

Sweet Porridge



October 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.

Welcome back everyone!

How lovely to be back together as we move towards the end of the year. And what a busy start to the term already – camps, excursions and class plays... not to mention the upcoming Open Day and Fair which is getting closer and closer!

Warmly, Karli

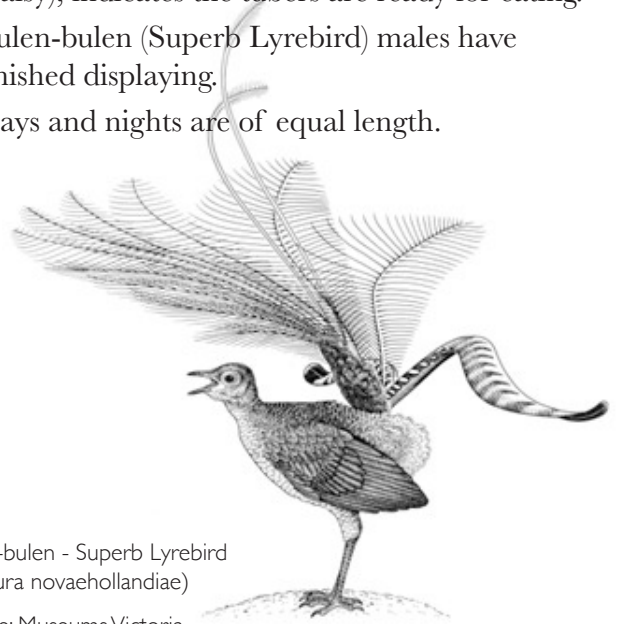
“A healthy social life is found only when, in the mirror of each soul, the whole community finds its reflection, and when, in the whole community, the virtue of each one is living.” – *Rudolf Steiner*

Contributions of articles, recipes, stories, poems, music and artwork always welcomed. Please email to sweetporridge@lyss.vic.edu.au

Advertising deadline for the next issue of Sweet Porridge is Friday 29th November

Poorneet Tadpole Season (September-October)

- Temperatures are rising but the rain continues. Flax-lilies are flowering.
- Pied Currawongs call loudly and often.
- The flowering of plants such as Myrnong, (Yam Daisy), indicates the tubers are ready for eating.
- Bulen-bulen (Superb Lyrebird) males have finished displaying.
- Days and nights are of equal length.



Bulen-bulen - Superb Lyrebird
(*Menura novaehollandiae*)

Source: Museums Victoria

Alumni Morning Tea Invitation – Save the Date

Dear Alumni Students & Families,

We are thrilled to invite you to a special Alumni Morning Tea during our annual School Fair and Open Day!

Date: Saturday 16 November 2024

Time: 11 am Location: Eurythmy Room

This event is a wonderful opportunity for you to reconnect with old friends, meet other alumni, and catch up with current and former teachers. We look forward to hearing your stories and sharing the latest news about our beloved school.

Please join us for a delightful morning of reminiscing, networking, and celebration. Your presence would mean a lot to us and contribute to making this event memorable.

To confirm your attendance, kindly RSVP by contacting us at alumni@lyss.vic.edu.au.

Please also feel free to just drop in on the day for some cake and cuppa with other alumni and teachers.

We hope to see you there and look forward to welcoming you back!

Warm regards,

Shannon Ellis and Little Yarra Steiner School Staff



Wild Cherry School BAIRNSDALE

2024 Spring Fair

Saturday 26th October

Market stalls,
children's activities,
cake stall,
BBQ, hot food
historical re-enactment, coffee and
more

Enquiries welcome 51521966
springfair@wildcherry.vic.edu.au

10am – 2pm

28 McKean Street

Bairnsdale



WILD
CHERRY
SCHOOL

For Waldorf/Steiner Education

Music Register

Instruments for Sale

Term 4 – 2024



Little Yarra
STEINER SCHOOL

Violin

1/2 size violin, it is an Enrico brand, with hard carry case, shoulder rest, bow, rosin (more like half a rosin) and new set of strings just replaced. Asking \$120.
0435-798714 Kaku

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

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 "Chamber" Student Model MDC550 with bow and soft case in good condition. \$400 negotiable
Cat 0403 334 808

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 and Bow. Chamber Student MPC 550. Cello is in good condition. Comes with a soft case in fair condition.. \$450 - \$550. Maxine 0421 650 229.
Located in Warburton, can bring to school.

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.

Schumann Prodigy 4/4 Cello. Full size cello, bow, and hybrid case with wheels. Purchased new from Bows for Strings in February 2023. Very satisfying to play and hear. Price as new: \$1899. Sell for: \$1300 o.n.o.

