

Sweet Porridge



April 2024



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.

Seasonal Changes

Dear LYSS Community,

With these crisp, misty mornings and the nights drawing in, one can really feel change is in the air! The apple trees close to my home are abundant with brightly coloured fruits, and the trees are filled with brightly coloured King Parrots filling themselves up with all sorts of delicious seeds!

As we head now towards the school holidays, this issue has a few events that are occurring in the break, as well as craft and recipes to enjoy.

Warmly, Karli

(sweetporridge@lyss.vic.edu.au)

Waring Wombat Season (April-July)

- Cool, rainy days follow misty mornings. The time of highest rainfall and lowest temperatures.
- Waring (wombats) emerge to bask and graze in the sunshine.
- Bulen-bulen (Superb Lyrebird) males perform their courtship displays.
- Hearts of Kombadik (Soft Tree-ferns) are the major food when no fruits are available.
- Days are short and nights are long.
- The constellation of Sagittarius rises in the southeast after sunset, indicating the mid-point of cold weather.



Source:
Museums Victoria

Autumn

By Frida A. Phillips

There's blue in the sky, and there's blue in the sea,
And a blue mist is veiling the mountains from me.
A blue wren is calling his mate from the bower,
And there is the butterfly over the flower.
There is gold in the sunshine and gold in the sand;
And gold in the poppy I have in my hand.
The golden-red leaves lie thick-strewn on the mould,
For Autumn has come with its blue and its gold.

Australian Autumn

By Dorothea Mackellar

This is the gentlest season of the year.
From mists of pearl and gold
The slow, sweet hours unfold,
To crystal colours, still
As glass, but not as chill.

All birds speak softly in the autumn bush.
One bellbird from the deep
Like a call heard in sleep
Chimes: in the bronze-gold gloom
Cool greenhood orchids bloom.

Brown leaves are withering on the alien trees.
The metal of our hills
Is veiled with blue that fills
The spirit with a bright
Sense of intrinsic light.

Now that the dew has vanished, sheep lie down
By companies content
In wilga-shade and scent;
The reaper sounds nearby
Like the cicadas' cry.

And so the mellow day flows on to dusk,
And loveliness that grows
With skies of mauve and rose;
While fragrant smoke-plumes lie
Subtle as memory.

Curled round our hearts in this still jewelled air,
Risen from the pulsing fire
Many-hued like desire.
Overhead stars blaze white.
Superb in frosty night.

This is the kindest season of the year.
The sun's gold arrows all
Have lost their barbs; thick fall
The berries ripe, and still
Each bird may have his fill.

Now peace and plenteousness have spread their wings
After the blessed rains
On autumn hills and plains.
Remains the exile's mind
Aloof, tormented, blind.



Holiday Craft: Felt Snail

MATERIALS

- Piece of felt
- Unspun wool
- Long pipe-cleaner or thin wire
- Thin card

METHOD

The pattern in Figure 63 consists of the snail's body, shell and two antennae. The body consists of a base and the two sides, all as one piece.

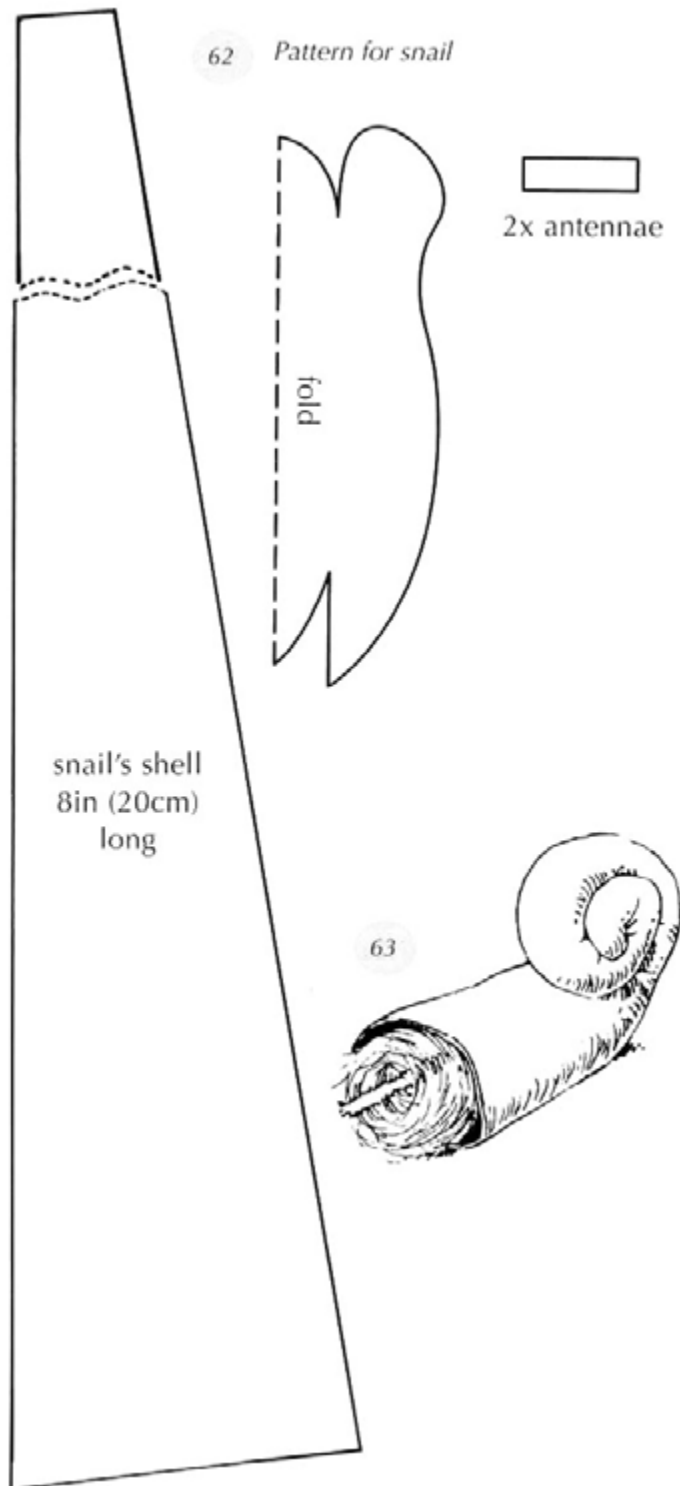
It is essential to stick a piece of card at the base of the body, otherwise the snail will fall over with its top-heavy shell. Sew up the snail, leaving a small opening for stuffing in the unspun wool.

