relationships.

I look forward to supporting you on your parenting journey.



The Gabriel pregnancy, new parent and breastfeeding group at the Melbourne Therapy Centre

INFORMATION

Where: Melbourne Therapy Centre
221 Wonga Rd, Warranwood VIC 3134

When: Fortnightly on Wednesdays from 1-3 pm starting in March 2023

Please contact Jessica Moraes to register interest on: 04 15291172
\$20 per session
Afternoon tea provided

**Maternal Child Health Nurse service
Melbourne Therapy Centre, Warranwood
Under the umbrella of the Gabriel Trust**

Jessica Moraes, a private Maternal Child Health (MCH) nurse is offering consultations for families with newborn babies (home visits available) and children up to 4 years of age at the Melbourne Therapy Centre. She is a registered nurse, with a background in paediatric emergency nursing. She is also a registered midwife and Maternal Child Health nurse. A mother of three young adventurous boys Jessica is continually learning and expanding her knowledge regarding parenting, early childhood and maternal health and wellbeing.

Jessica is an accredited NDC practitioner (Neuroprotective Developmental Care), offering families best evidence support for sleep and settling, Gestalt breastfeeding and cry-fuss problems, known as the Possums programs. NDC is built upon the neuroscience of cued care, evolutionary biology and the biomechanics of breastfeeding.

Incorporating Rudolf Steiner's ideas on early childhood development, health and well-being brings a holistic, nurturing essence to Jessica's work with young families

Private consultations at the Melbourne Therapy Centre
221 Wonga rd. Warranwood

Jessica Moraes RN RM MCHN
(MCH and childhood immunisations)
Contact 0415291172



"A doll is an image of a human being and is therefore the toy most suited to develop and enliven the self-image in the growing child." Freya Jaffka
– *Toymaking with Children*

Liz Mynes is a mother of two boys in our school who makes beautiful dolls. Liz would like to offer them for purchase to our school community. Each doll is made of natural fibres and often comes with a little wardrobe set. There are many varieties and Liz is happy to talk about making something to your specific needs. If you'd like to gift a child with one of these dolls, please contact Liz
lizmynes3357@gmail.com.

HATHA YOGA

MONDAYS 5:30pm - 6:30pm

€15 full / €10 concession

FRIDAYS 9:30am-11am

€20 full / €15 concession



SOUND MEDITATION

Simple and effective sound healing and meditation techniques.
Alt. MONDAYS 6:45pm - 7:45pm 27 Feb * 13 March * 27 March
€15 full / €10 concession

HEALESVILLE SENIOR CITIZENS HALL

Please book - ph 0451944051 vasudha.harte@gmail.com

Private sessions also available in yoga, sound healing, music therapy & music education. Qualified and experienced Music Therapist, Yoga Teacher, Music Teacher & Eurythmy Pianist.

www.nadayogasoundhealing.com

CRAFT CUPBOARD

There are many gifts and stocking fillers in the school craft cupboard, largely made by parents in our school community. Please feel free to call the office if something in the cupboard catches your eye. We can arrange payment and pick up for you. Email office@lyss.vic.edu or phone 5967 1953



Players Wanted



**Launching Place Netball Club
Season 2023**

Join our 2023 season!
We are looking for boys and girls, all ages from 7 to 17.
Games held at the Yarra Centre (Yarra Junction) every Friday night from March to August.

Contact **Alice Hermansen: 0408 772 586**
Caitlyn Parker: 0429 367 284
Maryann Elliott: 0419 590 766

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 (7) arrived in Melbourne almost five years ago from Darwin.

Edyta is home-schooling our children, Maya and Liam (4). 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 with a yard and 6ft fence backing onto Plenty Gorge bushland in Greensborough. Maya is eager to join class one at LYSS 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 or call or text Brett on 0429548294.

Best wishes,
Edyta & Brett



MUSIC LESSONS



singing
piano/keyboard
guitar
ukulele
lever harp
accordion
bass
drums
music theory
music therapy
sound healing
music technology/
recording

ALL AGES AND ABILITIES WELCOME

Learn with qualified teachers with over 30 years of teaching, therapy and performance experience (solo, duos, ensembles, bands, choirs and theatre productions). Develop technique, explore different styles: contemporary, classical, blues, folk, flamenco, celtic, improvisation and have fun!