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

Let's Celebrate
October 24 (Thursday)
**World
Kangaroo Day**

with a viewing of
the documentary film
Kangaroo
A Love-Hate Story

at ECOSS
711 Old Warburton Rd, Wesburn. Victoria, Aus
In The Coop from 6pm

(This graphic 1.5 hr long documentary is NOT
suitable for young children)



Proceeds from gold coin entry donations plus \$5 from each copy of **The Red Sands of Hattah** sold and each bottle of **Roohoodler** wine sold on the night will be donated and split between **Kangaroos Alive** and the **Victorian Kangaroo Alliance**.

\$10 per bottle of **Chardonnay** and **Pinot Noir** sold on the night will go to the ECOSS **Crops for Community**.

For further information contact Peter
on 0431 756 072 or peter.preuss@bigpond.com

Watch the shorts and see what else is going on
during World Kangaroos Day via
www.kangaroosalive.org



Stop Press...on 12/9/24, while drafting this brochure, I received news that the S.A Parliament has announced an inquiry into the killing of kangaroo. This has to be a wake-up call for our local Council.

Broad Bean Pasta (Pasta e Fave)

Spring produce at its best! This easy broad bean pasta dish in a great weeknight dinner option that's healthy, filling, and delicious.

Ingredients

- 3 tablespoons olive oil
- 1 small onion, finely diced (or 1/2 large one)
- 3 garlic cloves, thinly sliced
- 2.5 cups / 290g fresh broad beans
- 1 cup / 135g fresh garden peas
- 1 teaspoon salt
- 1 1/4 cup / 310ml veggie stock
- 500g pasta
- 3 tablespoons lemon juice
- Large handful parsley, chopped (curly or flat)
- 3 tablespoons nutritional yeast
- Freshly cracked black pepper, to taste
- Parmesan, thinly shaved (optional)

Instructions

In a medium saucepan on medium-high heat, saute the onions and garlic in olive oil for a few minutes.

Add the broad beans and peas and stir, cooking for another minute or two.

Add in salt, and stock, bring to a boil on high heat covered, and then remove the lid and cook for 10 minutes, stirring occasionally and pushing them down slightly. The liquid should evaporate enough to be just under the beans.

In the meantime, cook the pasta as per packet instructions in salted water until al dente. Drain well once cooked, and add it back to the pot.

Once the beans and peas have cooked, turn it off, add the lemon juice, parsley, and nutritional yeast and stir it well.

Add the sauce to the pasta, and give it a good stir. Taste test

and adjust the seasoning if needed.

Finish it off with some freshly cracked pepper and parmesan if desired.

Source:
heartfultable.com



Baby vegetable slaw with grapefruit and tarragon

Ingredients

- 6 mixed baby heirloom radishes shaved on a mandolin
- 1 bunch mixed baby heirloom carrots, stalk attached, shaved lengthways with a peeler
- 4 mixed baby heirloom beetroots, shaved on a mandolin
- 2 baby fennel, shaved on a mandolin
- 2 golden shallots, thinly sliced
- 2 ruby grapefruit, segmented
- Watercress, to serve

Grapefruit and tarragon dressing

- 125 ml (1/2 cup) extra-virgin olive oil
- 60 ml (1/4 cup) white wine vinegar
- 2 tbsp finely chopped tarragon, plus extra leaves to serve
- 1 tbsp caster sugar
- Finely grated zest and juice of 1 ruby grapefruit
- 2 tsp Dijon mustard

Method

1. For grapefruit and tarragon dressing, place all ingredients in a bowl, season to taste and whisk to combine.

2. For salad, place all ingredients (except watercress) in a large bowl with half of the dressing, season to taste and toss to combine. Stand for 20 minutes before serving.

3. Arrange salad on a large platter, drizzle with remaining dressing and scatter with watercress.

Source: www.gourmettraveller.com.au

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 Friday.

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!

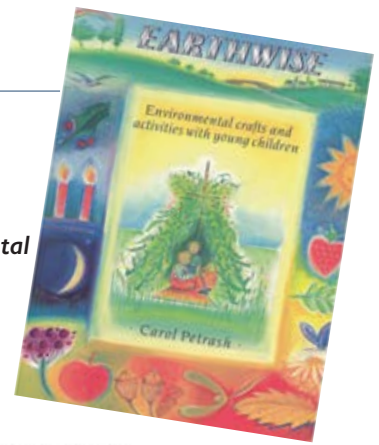
For further information or to arrange a trial contact beansveggiebox@gmail.com

Illustration and Graphic Design: Nightingale Graphics 0450 034923

Craft: Pinwheels

Age 4+

From:
**Earthwise: Environmental
Crafts and Activities**
By Carol Petrash



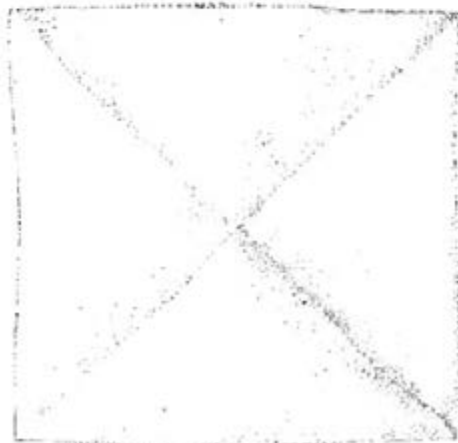
Perfect for a breezy day. See what the wind can do! Or the children can create a wind of their own (if nature isn't cooperating) by running or blowing!