Take a long strip of felt, tapered along one side, for the shell (Figure 62). You will also need a pipe-cleaner about 8 in (20 cm) long or two pipe-cleaners joined together. Alternatively, you can use a piece of wire with the ends bent round.

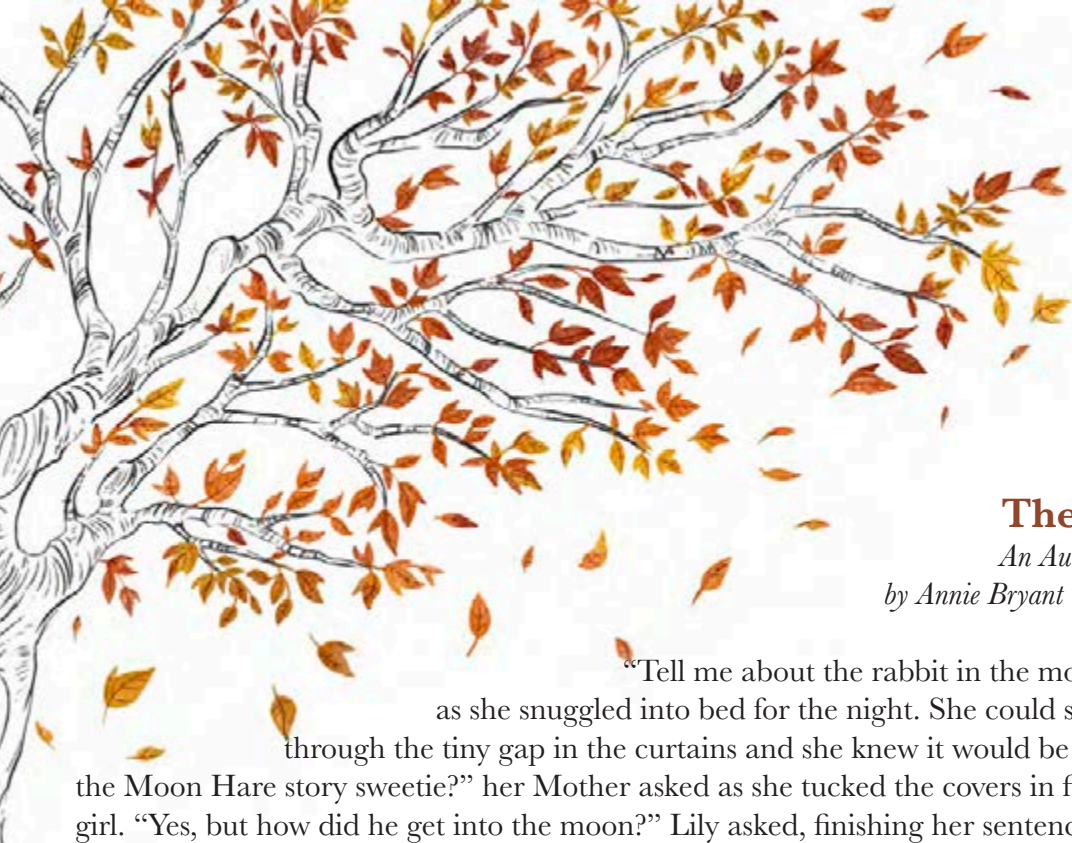
The coil of the shell has to be thicker at the bottom than at the top. You must therefore wind the unspun wool around the pipe-cleaner more thickly at what is to be the bottom end, thinning it out gradually towards the other end. Make sure the felt fits around tightly and sew it on securely.

Now wind the whole tube around to make the shell (Figure 63). Sew the coils together and sew the shell on to the body.

Cut out two small pieces of felt for the antennae, curl them up firmly, secure them with a few stitches and then sew them on to the head.



From: *Feltcraft: Making Dolls, Gifts and Toys*
by Petra Berger



The Moon Hare

An Autumn Easter Story

by Annie Bryant (www.talesandsongs.com)

“Tell me about the rabbit in the moon again Mummy?” Lily sighed as she snuggled into bed for the night. She could see the almost full moon peeking through the tiny gap in the curtains and she knew it would be Easter time soon. “Do you mean the Moon Hare story sweetie?” her Mother asked as she tucked the covers in firm and warm around the little girl. “Yes, but how did he get into the moon?” Lily asked, finishing her sentence with a big yawn. “Oh there are lots and lots of stories about that, but the one I know best is not about how he got there but how the Moon Hare came back to earth for a visit.” “Yes that’s the one! I love that one! Please tell me about the Moon Hare,” Lily cried a little too excitedly for bedtime, and when she settled back down again, her Mother continued.

“Once, a very long time ago, the old Moon Hare looked down from his Moonly home and out upon the world below where he spied a tree. And she was no ordinary tree. She was strong and tall and rather majestic with an enormous thick trunk that reached up much higher than any of the other trees. Her roots grew deep into the earth and her branches danced high in the heavens. And because the tippy tops of her leaves almost tickled the soft furry skin of Moon Hare’s feet they quickly became the very best of friends. Each month the tree waited and waited for her special friend Moon Hare to appear, and for those few nights when Lady Moon shone big and bright, the two friends would sit amongst the twinkling stars and chat. They talked and talked and talked about all the things you would expect a starlit tree and a Moon Hare to talk about and they never ran out of things to say. Moon Hare especially loved hearing Tree’s stories about the little girl who often came to visit her down on earth. The tree told Moon Hare how sometimes the girl would bring her blanket and cuddly toys and teacups and make fine picnics at her roots. And as the girl grew bigger and stronger she began to climb up her branches, slowly at first, then faster and faster, until her little feet raced up the tree’s trunk so quickly they tickled the tree all over and she couldn’t help but shake her leaves in laughter. Tree’s favourite part though, was when the girl reached the highest branches and she snuggled into her smooth bark and sang all afternoon long.

