

Sweet Porridge



February 2025



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 All!

What a hot start to the school year it has been! And what lovely teachers we have who have kept our children cool with ice lollies and cold cordials on the hottest days!

We've had lots of interesting animal visitors to the school this last week, a mother kangaroo and joey in the class one and two playground, and some gorgeous gang gang cockatoos outside the preschool (Thank you Claudia for the photo!)



Welcome back everyone, and welcome to all the new families starting their journey at LYSS.

As always, please email through artwork for adverts, updates to the music register, as well as any contributions of articles, poetry, art, etc. which I would love to include more of.

Warmly, Karli
sweetporridge@lyss.vic.edu.au

Advertising deadline for the next issue of Sweet Porridge is Friday 21st March 2025

Advertising rates and artwork specifications for Sweet Porridge

- Small ad / 25 words – \$3
- Business card size: 92.5 x 65.5mm / 100 words – \$6
- Quarter page: 92.5 x 136mm – \$10
- Half page (Horizontal): 190 x 136mm – \$17
- Full page: 190 x 277mm (OR 210 x 297mm with a 10mm border clear of content) – \$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: PDF's or JPG's, to
sweetporridge@lyss.vic.edu.au

Biderap Dry Season

Source: **Museums Victoria**

- Hot, dry weather.
- High temperatures and low rainfall
- Female Common Brown butterflies are flying.
- Bowat (tussock-grass) is long and dry
- The Southern Cross is high in the south at sunrise.

'I don't know why, we used to play around the tussock grass. Playing hidey. So they must have been big enough to hide around. And it was nothing to see a snake curled up inside the tussock grass.'

Dot Peters, 1999



Common Brown Butterfly
(*Heteronympha merope*) adult

Flame Tree

by Judith Wright

How to live, I said, as the flame tree lives?
– to know what the flame tree knows: to be
prodigal of my life as that wild tree
and wear my passion so.

That lover's knot of water and earth and sun,
that easy answer to the question baffling reason,
branches out of my heart, this sudden season.
I know what I would know.

How shall I thank you, who teach me how to wait
in quietness for the hour to ask or give:
to take and in taking bestow, in bestowing live:
in the loss of myself, to find?
This is the flame-tree; look how gloriously
That careless blossomer scatters, and more, and more.
What the earth takes of her, it will restore.
These are the thanks of lovers who share one mind.

The Little Flame

A Story By Sandra Busch • Australia

AUTHOR'S NOTE: This story was written with young children in mind as a response to the bush fires that have threatened Australia each summer for the last few years. Fire means many things. The Aboriginal people used fire to burn the bush, create grasslands, and prompt new growth. There are many native plants that need the heat of the fires to open their seedpods for germination. While we use fire to heat, cook, and process, it can threaten and overwhelm us when it runs wild, and I wonder whether the fire element in the soul of human beings can also do this when we lose our human control. It was important in the story for the fire element to be redeemed, to be again contained and cared for, and to give of itself. The story also includes the gifts of our social sense, of Mother Earth, of the spiritual world, and of the elemental beings.

ONCE UPON A TIME a weary traveler wandered along the dusty road. He was tired and hungry for he had been walking for many days, and when he came to the forest he took off his pack, gathered some sticks and leaves, and lit a small fire to make himself some tea. Then he lay down beside his fire and went to sleep.

While he slept a naughty wind came and blew a little flame out of the fire. Wind and flame started playing together, running through the grass, over the bushes and up the trees. They didn't look where they were going, burning everything in their path. The traveler woke and ran from the flames, and the animals ran too. Kangaroo leapt and wombat rolled along, and the birds flew high into the sky. The wind and the flame puffed themselves up and grew big and wild. They leapt from the forest into gardens and houses and the people had to leave their homes. Mother Earth asked the wind and flame to stop, to settle down, but they took no notice of her pleas. So Mother Earth asked our Father in Heaven to help, and he called on the moon and the stars, asking them for help too.

Soon there was a cloud filled with rain moving across the sky. Good winds blew it to where the fire was burning. When the rain began falling, the flames shrank smaller and smaller, and the fire was subdued. "Thank you," said Mother Earth.

Two little children returned to their home near the forest the next day. Around them they could see all their tree friends, black and sad. Mother said they could take the bath water to the trees, so they filled buckets and took the bath water out to the forest, where they saw the traveler. He said he would help, and together they took the buckets to all the trees nearby, giving each a little drink of water.

As they worked, the children saw a little stick that was still burning. "This must be the flame that jumped out of the fire," they said, and ran home to mother to get a container to put the little flame in. They brought the container back to the traveler and he picked up the burning stick with its little flame and carried it carefully in the container back to the children's home, where he put it in the wood oven.