You will need

- coloured sugar paper or heavy white watercolour paper that the children decorate with crayons
- pins (the type with coloured round heads, sometimes used on maps or pin boards)
- new unsharpened pencils with rubbers
- scissors

What to do

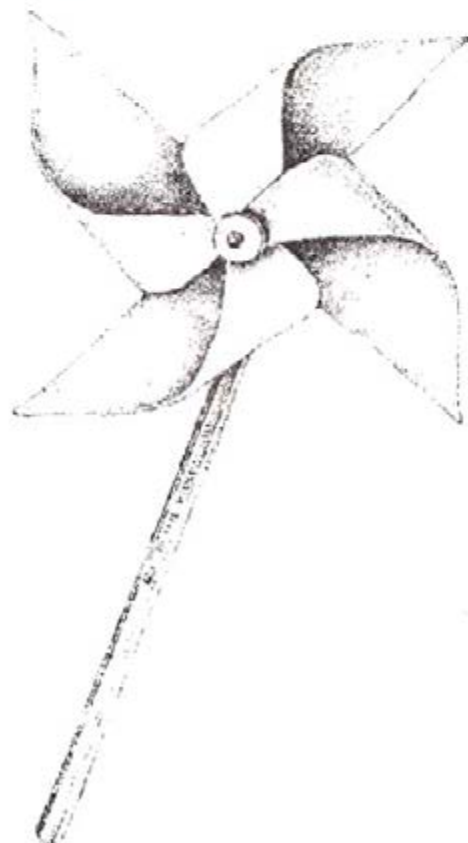
- 1 Cut the paper into 18 cm squares. You can vary the size with a larger square, but the pinwheel will be more floppy. Don't get bigger than 21 cm.
- 2 Determine the centre of the square (see illustration). This is done by lightly folding tip number one to tip number three and tip number four to tip number two. You don't need a strong crease. The centre is where the two folds intersect.
- 3 Now, using the scissors, cut in on each fold line about three-quarters of the way to the centre. Leave the last 2.5 cm of each fold uncut.



- 4 With a pin and pencil ready, fold every other tip (you now have eight) into the centre and overlap them. Push the pin through these overlapping tips, through the centre of the pinwheel and into the rubber. Don't let the pin stick out the other side of the rubber.

A little paper washer reinforces the centre of the pinwheel. Cut a small circle of coloured paper (about 2.5-3.5 cm in diameter). This doesn't have to be a perfect circle — just do it freehand. Put a tape loop on the back of the washer and press it onto the overlapping tips of paper at the pinwheel's centre. Then insert the pin. This provides extra support at the stress point.

- 5 Show the children how to make the pinwheel turn by blowing on it. Then let them take the pinwheels outdoors and see what the wind can do.



The Advanced Diploma of Rudolf Steiner Education

CHARLES DARWIN UNIVERSITY
SWINBURNE
course code 10825NAT,
CRICOS code 107755A

MELBOURNE
RUDOLF
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50 years of teacher training & adult education

Come & Try Mornings

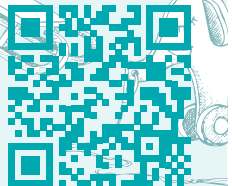
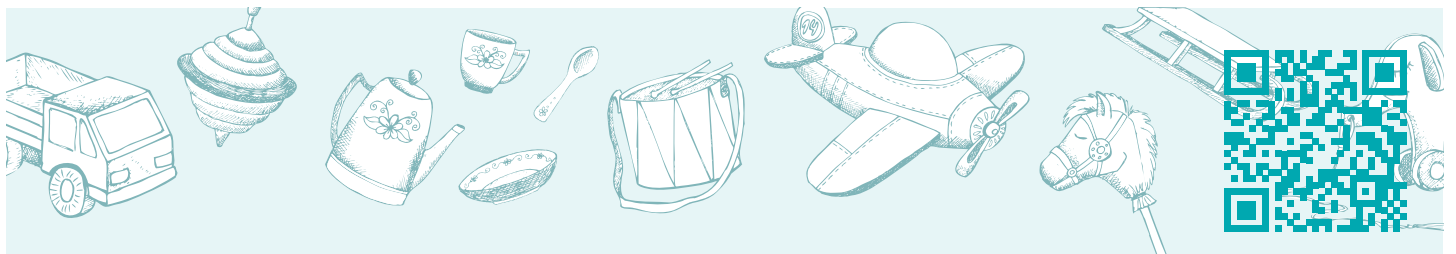
Join us on campus to experience the most in-depth Steiner / Waldorf teacher training course. Study online / on campus.