Sun comes up, life will grow
Tiny seeds of light we sow
Sun goes down, life will rest
That’s the way of nature’s nest

Moon Hare sighed when tree described the singing and how it rang through tree’s bark and sunk deep into her roots so that it stayed with her, keeping her company on those dark nights when Moon Hare did not come. Moon Hare was glad the tree had the girl and glad the girl had the tree. But one night, when Autumn’s glow had already touched her leaves, tree had some unexpected news. In a few day’s time the farmer was coming to chop her down so that he could use all her good strong wood to build a good strong house for the girl’s family. Tree was excited and proud for her new job but she did feel a little sad that the girl would not have a tree to climb or sing to anymore. And then, Tree leaned in ever so close to her friend Moon Hare and asked if he would help her leave a special gift for the girl. The next night, when Moon Hare once more rose up high in the starry night, tree asked if he was ready. And to show he was, Moon Hare stretched out his big strong hind legs and thump thump thumped, thump thump thumped, thump thump thumped them. Then, with one huge leap, he bounded

out of the moon and down into the tree where he hoppity--hopped all the way down tree's branches. And as his soft furry feet jumped from limb to limb they tickled the tree all over and she laughed so hard that all her Autumn leaves came tumbling down to the ground too. Moon Hare landed with a thump and giggle in a pile of Autumn leaves and then bounded off to hide in the grass. Hidden from sight, there he waited and waited and waited until the morning light came, bringing with it the farmer and the little girl. Moon Hare stayed in his hiding place while the farmer worked hard and the tree finally came tumbling down to the ground, and then just as he'd promised, Moon Hare quickly jumped into action. Being very careful not to be seen, he swiftly bounded from fallen branch to branch, collecting every one of tree's own seedpods now lying on the paddock floor, and when his job was done, he just as quickly bounded back to his hiding place. Moon Hare watched as the little girl helped her father collect all the big and small branches and pack them into the old wooden trailer hitched to the back of the tractor. When the load was full and the job was done, the two of them climbed aboard and drove away. The next day the Moon Hare again stayed hidden and waited. This time the girl arrived by herself and all day long she sat on the enormous stump that lay where Tree once stood, and she sang.

Sun comes up, life will grow
Tiny seeds of light we sow
Sun goes down, life will rest
That's the way of nature's nest

Moon Hare was glad to finally hear the girl's song and it sounded just as beautiful as he had imagined. The girl continued to sing until the sun began to slowly sink in the sky, and then she stopped, stood up, and walked back home. And just as the first star of the night arrived in the sky, Moon Hare got to work. All night long he worked hard doing exactly what the tree had asked. Thump thump thump, thump thump thump, thump thump thump went his furry paws as he bounded to and fro, and when the last star of the night disappeared from the sky, Moon Hare's job was done and only then did he once more stretch out those big strong hind legs and take one enormous leap from the earth and back into his Moonly home. The next morning when the girl came she noticed something shining in the grass. And then another one caught her eye from just a few metres away, and then another and then another, until the whole paddock of grass seemed to be filled with strange patches of shiny--ness. What could it be, she wondered? Slowly she walked over to the closest glowing patch and was surprised to find a little nest carved neatly into the grass. And there, sitting in a small neat pile softly cushioned by some autumn leaves, was a handful of small round seedpods from the tree, each one covered in a glowing white dust now glittering in the sunlight. She looked around the paddock and realized that each one of the shiny patches were also filled with the neatly carved nests and golden leaves and seedpods covered in sparkly white dust. A huge smile spread across the girl's face as she ran to the garden shed and returned with the old wicker harvest basket and a shovel. Quickly she scooped up each of the seedpods taking extra special care to collect all the sparkly silver dust too and, once she had them all gathered, she started digging holes. It took many days and maybe even weeks, but by the time the cool Autumn winds had almost made way for the cold of Winter, the girl had planted each of the seeds, tucking them into the warm earth with a sprinkle of sparkly white moon dust.

And now each year, come Autumn time when the moon shines bright and full, the Moon Hare has plenty of star trees to tickle and laugh away their leaves, as he hoppity--hops back down to earth. And when he gets there, with a great thump thump thump, thump thump thump, thump thump thump of his strong hind legs, off he goes to work, always careful to leave a sprinkle of sparkly white moon dust on top to shine in the sun and let the children know where to find the nests filled with treasure on Easter Sunday morning."

When the story was finished, Lily's mother leaned down and dropped a goodnight kiss on the girl's forehead.

Lily rolled over half asleep but with one last question that couldn't possibly wait until morning. "And Mummy, do you think the Moon Hare will visit our garden this Easter?" "Oh I'm sure he will sweetie," her Mother replied, "and you never know just what treasures he might bring."



Music Register

Instruments for Sale

Term 1 – 2024



Little Yarra
STEINER SCHOOL

Violin

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

1/2 size violin (Samual Eastman). Comes with case, bow and shoulder rest. Excellent condition. Photos available. Bought for \$400 (receipt available). Very well maintained. Selling price \$200. Cosimo 0406 136 810

1/2 VIOLIN, SKYLARK (photos available). Good condition, with 2 bows, no shoulder rest or E string. Case shows wear, but violin is solid. \$150. Luna 0433 337 161

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

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

12.5 inch VIOLA, CHAMBER STUDENT, MVI (photos available). Good condition with a few marks, 1 bow. Lockable case in excellent condition. \$250. Luna 0433 337 161

13 inch VIOLA, CHAMBER STUDENT (photos available). Good condition with a few marks, 1 bow. Solid case showing some wear. \$150. Luna 0433 337 161

Trumpet

TRUMPET, YAMAHA (photo available). Excellent condition- barely played in last 2 years! \$450. Luna 0433 337 161

Cello

1/4 size cello. Salieri brand. Bought in 2018 through the LYSS music department. Excellent condition. Comes with bow and semi-hard case (case will require replacement). \$550 Call Monique 0401 353 698.

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 0411 016 299.

3/4 CELLO, SKYLARK (photos available). Decent condition with a few marks, 1 bow. Solid case with broken zip but clasps still close. \$400 neg. Luna 0433 337 161

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 Liz 0401 054 881 or lizmynes3357@gmail.com.

