



21/11/2023

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,

The end of a (school) journey is close for the students of our current Class 12. This coming Saturday, 25th November, the Class 12 Oral Presentations are being held in the Music Hall. Come and listen to these beautiful 10 young adults and hear about their journey this year. On Friday, 1st December we will be farewelling them as they leave the school for the last time, as students.

How beautiful it is to see some of our previous Alumni returning through the school gates as parents now, continuing their journey at Little Yarra in a different way.

Summer is approaching slowly this year with few hot days so far, but we are so lucky to enjoy beautiful days of blue skies and sunshine. If you enjoy gardening, as I do, you will be keen to plant some tomatoes and cucumbers along with basil and dill soon. Patience please! The ground is warming up and will be ready soon. In the meantime, starting these plants off in pots is a great alternative and protects them from the still cool nights.

There are more profiles on lesser-known herbs featuring in the next few editions and input from the community on what other articles may be of interest and general feedback are very welcome.

Sweet Porridge is a **community newsletter**! It would be lovely if there are writers/editors/contributors out there in our community who would like to help create this (almost) monthly publication & ensure its continuity in the future.

Wishing you a wonderful month filled with sunshine and warmth. With much gratitude

Sonja



The Children of the Rain

By Roberto Trostli

It happened once long ago that Sister Rain went to Mother Nature with a problem.

"It's my children," said Sister Rain. I just don't know what to do with them anymore." "What do you mean?" asked Mother Nature. "It's hard to describe." said Sister Rain. "Try anyway," said Mother Nature, "I'm sure it will become clear." "Take for instance my son Hail," said Sister Rain. "He's so wild, always racing around, throwing himself into things. He doesn't even know how destructive he is. Last week he flattened a whole garden of beautiful flowers, and he didn't even notice, he was so anxious to show that he was the fastest of us all."

"Then there's my daughter Mist," continued Sister Rain. She's so dreamy, she can't remember a thing. I tell her to follow me, and first thing I know she's gone, drifted into a hollow to look at some ferns or dawdling under a bridge admiring the little pools."

"My twins are just as exasperating," said Sister Rain. Flake loves to dance, and I must admit, she's very good at it. But ask her to water the fields and she flits around here and there. Her brother Frost is a little more reliable, but he can't resist a chance to paint everything with his brush. By the time he's done, I'm way behind with my chores. "

And then there's Dew, bless her heart." She's such so thorough and picky that she never finishes any of her jobs. Every blade of grass must glisten just so, every strand of a spider web has to have the exact same number of drops. It's a wonder I get anything done when she's around." "Do you have any ideas what I can do?, asked Sister Rain.

Mother Nature smiled her mysterious smile. "Yes," she answered, "but I want to talk to your children first." That afternoon Mother Nature spoke with Hail, Mist, Flake, Frost, and Dew. They were eager to hear what their grandmother had to say, for they knew that their mother had been irritable and unhappy lately, and they didn't know what to do about it. Mother Nature told them what she had in mind and asked them if they would do what she asked. Gladly they agreed to her plan, for it made perfect sense to them. While Mother Nature was done talking to her grandchildren, Sister Rain waited patiently. She was curious about the pleased and mysterious looks her children gave her as they left.

"Well, what was that all about?" asked Sister Rain. "Here's what I suggest," said Mother Nature. "I've discussed it with your children, and they are amenable." "You have a great deal to do, my daughter, and it's clear you need help, but the right kind of help. When you described your children to me yesterday, you gave me an idea. Each of your children has special talents, but you haven't found a way to use them. They are eager to help you, but they don't seem to know what's most important or how they can be most useful. What's needed is that each one does what he or she does best, so here's what I suggest:

In the summertime, let Hail help you. You know he loves to race after his uncle Thunder and dash about with his cousin Lightning. Put his energy to use when you need to water the dry and thirsty fields. In the fall, let Mist help you. She will wrap herself around the golden leaves without disturbing them, gently watering the autumn plants. If she forgets or loses herself in her thoughts, there's nothing to worry about, for the plants do not need so much moisture at that time. As for Flake and Frost, let them be your winter helpers. On the coldest days Flake won't mind dancing through the hills and fields, dusting them with snow. And on those clear cold winter nights Frost can paint every windowpane to his heart's delight. In spring, let Dew do her work. You need a careful helper then, for the earth is thirsty and the plants need moisture to grow. Set her to work in the evenings, when she can take as long as she likes, and in the morning, all will admire her handiwork.

"And they won't mind only working for a season?" asked Sister Rain. "On the contrary," replied Mother Nature, "they would be grateful to be able to help by doing what they do best." "Thank you, Mother Nature!" cried Sister Rain. "I knew I could count on you to help me." Mother Nature smiled pleased to know that she had helped her children once again.