Tuesday 22 Oct or 12 Nov

<https://teachsteiner.org/AdvancedDiploma>

'For the first time I got to share in my reverence for the importance of this work, the importance of nourishing the whole human being.' Sarah, Adv Dip graduate, current Steiner teacher

Visit <https://teachsteiner.org/AdvDipOutcomes> to read 'Graduate Outcome - The Joy of Teaching'

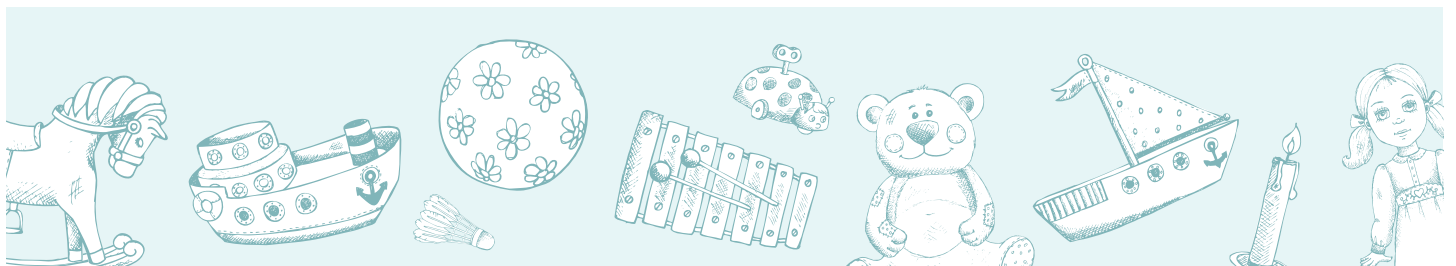


HUGSFORKIDS.COM.AU



• YARRA VALLEY BASED • FAMILY-RUN BUSINESS •

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The Magic Stone

A story by Ananda Cluf • Brazil

Once upon a time there was a little girl who lived with her mother and her Father in a cottage by the woods. Nearby, there was a beautiful mountain, and every day the little girl would follow the yellow stone path and would climb to the top of the mountain. There she would sit all day long, looking out over the world.

She believed that everything was more beautiful seen from the top of the mountain; the sky was bluer, and when there was a rainbow, she would be so close, so very close to the colors, that she could feel what it was like to be one of those colors.

One day as she sat on the mountain top she was pretending to be one of the silent stones, and in the quiet, she heard some voices singing:

Plaf, plaf, there's no stopping,
Go the dwarves a-walking, walking;
Their hats are moving here and there
As they go walking, pair by pair.
To the mountain top they go,
Off to work in sun or snow.

She looked down and saw many dwarves with colorful hats walking into the mountain. As she watched ever so quietly, she saw them pass through a little door in the side of the mountain.

The next day she hurried back and again she saw the little men:

Plaf, plaf, there's no stopping,
Go the dwarves a-walking, walking;
Their hats are moving here and there
As they go walking, pair by pair.
To the mountain top they go,
Off to work in sun or snow.

She saw that they walked together, singing, and each one carried a little axe in their hands and over their shoulders hung little sacks. When they walked into the mountain, their sacks were empty, but when they came out again, at the end of the day, the sacks were full and looked heavy. She wanted to know what it was they were carrying in their little sacks.

On the third day she again returned, hoping to discover their secret. Again, she was as quiet as a silent stone and again she heard them singing:

Plaf, plaf, there's no stopping,
Go the dwarves a-walking, walking;
Their hats are moving here and there
As they go walking, pair by pair.
To the mountain top they go,
Off to work in sun or snow.

She waited until the last dwarf went into the mountain; then as quickly and as quietly as she could, she ran to the door and, making herself as small as an armadillo—zupt!—she squeezed through the doorway. Many little dwarves were working and singing, digging out colorful gems from the mountain's walls. The stones were so shiny that the whole cave was full of light!

She was looking at everything with such wonder that she forgot to hide and one dwarf with a purple hat saw her and said, "Who are you?"

"I am this mountain's friend and I wanted to know what you are doing here inside."

And so it was that she became friends with the dwarves, and every afternoon she went to the mountain, not to sit on top as she used to do, but to go inside. She would sing for the little dwarves as they worked and often brought them cakes and biscuits, fruit and tea.

The little dwarf with the purple hat loved to hear her sing so much that he gave her the most special stone he had in his bag—a purple one that shone and shone.

"When you feel sad, always hold this stone in your hand and everything will be fine and you will be happy again," he said to her.

The little girl carried the purple stone everywhere she went. Even when it was time for bed, she put it under her pillow and it always brought her sweet dreams.