VASUDHA HARTE (ANDREA MARY)

B Mus (therapy) Melbourne Uni
Grad Dip Ed (secondary music) UNE/Notre Dame
Estill Voice Training level I & II
Ph 0451944051 vasudha.harte@gmail.com

JEM EDWARDS

BA (Composition) B Ed (Music)
Royal Birmingham Conservatoire UK
Ph 0451 110 203 edwards.jem@gmail.com



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](#)

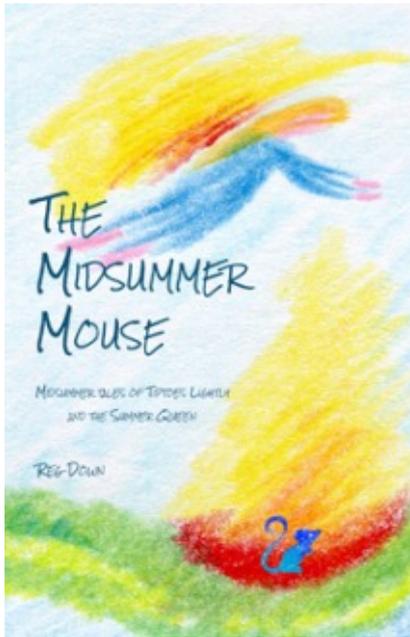
2nd Sunday
9am-2pm
St Mary's Anglican Church, Warburton

[Millgrove Community Market](#)

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

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

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



The Midsummer Mouse – Reg Down

A book of midsummer mirth, misadventure, mystery, and delight! The sun is rising higher into the sky every day. Summer has come and Farmer John builds a great pile of wood for the Midsummer's Eve festival taking place on his land. Tom Nutcracker and June Berry's whole school is coming to celebrate. June Berry forgets a basket by the oak tree when they are helping their dad build the wood pile. A small detail to us, perhaps, but one which leads Jeremy Mouse on a merry dance as Jemima Mouse tries to preserve the cookie for the festival. Meanwhile, Pine Cone and Pepper Pot are not opening their door to anyone other than Tiptoes (and even then only reluctantly). Their beards, it seems, are entangled. Hopelessly entangled. This sends Tiptoes all over the forest to find a way to get pine resin out of beards. Then there is the problem of Ompliant the Elephant. What are Tom and June to do with him? How will they keep him out of sight? But the clever kids come up with a wonderful idea to hide a pachyderm in plain sight. Finally, the Summer Queen begins to appear here and there, and in the end joins the festival and tells The Tale of Turana before mysteriously vanishing before the crowd.

The Midsummer Mouse is a summer tale, full of midsummer mirth, misadventure, mystery and delight. It will bring sparkles to children's eyes, and laughter to adults, too. Suitable, as always with Tiptoes Lightly tales, for family reading from kindergarten through age 10.

At Home in Harmony – Meg Chittenden

Meg Chittenden believes that there's a singer in all of us. But our formal education systems often don't encourage singing at school, and parents often lack confidence to help their children sing at home.

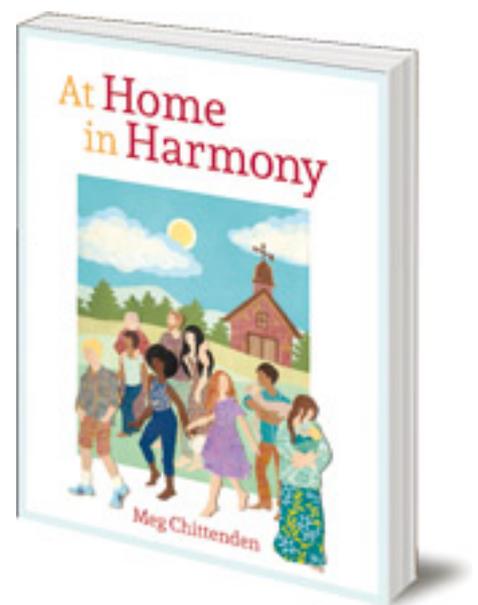
This unique book is designed to help get families singing -- and ultimately, singing in multi-part harmony. It includes an access code to download nine hours of free phrase-by-phrase singing tuition.

Singing is an activity that can lift the heart and the spirits. Indeed, singing in harmony can be seen as a profound metaphor for all human interaction. This book will give adults and children alike the tools and confidence to sing together.

Author

Meg Chittenden grew up in a family of musicians and singers and has been teaching in Waldorf schools for the past decade. One of her greatest joys is bringing people together in harmony, and she's grateful to do this regularly as a music teacher for grades 1-8 and in her intergenerational community choir.