Please note that music teachers are happy to assess if the instrument is the correct size for your child and advise if there are any repairs required prior to purchase. When discussing this with the seller please explain this may take a week as the teacher will need to fit time in for this around their busy schedule. If you require a valuation, it is best to take the instrument to a valuer for a valuation none of our staff are qualified to value. Please make sure that any instruments are clearly labelled with a contact phone number for collection

Where Water Meets

Chamber-folk from the
wilds of Tasmania

presented by
**bowerbird
collective**

Emily Sheppard (Viola/Vox)
Yyan Ng (Guitar/Vox)

"At the forefront of contemporary
Australian music... offering a transformative
journey into the heart of nature."

Friday 5th April, 7pm

Yarra Valley ECOSS
711 Old Warburton Rd
Wesburn, VIC



bowerbird collective

Where
Water
Meets

tix + info

www.wherewatermeets.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.

ECOSS Valley Market

Every Friday 3.30-6pm.
711 Old Warburton Rd, Wesburn
FREE Family Fun on the 3rd Friday of the month with free kids activities.
Purchase fresh local produce direct from the farmer, by locally made wine and chocolate and grab a delicious traditional Mexican Taco for dinner!

Millgrove Community Market

Third Saturday and Fifth Sunday of every month
7am – 3pm
Memorial Park Reserve near CFA, Millgrove
Millgrove Market has over 30 stalls featuring arts, crafts, clothes, plants, bric a brac, hardware, toiletries, toys and fruit and veg.

Upper Yarra Community Market

2nd and 4th Sunday
8.30am-2pm
Yarra Junction Football Oval, Warburton Hwy, Yarra Junction
Discover a diverse selection of products such as fresh produce, nuts, dried berries, plants, handmade crafts, cozy knits, greeting cards, and unique gifts. Additionally, you can explore the market's "trash and treasure" section, brimming with second-hand treasures like books, clothing, tools, toys, and kitchenware.

The Valley Market Warburton

First Sunday of the month
11am-3pm
Thomas Avenue, Warburton
You will find a huge range of handcrafted goods here designed and made by locals. There are also food items here including locally grown fruit and vegetables, fresh free-range eggs, jams, preserves, chutneys, plants and flowers.

The Last Hoorah Bazaar

Fifth Sunday of the month
11am-3pm
Koha Cafe, 25a Dammans rd, Warburton
A preloved and hand made market. Come along and support Koha and locals whilst getting a bargain, something yummy or a lovely gift for some one. Oh and don't worry about the rain, its completely under cover! Everyone welcome!

Warburton Community Market

Second Saturday of the month
9am-2pm
St Mary's Church Hall, Warburton
Find a range of fresh produce including plants, free range eggs, fruit, vegetables, honey, cakes, scones and biscuits. The market also sells a range of handmade and pre-loved goods including toys, cards, clothes, jewellery and knitwear.

2023 Seasonal minimarkets

AUTUMN Harvest minimarket Saturday March 18 12 – 3 pm	WINTER Craft minimarket Saturday June 17 12 – 3 pm
SPRING Secondhand minimarket Saturday September 9 12 – 3 pm	SUMMER Festive minimarket Saturday December 9 12 – 3 pm



Don Valley Hall
22 Old Dalry Road,
Don Valley

Why support the minimarkets?

- Encouraging local handmade items
- Yarra Valley Red Cross stall with handmade goods
- Fresh local produce available from our WHYLD stall
- BBQ provided by Don Valley Primary School
- Barista coffee, tea and cold drinks
- Door prize \$10 voucher to spend on site, drawn on the hour
- Plastic bags discouraged, so please BYO bag or basket
- Free children's activity and entertainment
- Browse or borrow a book from our Street Library
- Supporting local businesses and community groups
- Proceeds will support future self-sustaining markets
- A great little community event!

Contact: welcomet@whyld.org.au
or phone 0458 594 606

Supported by







Nat Bartsch Trio Warburton Outdoor Performance

Banks of the Yarra River,
Yarra River Walk, Warburton

Sunday, 14 April, 2pm

Picnic by the Yarra in Warburton for a FREE classical treat! Pianist Nat Bartsch, with violin and cello, performs her ARIA-nominated album Hope. Reflect, enjoy, and embrace hope by the river.



ADVENTURES



ADVENTURES

"Life is either a daring adventure, or nothing at all" – Helen Keller

The Misfit Project Third Sunday of Each Month

This is a program for those that seek healthy risks, the ones who look to the skies, and who yearn for adventure!

Each month we gather and set out on a day long experience. Whether it's delving deep into nature, or tackling a high ropes course, this program is sure to provide a good time!

Broaden your comfort zone, expand your social circle, and get ready to rumble!

**Visit themisfitproject.org.au
to find out more.**

Advertising Rates for Sweet Porridge

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

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

Advertising payments can be made via EFT.

BSB 633 000 A/C 14 284 4166 LYSS P & F

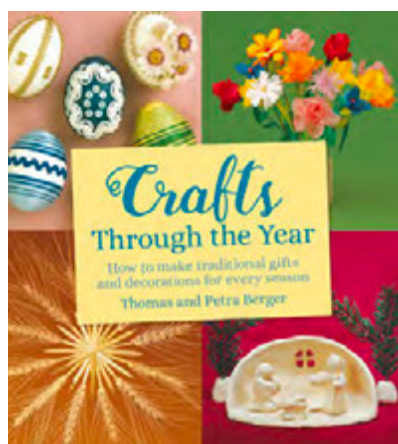
Please email all content to sweetporridge@lyss.vic.edu.au

**Contributions
of articles, recipes,
stories, poems, music
and artwork
always welcomed.**

**Advertising deadline
for the next issue
of Sweet Porridge
is Friday 26th April**

Craft Books

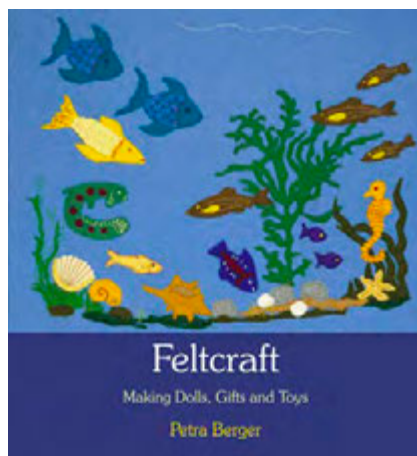
Looking for a crafty project for the upcoming school holidays? Take a look through these books for inspiration. Full of ideas of things to make for children, with children or by children!