31 Fisherman Drive, Reefton

\$645,000—\$675,000

Tranquil Living on 1 & 1/2 acres with Armstrong Creek Frontage

Nestled on over 1 & 1/2 acres of lush land, and enjoying adjacent river reserve, this enchanting property offers a lifestyle of tranquility and leisure rarely found. Retreat to your expansive rear veranda, where relaxation awaits. Here, you can unwind amidst nature's beauty, indulging in a soothing soak in the outdoor clawfoot bath. Inside, a cozy ambiance beckons, courtesy of the slow combustion wood fire and split system, ensuring year-round comfort for your family in the cosy living spaces. The warmth of a lovely timber kitchen provides ample space to cook up a feast for the many family and friends. Don't miss out on a lifestyle of serenity!



Rebecca Doolan
M 0401 832 068
P 5966 2530

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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.

Powelly Market Day

Third Sunday

9am-2pm

Powelltown Hall, 4 Blake St Powelltown

Join us for a fun-filled day at Powelly Market! Enjoy a variety of stalls, sausage sizzle, cake stall, and raffle. Powelly Market Day is a day for a lovely drive to a great little destination. A really special small town feel.... time to wind down, enjoy a wander and breathe in our bush air.

Seville Community Market

First Sunday

10am-2pm

Seville Community Hall, 590 Warburton Highway, Seville

Relaxed market, food and drinks for sale. Come support local stall holders with awesome stuff for sale.

YARRA VALLEY

ecoss Presents:



ECOSS VALLEY MARKET

EVERY FRIDAY - 3.30PM - 6PM



Produce ~ Tacos ~ Chocolate ~ Wine



YARRA VALLEY ECOSS
711 OLD WARBURTON RD
WESBURN

WWW.ECOSS.ORG.AU



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TIMELINE CLEARING
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CLEARING CONTRACTS TARGETING PHYSICAL AND EMOTIONAL
PAIN IN THE BODY

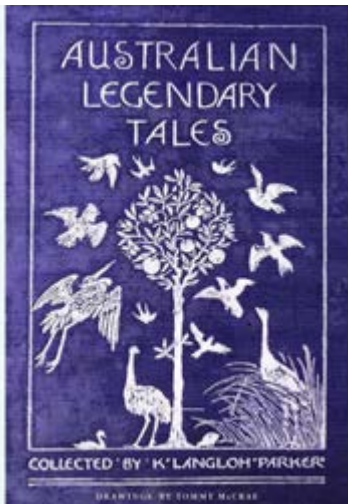
0423304215
SIMONE MICHELLE TOUSSAINT
@SHININGLIGHTMEDICINEWOMAN@GMAIL.COM
AM MOBILE- OR IN HEALESVILLE



SHINING LIGHT
MEDICINE WOMAN
ENERGETIC HEALER
MASSAGE

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SIMONE MICHELLE TOUSSAINT

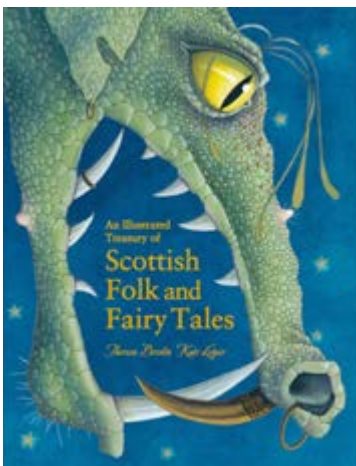
Books – filled with beautiful tales from around the world.



Australian Legendary Tales

The first publication of Australian Aboriginal myths and legends as collected in the field by Katie Langloh Parker in the 1890s, and first published in 1896. This is also the first publication by an Aboriginal artist, at the time not identified, but from the records it is Tommy

McCrae, whose drawings form part of the national collection. Langloh Parker dedicates the collection of stories to Peter Hippi, 'probably the last King of the Noongahburrahs', a friend and employee of her family. She moved to Bangate Station in NSW in 1879 and had a particular interest in the Aboriginal people. She gained their trust through her respect for their culture and traditions and began to record the stories of the Euahlayi [Ualarai] people of the Narran River region. As so many aspects of Aboriginal culture were threatened by European colonisation, her accounts are considered to be valuable evidence of the beliefs and myths of the Aboriginal people of North-West New South Wales at that time.



Illustrated Treasury of Scottish Folk and Fairy Tales

Fierce kelpies and magical selkies -- these are the creatures of Scottish folklore.

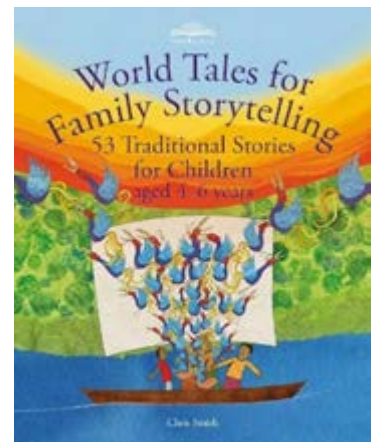
Award-winning children's author Theresa Breslin has collected the best-loved tales from all over Scotland. Retelling

each in its own individual style, she presents funny tales, moving tales and enchanting fairy tales. Soar with the goshawk, dive with selkies and battle with the stoorworm, as each story is brought to life with exquisite illustrations by Scottish fine artist Kate Leiper, which brim with otherworldly beauty.