MUSIC REGISTER Instruments for Sale Term 4 – 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.

3/4 "Prelude Stradivarius copy" Violin, Chinese handmade instrument. Comes with a hard case, bow & shoulder rest. The violin case has a crack, could be mended, sound very good as is. \$200. Kelly 0414 391 039

3/4 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

1/4 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

CELLO

1/4 size Cello, Chamber Student Model – Plus, great condition, \$700. Nadine 0423 539 718.

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 ono Contact Larry 0458 254 828.

1/2 size Cello Chamber 300 Brand and bow. Excellent condition. Hybrid hard case. \$1000. Victoria 0411016299.

1/2 size Cello with soft case & bow, in good condition, some marks, new bridge \$300. Melanie 0480 337 181

3/4 size 'Arco' Animato Strings Cello, very good condition. Comes with bow and hard foam case. Probably needs tuning. \$550. Contact Liz on 0401 054 881 or lizmynes3357@gmail.com.

4/4 full size Cello Enrico Student Plus II. This lovely cello is in excellent condition, being near new and having had limited use. Comes with bow and hard foam case. \$800 Contact Liz on 0401 054 881 or lizmynes3357@gmail.com.

4/4 size Salieri Cello, structurally sound in very good condition with lovely tone. Some surface scratches. Comes with hard case (as new \$350). Recently serviced with new bridge (Alex Grant Cellos) Supplied with Quality Bow. \$1,270 (Complete outfit including case). Please call Anita on 0418 558 191 with expressions of interest.

If you wish to add an instrument for sale, please email details to <u>sweetporridge@lyss.vic.edu.au</u>. Once you have sold/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*

Phoebe Laidlaw

Singing Lessons

If you love to sing and are looking to grow and explore this skill Phoebe will be offering singing lessons from the start of October 2023 out of her home in Hoddles Creek.

Phoebe prioritizes creating a safe and comfortable space for people of all ages to sing and express themselves.

Saturdays § Sundays 10am - 4pm

Lessons: 30 minutes - \$35/60 minutes - \$65



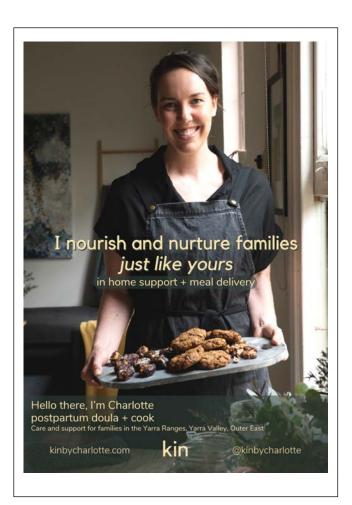
Please feel free to get in touch at: phoebegracelaidlaw@gmail.com

Advertising Rates for Sweet Porridge Small ad - 25 words \$3 Business card size or 100 words \$6 \$10 Quarter page Half page \$17 \$30 Full page **Community Notices** Free of Charge All year by arrangement All revenue raised from Sweet Porridge benefits the Parents 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



"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 <u>lizmynes3357@gmail.com</u>.





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

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

Warburton Community Market

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

Upper Yarra Community Market

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

Millgrove Community Market

3rd Saturday and 5th Sunday 7am - 3pmMemorial Park Reserve near CFA, Millgrove

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

MELGANICS

Beans and Bananas Fruit and Vegetable Co-op

Beans and Bananas is a local organic/ bio-dynamic fruit and vegetable co-op, providing members with an abundant box of mixed organic/ bio-dynamic fruit and vegetables at reduced prices due to our relationships with local suppliers.

Full or half boxes are packed and available fortnightly. A full box costs around \$80 each fortnight depending on supply and market costs. There are also wonderful opportunities to be involved with the running of the co-op to reduce your box cost as an active member.

The pick-up for boxes is at ECOSS, Old Warburton Rd in Wesburn after 3pm on a Thursday.

Boxes are out for collection with no fixed pick-up time to allow for different schedules on the day.

> You are welcome to start with a trial of three boxes (three fortnights) at an active member price before deciding to join!

Contact secretary.beans ndbananas@gmail. com or 0468 312 842 or further inform or to arrange a trial!

Darent & Educator Literature

BETWEEN FORM AND FREEDOM

RAISING A TEENAGER

Betty Staley

'Will make you more open and alive to the young people you love' Steve Biddulph

Between form and freedom - being a teenager By Betty Staley

This is the third and fully revised edition of this bestselling book. Betty Staley tackles challenges related to self-esteem, behavioural problems, stress, depression, media, genderfluidity, eating disorders, and drug and alcohol abuse. She also explores developmental needs in connection with family, friends, media, education, the arts, loyalty, and relationships.