Crafts Through the Year

Making homemade toys and decorations is an excellent way for children to become involved in the celebration of festivals throughout the year. This comprehensive book includes crafts for children to make,

either at home or school. Detailed instructions, diagrams and colour photographs on making a range of seasonal items are given: from decorated eggs and pompom, straw and origami animals, to autumn garlands, lanterns, festive wreaths and paper window stars.



Feltcraft: Making Dolls, Gifts and Toys

Detailed instructions for a range of lively and creative ideas, such as small dolls, finger and glove puppets, animals, finger- and wrist-bands, little gifts and even wall tapestries.

All of the projects are accompanied by step-by-step instructions, patterns and colour photographs. They are all suitable for making with children.



Earthwise: Environmental Crafts and Activities With Young Children

Earthwise is full of practical ideas for nature crafts and seasonal activities to encourage young children to be aware of their environment. The activities are carefully written and

beautifully illustrated, and will encourage children to develop a respect for nature, the earth and all living creatures. Children will learn about their dependence on the earth's produce (by taking stalks of wheat and turning them into bread-flour); how to create and not just consume (by making their own gifts); how to make butter and grow food (even in the city); and how to make outdoor playhouses from natural materials. The book also contains seasonal suggestions for making a more Earth-friendly home and classroom, and a comprehensive list of resources and suppliers.

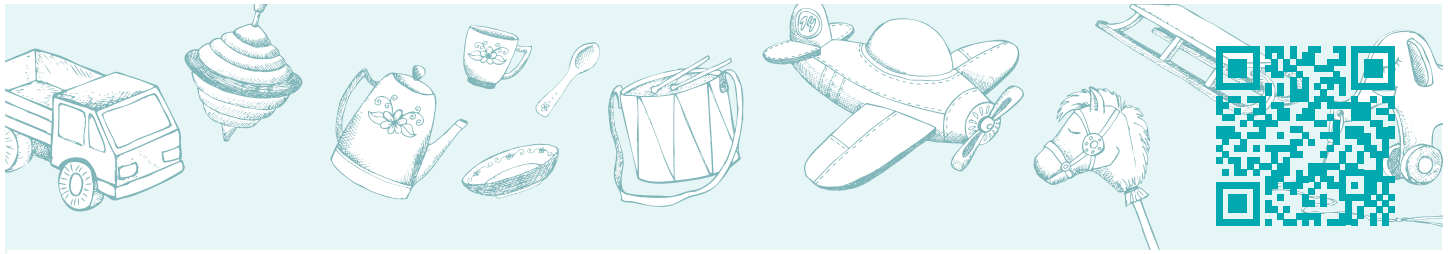


Autumn and Winter Activities Come Rain or Shine

Create pine-cone gnomes, build nest-boxes for garden birds, and craft festive angels, all while learning about the natural world -- whatever the weather!

This practical and brightly illustrated book is packed with indoor and outdoor crafts and activities, plus fun facts, to entertain and engage curious children during the colder and wetter months.

All the activities encourage an exploration of nature, from leaves and feathers, to snow and stargazing. Children will love finding out about the natural world through play and creation whether at home or in the classroom.



HUGSFORKIDS.COM.AU



• YARRA VALLEY BASED • FAMILY-RUN BUSINESS •

• Toys, Clothing and Gifts • Craft Supplies • Books •

Gluckskafer Wooden Sailing Boat

Young sailors can have fun with this beautiful wooden sailing boat, encouraging creative and child-directed free play, and natural development.



Mader Wooden Skipping Rope

The Mader Skipping Rope encourages kids to play outdoors, and be active while having fun! Skipping helps with balance, coordination and concentration. These skipping ropes come with beautifully hand-painted wooden handles and are



carefully crafted to ensure durability.

OUR TOP PICKS FOR THE SCHOOL HOLIDAYS!

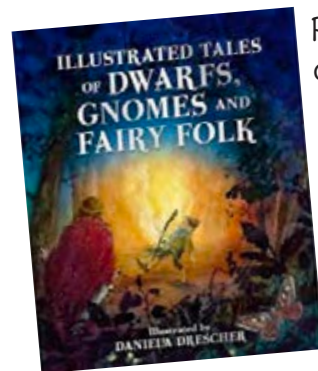
Gluckskafer Wooden Flower Press

Extend the enjoyment of a seasonal nature walk by collecting, pressing and drying flowers and leaves with this solid and sturdy flower press.



Flowers can be pressed for the sheer joy they bring or once dried can be used in a variety of natural craft activities.

Floris Books Illustrated Tales of Dwarfs, Gnomes and Fairy Folk



Perfect for snuggly days at home, curl up with the children and be transported away to lands of helpful dwarfs, mischievous gnomes and powerful fairy folk in this sumptuously illustrated storybook

anthology of classic European folk tales.

• SHOP ONLINE • LOCAL PICK UP AVAILABLE •

Crank Up Heritage & Community Festival

The iconic 'Crank Up' is an annual event held every March-April since about 1978. With the Upper Yarra Museum and the Upper Yarra Historical Society volunteers at the heart of it all. From this year we are expanding the community aspect of the event with more for families and kids to do and growing our traditional heritage part with the inclusion of more old trades & crafts.

This year CrankUp 2024 will be held on the weekend of April 6 & 7, 2024. There is plenty to do and see with the blacksmith forge firing up and giving taster session where you can make your very own hook, displays by local community and historical groups,



the Yarra Valley machinery Preservation Society's machinery display chugging away, champion chain-saw carver creating magnificent sculptures, draught horses, steam traction engines and the museum's collection of buildings, documents and artefacts from around the region.

With an exciting wood chop competition Sunday, live music alongside the vintage car show and shine Saturday and fun kids' activities which include a jumping castle, donkey rides, face painting, and more.