World Tales for Family Storytelling

Young children are natural storytellers. They love both listening to parents telling stories and telling stories themselves. These 53 World Tales for Family Storytelling can be shared at bedtime, on journeys, at parties or around the campfire.

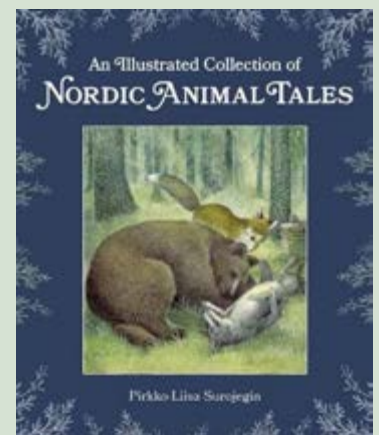
Children will find these ready to tell stories are short, simple, and quick to learn. They draw on traditional tales, told in the voice of a storyteller. Parents can read or tell the stories, so children can soon tell the stories themselves. Such oral storytelling builds childrens confidence in their unique voices.



An Illustrated Collection of Nordic Animal Tales

Travel to the snowy forests of Finland to meet the animals of the north in this charming and beautifully illustrated collection

of traditional animal tales. Classic characters of Nordic folklore -- cunning Fox, gullible Wolf and great Bear -- star in these lively stories of mischief and fun. Readers will discover how Bear became lord of the northern forests, how Fox outwitted Raven, and how Rabbit earned his fluffy white tail. This stunning storybook collection is created by renowned Finnish author-illustrator Pirkko-Liisa Surojegin, with her trademark intricate, authentic and characterful drawings of the creatures and landscapes of Finland. Full of warmth and wit, this is a perfect way for readers of all ages to explore the tradition and magic of Nordic culture.



ART EXHIBITION

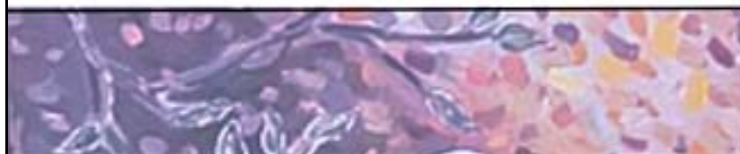
By Amber Hamer

EXPLORING DEATH THROUGH ART

A Little Yarra Steiner School Class 12 Independent Project Showing



4-31 OCTOBER 2024



OPENING RECEPTION

SATURDAY 5 OCTOBER 1-3PM

FREE ENTRY

Open 10am to 4pm Daily

Warburton Waterwheel Gallery

3400 Warburton Hwy, Warburton

*Parental Guidance
recommended*

Proudly supported by



In collaboration with



Yarra Valley Open Studios

Saturday 26 & 27 October (Upper Yarra)

Artists and creatives across the Yarra Valley and Upper Yarra are opening their studios to the general public. Connect with the artists

and browse their work as you explore their inner sanctum. Entry to the studios is free for those who commute themselves. Or you can join an artist guided mini bus tour with other art lovers and let us do the driving.

Gardening – October In Your Patch

With the weather warming up nicely, there's no better place to be than the backyard. October is a huge month in the patch. With so many varieties to plant, you'll be struggling to get it all done. So, welcome to October, a fine time to be in any sort of garden. Remember to use all your senses in the garden. Watch for pest issues, feel for soil moisture, smell your soil, and... most importantly... taste the fruits (or vegetables) of your labours.

Tomatoes

It's time to plant everyone's favourite – tomatoes. By now your soil should be good and ready, so head to the local garden centre, pick a few varieties, and get going. This is the moment we have all been waiting for. Don't forget their mates Basil and French Marigolds. They are great companions, and no tomato patch is complete without them.

Remember to mulch

Top up mulch on your veggie patches, herb gardens and ornamental beds. Choose a sustainable, low environmental impact mulch that will enrich your soil as it breaks down.

Tools

On non gardening days head out to the shed, and sharpen, clean, oil and maintain your garden tools. It's really rewarding and will save you money and plant problems in the long run.

Green Manure

Consider a green manure crop to add some life and love to an overworked garden. At this time of year, try clover, pigeon pea or soybean. This will improve your soil incredibly and you'll find it well worth the effort. Young wheat is great too, it is used to make wheat grass... an incredibly vile tasting but very beneficial health tonic. Green manure crops, including clover, barley, millet and wheat are good to go now to improve that dormant veggie patch and get ready for next season's heavy feeding plants.