ISBN: 9781943582105 Waldorf Publications





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9AM TO 4PM

FRIDAY
9AM TO 5PM

SATURDAY
9AM TO 1PM

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WARBURTON HWY
WESBURN

(THE GREEN SHED BEHIND THE FLYING APRON)

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ECOSS

Every Friday
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Yarra Valley ECOSS
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Wesburn

THE
VALLEY
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The Valley Market
Warburton

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







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All revenue raised from Sweet Porridge benefits the Parents & Friends Association of Little Yarra Steiner School.

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Sweet Porridge edition Term 1 2023

Closing date for submissions

TERM 1 2022
Friday 17 February
Friday 24 March

Date of Publication

TERM 1 2022
Tuesday 21 February
Tuesday 28 March

Hi LYSS community,

I am currently the school counsellor at Little Yarra Steiner. I also offer counselling off-site in Mt Evelyn for individuals and families.

If you would like to know more, please contact me (Karla Silva) on 0433 330 426.

Holistic counselling

with a speciality in support and guidance for parents.

Rabbits for Sale

Our son Mirrin (9) has 4 baby rabbits and is looking for furever homes for them.

Breed: Flemish Giant X NZ white.
These are a big cuddly rabbit breed and great for young children.

Ready to go Feb 15. \$60ea. Don Valley
1 grey (male)
2 black (1 male, 1 female),
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Call Heidi 0418774709 to arrange a visit to see them

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PART TIME ONLINE
PROFESSIONAL DEVELOPMENT
COURSES / Term 1

Primary Class
Teacher



2-year (8-terms) part time online live-stream evening course that includes presentation, class discussion and artistic work to explore human development in Steiner pedagogy and the Steiner class 1-6 curriculum.

[Details and register HERE](#)

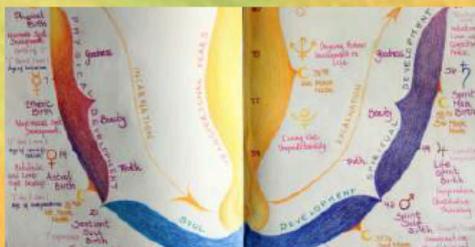
Outdoor Classroom:
Experiential Learning



The course will present and examine how this well-researched approach can meet the diverse needs of young people.

[Details and register HERE](#)

Foundation
Course 1



Learn the underlying philosophy of Steiner education, and why the curriculum is different, always creative, holistic, and nourishing.

[Details and register HERE](#)

High School Teacher:
Class 9 - 12



This 2-term course will focus on developing an understanding of how Steiner education meets the emerging individuality of the teenager, and delves deeply into how a main lesson is crafted to support their unfolding.

[Details and register HERE](#)

Early Childhood



Learn from 13 highly experienced Early Childhood educators in this 1-year (4 terms) course that will develop new skills and deepen the understanding of Steiner Education in the vital years.

[Details and register HERE](#)

Clay Modeling for the
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Clay modelling fulfills a deep inner need for children and adults alike. This is a Term 2 course starting May 3rd.

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Marius Gerchee



BELL REAL ESTATE



Yarra Junction

\$630,000 - \$690,000

Exquisite gardens, mountain views and character!

This charming Cape Cod style home is nestled into beautiful cottage and edible gardens and provides a large north facing front porch that captures the stunning mountain views. The home offers 3 adorable bedrooms and a beautiful light filled study or 4th bedroom, with the added bonus of a spacious external studio; ideal to work from home or use as a further living area. The main living room is warm and enticing, the quirky kitchen zone will inspire the creative cook in you, provides a place to dine, and has a light filled space to sit and read and enjoy the views to the gardens. The home is full of storage, as every little nook and cranny has been well utilised, and outdoors you will be super excited to see 2 lock up garages, extra gated car parking and also a space that could be ideal to park a caravan, boat or trailers. Positioned directly opposite an entrance to the Warburton Trail, it is an easy stroll into town where you have all of the village amenities nearby.



Samantha Price
 M 0438 795 190
 P 5967 1277





BELL REAL ESTATE



Yarra Junction

\$1,200,000 - \$1,320,000

Your dream hobby farm awaits on 7 & 1/2 Acres

Surrounded by wineries, with mountain vistas and set on approx. 7.5 acres you'll never tire of this one owner quality home with space for your family to enjoy. Offering 3 bedrooms, master with full ensuite & walk in robe & adjacent study or parents retreat space. Multiple living areas including a bright & light lounge and dining room, fantastic rumpus room ideal as a theatre or games room and family room/meals area adjacent to the kitchen complete with wood heater. The land is ideal for animals with well fenced paddocks, hay shed, two dams, & an abundance of shedding including large machinery shed/workshop.



Samantha Price
M 0438 795 190
P 5967 1277