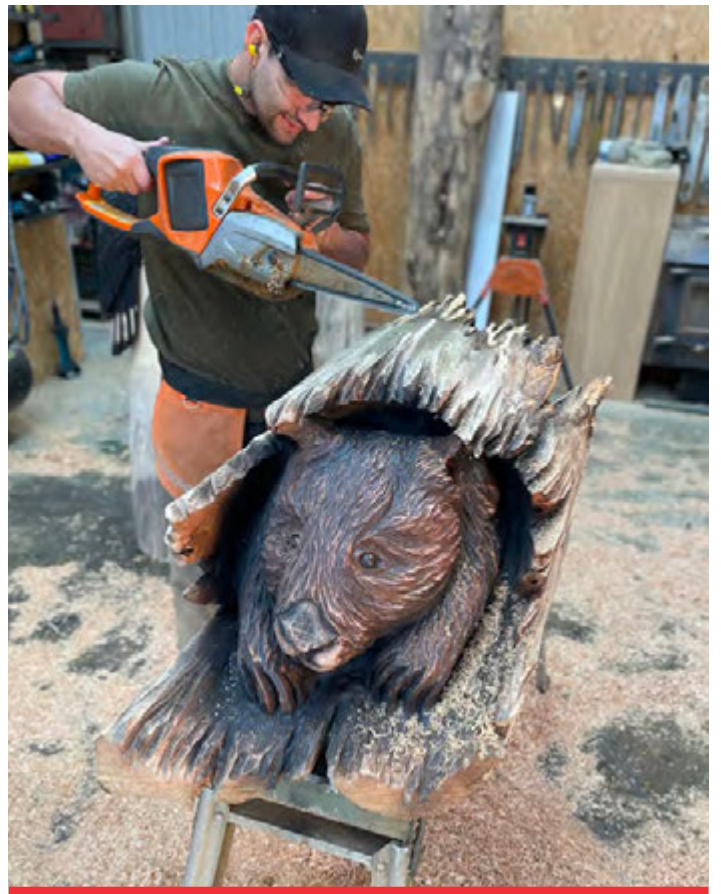


It is a great family outing for all! Plenty of food trucks onsite for when you have worked up an appetite from all the action. So make a day of it. This is our biggest fundraising event of the year so do come along and support your local museum!

For any enquiries, please, email us: uyvhs.info@gmail.com or send us a message via our facebook page [TheUpperYarraMuseum](https://www.facebook.com/TheUpperYarraMuseum).

The Museum's regular Opening time is Sundays from 10am-4pm weekly.

*Plenty of volunteer opportunities for those interested in helping out during open times, events, and behind the scenes.



UPPER YARRA MUSEUM

presents

CRANK UP

~2024~

Heritage & Community Festival

April 6-7, 2024: 10am till 4pm

Upper Yarra Museum @ the Old Yarra Junction Railway Station

TICKETS: ADULTS \$15 - CON \$10 - KIDS UNDER 15 FREE

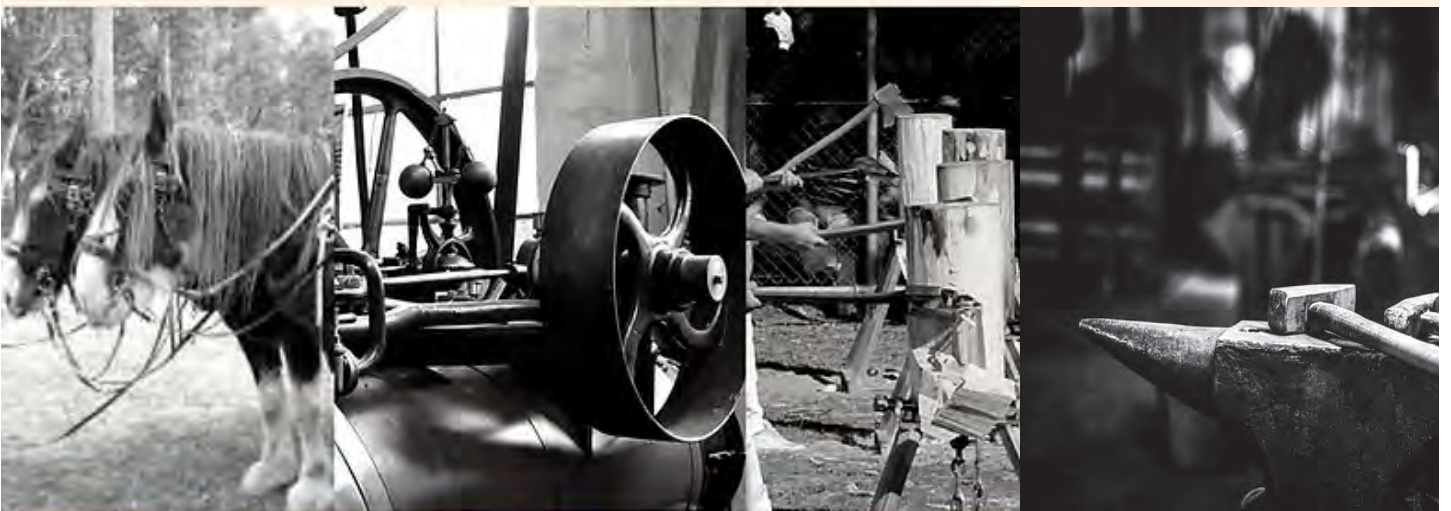
ENGINES OF ALL SIZES - MOVING & STATIONARY
WORKING DRAUGHT HORSES

LIVE BLACKSMITHING AND HERITAGE TRADES DEMONSTRATIONS

KIDS ACTIVITIES - DONKEY RIDES - JUMPING CASTLE

FOOD TRUCKS

CARSHOW - LIVE MUSIC ~Saturday
WOOD CHOP COMPETITION ~Sunday



UYVHS.info@gmail.com

www.upperyarramuseum.org.au

ADULT EURYTHMY CLASSES with Kelly

Wednesday Mornings (Possibly Fridays)

▲ 9am –9:45am in the Eurythmy Room

\$10 (first trial free)

Please feel free to join our adult eurythmy classes. No experience is necessary, and drop-ins are welcome. Whether you are looking to find out more about eurythmy or create a mid-week reset for yourself, this class is designed to be welcoming, flexible and a space for experiencing the unique and beautiful art of eurythmy on a deeper level.