Source: October In Your Patch, Sustainable Gardening Australia (sgaonline.org.au)

Companion Plants

As we step into the heart of the growing season, it's the perfect time to enhance your vegetable garden with something beautiful and beneficial - companion flowers! These natural allies bring more than just vibrant colour to your patch, they play a vital role in boosting growth, keeping pests at bay, and inviting pollinators to your crops. It's nature's way of nurturing balance in your garden.

Nasturtiums

The unique lily pad leaves and bright blooms are edible and so endearing when left to trail, climb or hang in garden beds. Attracts pollinators and aphid-loving predators while keeping squash and cucumbers thriving



Marigolds

French marigolds are one of the most popular companion plants, favoured for their long flowering and bright bold colouring. They are a natural repellent for nematodes and aphids, perfect for tomatoes, peppers, and beans.



Sunflowers

These towering beauties attract bees and other pollinators, giving your corn, beans, and peas a boost. Sunflowers' tall, sturdy stems make them excellent living supports for vining plants like pole beans and cucumbers.



Source: diggers.com.au



Yarra Valley

ecoss

Nursery



Spring has sprung, now is a great time to plant natives in your garden or native tubes for revegetation areas.

Did you know that Ecos Native Nursery has a broad range of native plants (120-140cm pots \$8) and vegetable seedlings (\$4/punnet)

Native tubestock (\$125 per box 50 or \$3 per tube.

Call in between 9.00am and 5.00pm anyday of the week and stock up for spring.

Buying plants from Ecos Native Nursery you are supporting Crops for Community which hosts groups of all abilities folk and their carers. These good folk volunteer in our vege garden to grow food for Koha Cafe and various other organisations.

Some of currently flowering plants for sale.

Ecos Native Nursery is located at :

Yarra Valley Ecos

711 Old Warburton Rd.

Wesburn.

Enquires contact

Peter 0419 426265



Regular Community Events



Koha Cafe

Warburton Community Space

Koha Community Cafe, Warburton offers many opportunities for people to connect, give and receive!

Join our amazing team of volunteers shaping a vibrant community! Whether you're a chef, green thumb, or have unique talents, we'd love your help! Flexible hours available for food prep, cleaning, gardening, and more. Contact us at contactkohacomunitycafe@gmail.com or drop by for details.

Open Pantry

Mondays 10am-4pm

We are pleased to announce we will be road testing an OPEN PANTRY on Mondays. Food items and produce and maybe some pantry items will be available. Drop in if you need to access food.

Koha Cafe Community Dinner

Thursdays 6pm

Koha Community Cafe is a volunteer run cafe. Based on the Lentil As Anything concept. Dinner starts at 6pm, donations not required but they are what helps us stay open to serve you. Other goodies will also be available in our free pantry. Hope to see you then!

Create @ Space

Fridays 10am-4pm

We are open Fridays, come for a cuppa and a chat., choose a book from our library and meet other locals.

Hall/Room For Hire

Koha has spaces to hire from \$10 per hour. Spaces include small rooms, commercial kitchen and for big events the whole venue. Contact Koha for more details.

Koha Cafe, 25A Dammans Road, Warburton.
0403 185 580, contactkohacomunitycafe@gmail.com



ADRA Redwood Community Centre

Discover the warmth of Redwood Community Centre! We're here for mental health, housing, food, family support, and connections. Come visit our caring space and let's grow together!

Brushy's Play Space

Monday 10am-2pm, Tuesday 12:30pm-2pm, Thursday 10am--2pm

Brushy's Play Space is an open community space where you can bring you kids and meet other parents in a relaxing family friendly environment. Bring some snacks and while the kids enjoy the dress ups and cubby house enjoy a much needed cuppa and chat.

The room is also available for bookings for community activities such as play groups or for private functions such as birthday parties

Community Lunch

First Monday of the Month, 11am-1pm

Join us for a free community lunch on the first Monday of each month. Grab some good tucker, take a seat or share a meal and chat with some of the friendliest folk you will ever meet.

Chewsday Bite program

Tuesday 11:30am-12:30pm

Each week our Chewsday Bite program provides food relief for local families and individuals. Register on Monday between 10am and 2pm 59662320.

Scrapbooking

2nd & 4th Wednesday 2pm-4pm

Scrapbooking Fun! Join us and come get crafty with our friendly group over a cuppa. Relax and create beautiful memories together!

CO-WORKING HUB ^{AT} ecoss

MONDAYS TO FRIDAYS, 8AM - 6PM

**ACCESS TO 3 ROOMS, FAST WIFI, PRINTER,
AND SOCIALISING WITH FAB FOLKS!**

\$10 / \$15 PER DAY

711 OLD WARBURTON ROAD, WESBURN

**PLEASE EMAIL
ECOSS_COWORKING@OUTLOOK.COM
TO ORGANISE YOUR FIRST FREE VISIT.**

Exercise Classes

Beginner Pilates, Thursday 9am

We understand that exercise and group activities can be daunting for many. These classes are specifically designed to ease you into movement through low-impact exercises in a friendly environment. For more information and bookings call Rhiannon on 0400 324 207.