Countless parents have come to value this wise, practical guide, in which Betty Staley uniquely discusses teenagers' soul and spiritual needs at the time of life when the quest for meaning is extremely vital.

This book . . .

- discusses ways that adolescents present either the "mask" or the "volcano" as they struggle with identity and self-esteem;
- *tackles current questions of gender fluidity and identity, eating disorders, media addiction, and more;*
- shares teenagers' voices, stories and experiences;
- opens windows to the changing inner life of developing teenagers;
- *is accessible and easy to read, with nutshell summaries and questions for reflection and action:*

You and Your Teenager

Teenagers are in the midst of an incredible adventure of the soul that forms the foundation of their adulthood.

The teenage years can be challenging time, but family therapist Jeanne Meijs sees the teenage years as a journey along a path, a journey that parents and teenagers can travel together. This book helps parents to understand that journey and shows how to support their teenage children along the way. As the relationship between parents and teenagers changes and develops, it can feel as if the child is rejecting all usual forms of love and care. Meijs explores how to find new kinds of love encourages parents to recall and examine their own teenage years and how that time affects their approach to their children's teen years.

The book includes sections on teenage excesses; approaches to passivity and boredom in teens; sexuality; difficult behaviour (including addiction); teenagers and technology; and issues surrounding divorce.

You and Your Teenager is a considered overview of teen years and a thoroughly practical, down-to-earth book from which parents can draw strength, inspiration and guidance.

About the Author

Jeanne Meijs is a family therapist who works with children and teenagers, and their parents. Her work is informed by the ideas of Rudolf Steiner who advocated a 'whole child' approach to raising children. She has written several parenting books; she lives in the Netherlands.

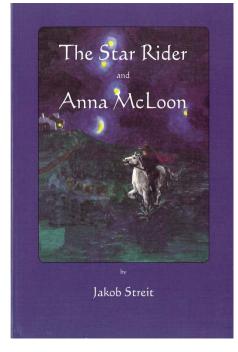
You and Your Teenager

Understanding the Journey

Jeanne Meijs



Children's Books



Master story-teller Jakob Streit gives us two wonderful tales that will delight adult and child alike.

'The Star Rider' is a retelling of an ancient Celtic legend. It tells of a young man who is destined, by the position of the stars at his birth, to have a terrible thing happen to him. It's a story of destiny, acceptance, integrity and injustice, with a heart-warming ending.

"Anna McLoon" is a story from modern times. Together with a friend, the author went in search of the last Celtic storyteller, who had spent a lifetime going from farm to farm, village to village, throughout all of Ireland, telling her treasure of Irish folktales.

The illustrations are reproductions from copper etching by Andrez Dauchez contained in a publications by the Societe des amis du livre moderne, "Le Foyer Breton", by Emile Souvestre, Paris 1910.

Tales of the Mushroom Folk (Signe Aspelin)

Tales of the Mushroom Folk

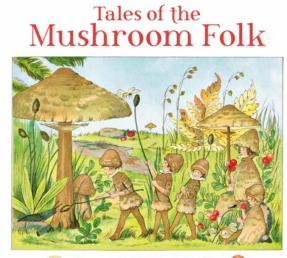
It's early spring and the mushroom folk are emerging into the bright sunshine. Meet the mischievous Fly Agaric Toadstools, the playful Porcini Mushrooms, the sleepy Slippery Jacks and the regal Button Mushrooms in this delightful picture book full of whimsy and vintage charm.

As the seasons turn, readers are introduced to the different mushroom families and learn what makes them special through a series of charming tales.

This is a gorgeous new edition of the classic picture book which was first published in 1909. Swedish artist Signe Aspelin's delightful illustrations are reminiscent of Elsa Beskow and Sibylle von Olfers with their imagination, liveliness, and celebration of nature.

About the Author

Signe Aspelin (1881-1961) was a Swedish children's book illustrator and textile designer. Her illustrations were popularly used on Swedish greetings postcards.









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Karla Silva Counsellor Post Grad Dip (Psych), BSSci (Psych/Marketing)

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HEALTH AND WELLBEING

Stinging Nettle Spanakopita

(Vegetarian)

Ingredients

- 8 cups fresh stinging nettle leaves
- 2 tablespoons melted butter
- 3/4 cups chopped onions
- 1 1/2 cup finely crumbled feta cheese
- 1/2 cup grated parmesan cheese
- 2 eggs, slightly beaten
- 1/3 cup fresh chopped parsley (or 2 tablespoons dried)
- 1/4 teaspoon grated nutmeg
- 18 filo sheets
- 1/2 cup melted butter

Instructions

1. Steam 8 cups of stinging nettle leaves until thoroughly wilted. (A colander placed in a large, covered pot with an inch or so of water works well). Allow the nettle to drain. Place the nettle on a cutting board and chop.