Classes will begin SOON!

PLEASE SEND EXPRESSIONS OF INTEREST AND PREFERENCE OF DAY (WEDNESDAY or FRIDAY MORNING) TO -

kpapas@lyss.vic.edu.au

I look forward to moving with you soon!

Kelly



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\$25 AT THE DOOR
BLUE LOTUS TEA**

**CEREMONIAL ALTARS - EMBODIMENT PRACTICE -
HONOURING THE LAND, THE ANCESTORS, AND SPIRIT**

MONTHLY GATHERINGS

MEDICINE DANCE COMMUNITY

**[HTTPS://CALENDLY.COM/SHININGLIGHTMEDICINEWOMAN/BOOKING-
CALL-FOR-SERVICES](https://calendly.com/shininglightmedicinewoman/booking-call-for-services)**

**FACILATED BY @SIMONE_MICHELLE_TOUSSAINT
0423304215**



Welcome to Empowering Inner Light; natural healing therapies empowering individuals and families to reach their best, mentally, physically, emotionally, and spiritually.

I am extremely passionate about supporting people of all ages to empower themselves to create better, healthier and happier lives. Together we build self - confidence, clear minds, remove fears, open hearts and alter limiting negative beliefs to positive ones. This enables people to experience life to their fullest potential.

Be your best. Live your best. Share your best.

I am a Practitioner of Kinergetics RESET® Kinesiology, PSYCH-K®, The Liquid Crystals, Pellowah and I am studying Integrated Healing. All modalities are gentle, yet very powerful. These therapies remove fear responses, sabotage programs, survival programs, deep level switching and shock programs, bringing lasting positive changes to your life.

If you or your children suffer from any of the following, simply call to discuss;

1. Anxiety, depression or stress.
2. Brain fog, poor concentration, learning difficulties or poor co-ordination.
3. Headaches, migraines or grinding teeth.
4. Behavioural issues or relationship imbalances.
5. Insomnia or disturbed sleep.
6. Exhaustion or fatigue.
7. Physical pain, Chronic pain, Fibromyalgia or Chronic Fatigue Syndrome.
8. Physical or emotional trauma.
9. Tight muscles, ligaments, tendons, joints or back problems.
10. Any other illnesses or disorders.

Enjoy a safe, supportive, loving space to learn and grow. I look forward to your call, alternatively you can contact me on my facebook or instagram pages.

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Instagram: [empowering_inner_light](https://www.instagram.com/empowering_inner_light)

The girl and her play

By *Fiona Sofield*

I cared what people thought of me,
The day I thought I ought to be
A person that I was not.

I cast my own character, moulded her well,
To fit with what's right, so no-one could tell
It was all just a role in a play

The stage had been set from a time long before
So I never could question or doubt it as law.
The stage had been set for us all.

The director was fair when he cast all the scenes.
"Look at her, she's pretty and smart, a bit shy, but by all means
She'll go far."

"Who AM I?" I would ask myself from time to time...
A pause sometimes made me forget all my lines.
"You're that girl! Remember?"

'That's right', I thought, 'I must stick to the plot,
But why do I feel like I'm missing a lot?
This cannot be all that there is.'

"I'm here!" came the clear voice of silence within,
"If you look deep enough, you'll begin
To find me if you dare."

"Who are you?" asked the character I had played for so long.
"I'm the stillness inside, I'm infinity, your true song...
A pure, loving heart."

The scenery shifted; the star was depressed.
"I'm lost," said I, "and I'm a fraud at best!
God help me get out of this mess!"

To my surprise God heard my desperate cries,
"Your gift is who you are, it can never be denied,
Only shake off this clothing and let your light shine."

So slowly, with care, I left the old stage,
And found the whole world outside of the cage,
Deep in the depths of my heart.

Then I laughed at myself, at the game and the players.
"I've been me all along, I just had to peel back the layers
To reveal what's inside."

As I opened my heart, a bright, burning flame cast its light
Blazing through the darkness that had kept it out of sight.
'I am home, and I am free.'

And I thought 'now that I am authentically me,
I know this to be true, we are all a part of the same tree,
Beautiful drops in the ocean of oneness.'

'So together we must, from the truth in our hearts
Create a new world out of love, we must start
To be the new earth, from within.'

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!

For further information or to arrange a trial contact beansveggiebox@gmail.com

Illustration and Graphic Design: Nightingale Graphics 0450 034923

Recipes

Apple Cake (Vegan)

Wet Ingredients

- 1 cup plant milk
- $\frac{3}{4}$ cup plus 2tbsp raw sugar
- $\frac{1}{4}$ cup canola oil

Dry Ingredients

- 2 cups flour
- 1 tablespoon baking powder
- 3 teaspoons cinnamon
- pinch of salt
- 4 medium apples

Icing sugar to decorate

Instructions

Use a springform or cake pan with a 21cm diameter.

Oil the sides of your pan and dust them with flour. Line the bottom with parchment paper.

Preheat the oven to 180°C.

To a medium bowl, add the wet ingredients: plant milk, oil, and sugar. Whisk to combine

Sift in the dry ingredients: flour, baking powder, cinnamon, and a pinch of salt.

Whisk or stir the batter until you have a smooth and thick cake batter.

Then add small apple pieces from two apples

Fold in with a spatula until the apple pieces are well mixed through the batter, then pour into the cake tin.

Cover the top of the cake with thin apple slices in a circular pattern, overlapping the slices a bit.

Finally, sprinkle the apples with 2 tbsp of sugar.

Bake the cake at 360°F or 180°C for 55 minutes to 1 hour on the center rack of the oven.

Take out of the oven and let cool down for about 1 hour. Then sprinkle with icing sugar.



theplantbasedschool.com/vegan-apple-cake

Pumpkin and Apple Soup

- 1 kg pumpkin chopped
- 2 green apples, peeled and chopped
- 2 onions chopped
- 2 cloves garlic, crushed
- 2 sticks celery chopped
- 1 tsp ground cumin
- $\frac{1}{2}$ tsp ground nutmeg
- Freshly ground black pepper
- 6 cups vegetable stock

Combine all ingredients in a large saucepan, bring to the boil, cover and reduce heat.