Community Dinner

Fridays 6pm

Join us for a wholesome meal and great company at Friday Night Dinner! Enjoy delicious food and wonderful conversations.

Sunday Circle, Mend, Make, Bake

3rd Sunday, 10am-2pm

Come join us every 3rd Sunday of the month for a cozy gathering! Let's share stories over a cup of tea and indulge in some crafting, cooking, and camaraderie. And bring a little something to eat and share!

ADRA Redwood Community Centre
Monday, Tuesday, Thursday 10am-2:30pm
3505 Warburton Hwy, Warburton
(03) 5966 2320, katebarratt@adra.org.au

Edible Warburton Community Gardens

Every Thursday Morning, 9:30am-11:30am

Edible Garden Buddies

Connect with like-minded folks each week in the heart of Warburton as we garden and practise permaculture skills. Learn, share wisdom, and get hands-on with the earth. Meet new friends, pick up new skills, and enjoy some laughs with us in our beautiful community garden!



Got a community event to promote?
Let us know and we'll add it in!

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



Op Shops in the Upper Yarra

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

AdCare Op Shop,

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

Benwerren Boutique

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

Vinnies Warburton

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

Yarra Ranges Recycling Services

689 Old Warburton Rd, Wesburn
Wesburn: 9am – 3:30pm Mon/Fri/Sat,
9:30am – 3:30pm Sun & PH
Cnr Ingram Rd & Leonard Rd, Coldstream
Coldstream: 10am – 3pm Thurs through Mon
(Closed Tues and Wed)

First Impressions Clothing Exchange (FICE),

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

Community Opp Shop

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

Golden Opportunity Shop

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



Presents

WARBURTON COMMUNITY GROUP SHOWCASE

SHARE
WHAT YOU
DO

JOIN A
CLUB

SIGN UP
TO
VOLUNTEER

EXPLORE
WHAT'S ON
OFFER



**SUN 10TH NOV
10-1**

3505 Warburton Hwy,
Warburton

This free event will feature information stands showcasing community groups and volunteer organisations in our area.

To host a stand contact katebarratt@adra.org.au

Open Weekend – Saturday 16 & Sunday 17 November 2024



Events Calendar

OCTOBER

Gardening with biochar Workshop

Saturday 26th October, 10.30am - 11.30am
ECOSS

Discover the secrets of gardening and composting with biochar. Learn how to boost soil fertility and plant vitality in this hands-on workshop. Perfect for green thumbs of all levels—come grow your skills and garden knowledge with us!

To find out more or book email eartheducation@ecoss.org.au or call Kylie on 0400114274.

The Powelly Dance

Saturday October 26th, 6:30pm

Powelltown Hall, Blake Steet Powelltown

Join us for our inaugural Powelly Dance Night on Saturday, 26 October! Enjoy a family-friendly evening with special guests, 'The Fakest News,' a 70's & 80's cover band. Doors open at 6:30 PM, and the band starts at 7:00 PM.

Entry is \$10, and kids come free! Bring your own drinks and nibbles, and don't forget your dancing shoes and sense of fun!

For booking call Tracey on 0458 432 301.

NOVEMBER

7 Day Somatic Healing & Process Transformational Retreat

30 Oct - 5 November 2024

Reefton, Upper Yarra Valley.

Heal, transform, open, release, let go and connect. Enjoy a life-changing week with deep support, powerful process and caring community. Discount for locals as day visitors. Message 0407 650026 or visit www.innatewisdomconnection.com.au

Upper Yarra Valley Garden Club

Open Garden Weekend

November 2-3rd

Edible Warburton will be open along with other gardens as part of the Upper Yarra open garden weekend.

Volunteers will be at the garden from 11-2pm both days. A stall will be available with lots of goodies to raise funds for the garden.

Teachings, Ceremonies & Healings from the Ancient Culture of the Peruvian Aymara.

23 & 24 November 2024

Reefton, Upper Yarra Valley.

Silvia Calisaya Aymara Healer from Lake Titikaka, Peru. Cleansing In the Aymara Tradition, powerful life force, Mother Earth, Seven Temples and the 13 Principals for Spiritual Life and more. Limited individual sessions also available 21 & 25 November. www.innatewisdomconnection.com.au or message 0407 650026.



**LIVE LOCAL,
LOVE LOCAL**

YOUR LOCAL PROPERTY EXPERTS

Phone our team on
5967 1800 for your
FREE market appraisal
or pop into our office!

Hi - I am Emmeline, aged 15, in Class 9 at LYSS, and I am looking for work. I offer after school and/or evening childcare at my house or yours. I have experience looking after young children. I was also a young mentor in a weekly nature connection program for 4-6 year olds for 9 months. I am located in Yarra Junction. Contact 0456 622 560 or 0460 418747.