2. Sauté the onions in 2 tablespoons of melted butter. Add the chopped nettle and sauté a few minutes more.

3. Remove from heat and add the feta, parmesan, egg, parsley and nutmeg. Mix thoroughly.

4. Lightly coat a 9" x 13" baking pan with melted butter. Unroll your filo and cover it with a damp dishtowel. You'll be working with one sheet of filo at a time. Try to work quickly and always keep the sheets that are waiting to be used covered with the damp dishtowel.

5. Using a pastry brush, brush melted butter on your first sheet of filo. Arrange it in the buttered pan off centre, so that it is covers most of the bottom of the pan and comes up one side of the pan. Brush the next sheet of filo with butter and place it so that it comes up a different side of the pan. Repeat with 6 more sheets of filo, each one coming up a different side of the pan. Now brush 4 more sheets, one at a time, with melted butter and layer them in the centre bottom of the pan.

6. Evenly spread the nettle mixture over the filo in the pan. Working quickly, butter the remaining sheets of filo, one at a time and place them on top of the filling. Fold the filo that is coming up the sides of the pan down on top of the filo that is covering the filling. Brush with melted butter.

Score the top of the filo cutting it into 12 pieces, but do not cut through to the filling. Bake at
375° for 35 – 45 minutes until the crust is golden brown.



Gardening

Urtica dioica (Stinging Nettle)

Stinging nettle is a nutritious plant popular in Western herbal medicine. It may reduce inflammation, hay fever symptoms, blood pressure and blood sugar levels — among other benefits. Stinging nettle (*Urtica dioica*) has been a staple in herbal medicine since ancient times. Ancient Egyptians used stinging nettle to treat arthritis and lower back pain, while Roman troops rubbed it on themselves to help stay warm.



Its scientific name, *Urtica dioica*, comes from the Latin word *uro*,

which means "to burn," because its leaves can cause a temporary burning sensation upon contact. The leaves have hair-like structures that sting and also produce itching, redness and swelling. However, once it is processed into a supplement, dried, freeze-dried or cooked, stinging nettle can be safely consumed. Studies link it to a number of potential health benefits.

Here are 5 evidence-based benefits of stinging nettle:

- 1. Contains Many Nutrients
 - Stinging nettle's leaves and root provide a wide variety of nutrients, including:
- Vitamins: Vitamins A, C and K, as well as several B vitamins
- **Minerals:** Calcium, iron, magnesium, phosphorus, potassium and sodium
- **Fats:** Linoleic acid, linolenic acid, palmitic acid, stearic acid and oleic acid
- Amino acids: All of the essential amino acids
- **Polyphenols:** Kaempferol, quercetin, caffeic acid, coumarins and other flavonoids
- **Pigments:** Beta-carotene, lutein, luteoxanthin and other carotenoids

What's more, many of these nutrients act as <u>antioxidants</u> inside your body.

Antioxidants are molecules that help defend your cells against damage from free radicals. Damage caused by free radicals is linked to aging, as well as cancer and other harmful diseases.

- 2. May reduce inflammation
- 3. May reduce hayfever
- 4. Wound and burn healing properties
- 5. Natural blood tonic

Caution

Pregnant women should avoid consuming stinging nettle because it may trigger uterine contractions. People on blood thinners, blood pressure and diabetes medication should consult a doctor prior to usage.

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- 1, Anxiety, stress, distress, depression.
- 2, Brain Fog, poor concentration, learning difficulties, co-ordination, confidence.
- 3, Headaches, migraines, grinding teeth.
- 4, Behavioural issues.
- 5, Insomnia, or disturbed sleep.
- 6, Exhaustion and fatigue.
- 7, Physical pain, Chronic pain, Fibromyalgia, Chronic Fatigue Syndrome.
- 8, Physical and emotional trauma.
- 9, Tight muscles, ligament, tendons, joints, back problems.
- 10, Any illness or disorder.
- 11.Relationship imbalance.

I welcome the opportunity of respectfully working together, I look forward to your call:

Liz Buceto Mob: 0479 169 795

Facebook: facebook.com/kinergetics70 Instagram: liz_empowering_inner_light



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HALF ACRE PARADISE

* Fully renovated brick house with breathtaking north-facing mountain views

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