Simmer for 30 mins or until vegetables are tender.

Purée mixture until smooth and serve





SHINING LIGHT MEDICINE WOMAN



**ENERGETIC HEALER
ANCESTRAL CONNECTION
TIMELINE HEALING
BODYWORK/MASSAGE**

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ENERGETIC HEALING AND MASSAGE

**TIMELINE CLEARING
ANCESTRAL CONNECTION
CLEARING CONTRACTS
TARGETING PHYSICAL AND
EMOTIONAL PAIN IN THE BODY**

SIMONE MICHELLE TOUSSAINT

0423304215

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Soter

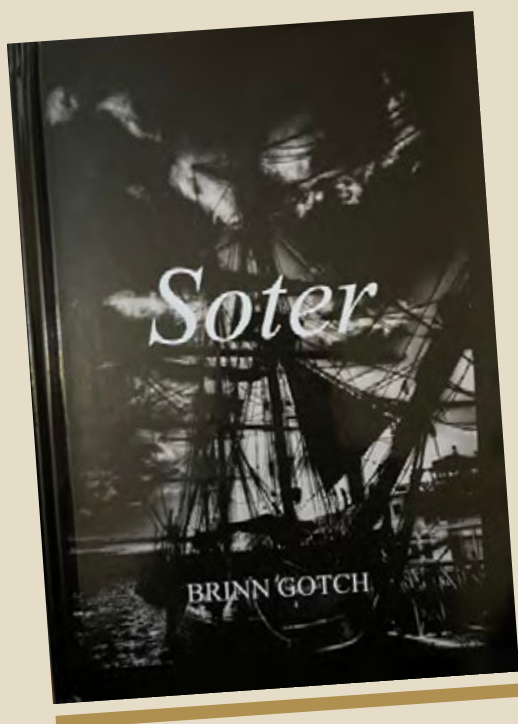
A quest to find understanding within himself and of others

Brinn Gotch is 15 years old and is currently in Class 9 at Little Yarra Steiner School. Last year for his Class 8 project he wrote and published a novella, 'Soter'.

Each year the Class 8's at LYSS are expected to complete a project that the student will work on independently throughout the year and hand in at the beginning of Term 4. This project can be anything the student chooses and has a passion for, so they can sustain interest and commitment to completing.

Brinn has had a long interest in writing and publishing a book. He was inspired by an older student who had self-published a novella for her Class 8 project in the year before.

Brinn enjoyed the process of writing and the sense of achievement in completing a book, publishing it and having others read it. The project required a lot of time management skills and dedication to producing a finished product.



'In a remote northern village, of which, from this world's dialect it is named Pem, a boy is born. The weight of the world already heaved upon his shoulders. For he had been chosen by the banished immortal, to escort free will to the world again. It will take him on a quest to find understanding within himself and of others.

Can this boy and his friend find freedom for all?'

The novella, Soter, is a fantasy that follows the journey of a young character through a world created by Brinn. It explores themes of independent thought, personal power and determination. Brinn's youngest brother (aged 9) is his biggest fan and couldn't put the book down.

Soter is available for sale at hugsforkids.com.au and would suit readers aged 9-12 years old.

SOTER IS AVAILABLE TO BUY FROM HUGSFORKIDS.COM.AU

2024 VIC COMMUNITY GARDENS GATHERING

**A DAY OF FUN, CONNECTION, LEARNING AND
FOOD FOR ALL THE FAMILY!**

For the adults (14yrs+)

- Biochar
- Permaculture in community gardens
- Uhdler grape growing
- Garden tours
- Governance workshop
- Food swap

For the kids

- Permaculture puppet show
- Love letters to the land
- Discovery walk
- Nature art
- Play time



**Cooking demo &
“Masterchef” lunch
prep in teams!**

TICKETS
\$35 ADULTS
\$20 KIDS
INC. ALL FOOD

APRIL 20, 2024

**ECOSS
COMMUNITY HUB
711 OLD
WARBURTON RD
WESBURN VIC**

**FROM 9 AM
TO 5 PM**

**BYO WATER BOTTLE, KEEP CUP & BAG FOR GOODIES
BRING SOME OF YOUR HOME OR COMMUNITY GARDEN GROWN
DELIGHTS TO ADD TO THE MASTERCHEF PANTRY. UNUSED FOOD
WILL GO INTO A FOOD SWAP AT THE END OF THE DAY!**

GET YOUR TICKETS NOW AT WWW.HUMANITIX.COM/2024-VIC-COMMUNITY-GARDENS-GATHERING



April Gardening Jobs

Plant Spring flowering bulbs

Make a trellis/net for peas

Install a trellis or netting to support climbing peas.

Prune and fertilise citrus

Chicken manure compost is ideal. As a further boost, treat citrus trees to a fortnightly application of seaweed extract until leaves are again dark green and lush.

Add compost and manure

Dig the compost in to about a spade's depth in the veggie patch. Compost adds nutrients, and helps retain them during periods of heavy rain.

Cut and chop beans

Keep nitrogen in soil by cutting and chopping your beans. Dig back nutrients into the soil to make it richer.



Edible Warburton Community Gardens

Gather every Thursday morning between 9.30 and 11.30am at the Community Gardens (in Warby High Street, opposite the Chook House and next to Warburton Wellbeing) to meet others, do a few useful tasks in the gardens, pick a few herbs or vegies to take home. No membership, no cost.

A good way to meet new people, make new friends, learn something new, and share your skills with the local community. Anyone is welcome to join Garden Buddies on Thursday Morning 9.30-11.30. Just turn up, or contact us via Facebook (Edible Warburton), Instagram @edible_warburton or contact tarnya.harper@gmail.com

Mini Garden Buddies ~ Art in the garden

Edible Warburton Community Garden will be having a special holiday program on Thursday 11th of April, 9:30-11:30am. Come with your mini people and have fun creating art in the garden. Capture the shapes, textures and patterns of nature in the garden around you. Nature based art lead by local artist @faerie_sarah art. Lucky door prize for one Mini Gardener. Happy Gardening little artists!