"This is where you belong, little flame," he said. The little flame helped to heat the oven and the children helped to bake bread and cake for dinner. It was a special dinner for the traveler, who was asked to stay the night. "And whenever you pass by, you must come here to stay with us," said Father, making the traveler very happy.

All the next day the two children carried water to the trees. While they worked, somebody saw them. It was a wise old gnome who was wandering through the bush to see what work needed to be done, and when he saw the busy children he went straight down beside a tree root to tell Mother Earth what was happening. The fairies listened in while the gnome told Mother Earth of the children's care for the trees, and the fairies started dancing and singing. "We knew the children would help, we knew the children would help," they sang, and Mother Earth smiled as her heart was gladdened.

Music Register

Instruments for Sale

Term 1 – 2025



Violin

1/2 size violin. Comes in hard foam case. Very good condition. \$450. Contact Crystal 0416 361 012. Located in Warburton or can bring to school.

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 size Amore violin from Animato strings in Brisbane. In good condition. Complete with 2 bows, case and shoulder rest. Great quality instrument with a beautiful sound. Paid over \$1000 new, selling for \$400. Meaghan 0427751779

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 viola (originally a violin) Comes in hard foam case \$450. Contact Crystal 0416 361 012. Located in Warburton or can bring to school.

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. Comes in hard foam case in fair condition. Cello has a few nicks and scratches on it as it was bought 2nd hand, but still sounds beautiful. \$450. Contact Crystal 0416 361 012. Located in Warburton or can bring to school.

1/4 size cello "Chamber" Student Model MDC550 with bow and soft case in good condition. \$400 neg. 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 0401353 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. 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

3/4 Cello + Bow. Chamber Student 300s - Very Good Condition. Hard case (semi) in excellent condition. Located in Woori Yallock. Happy to bring to school for a try. Has been checked by music staff at school. \$750 ONO Contact Kelly - 0414391039

Schumann Prodigy 4/4 Cello. Full size cello, bow, and hybrid case with wheels. Purchased new, Bows for Strings in Feb 2023. Very satisfying to play and hear. Price as new: \$1899. Sell for: \$1300 o.n.o.. Larissa Lemon riss1437@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



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• FREE LOCAL DELIVERY (3797) OR PICK UP FROM LITTLE YARRA RD, GILDEROY •

Early Childhood Rudolf Steiner Education

Online, Wed 7-8.30pm, 4 Terms, starting Feb 26

"What surrounds us, shapes us. A wide range of conditions in children's environments affect their developing brains and other biological systems." Harvard University Center of the Developing Child

Rudolf Steiner early childhood education supports a unique environment full of love, warmth, joy, wonder, and guidance from the educator (carer, parents). The educator and the programme forms part of the 'environment' and thus their understanding of children and inner attitudes are important to support the children in their care.

Learn new skills and deepen your understanding from experienced Kindy teachers over 4 terms to support the young children in your care. Check out time table at

<https://teachsteiner.org/EarlyChildhood>

MELBOURNE
RUDOLF
STEINER
SEMINAR



30 years of teacher training & adult education

Foundations of Steiner Education - I & II

Online, Tue 7-9pm, 2 Terms, starting Feb 18

The two terms of Foundation Courses are not only for your understanding of the principles of Steiner Education, but also highly relevant to anyone regardless of profession and requires no previous knowledge of anthroposophy (the philosophical movement founded by Rudolf Steiner.)

Very valuable and relevant both in my work and personal life - also to process things....!! previous participant

<https://teachsteiner.org/foundationcourse>

From term 3 onwards, you can progress to learn about Class 1-6. It teaches the detailed development of children at different age, and how the curriculum meets the innermost needs of the child, supporting you to develop the appropriate experience at home.

<https://teachsteiner.org/Primary>

Recipes

Summer Roll Bliss Balls

From **Wholefood Simply**

The coconut

- 1 cup desiccated coconut
- 1 tablespoon coconut cream
- 1 tablespoon honey*
- 1/2 teaspoon concentrated natural vanilla extract
- pinch of salt

The chocolate

- 6 rounded tablespoons cashew spread
- 3 tablespoons cacao or cocoa
- 2 tablespoons honey*

The extras

- 1/3 cup desiccated coconut to roll the bars in.

*you can use rice malt syrup if you prefer

- Place the coconut ingredients into your processor and blend until the coconut is broken down and the mixture is well combined. Spoon the mixture into a bowl and set aside.
- Add the chocolate ingredients to your processor and blend until the mixture is combined. Add the coconut mixture to the processor and gently mix until it is swirled through the chocolate.
- Use your hands to press and shape the mixture into balls. Roll the balls through the extra coconut and place in the fridge for several hours or overnight to set.
- Serve. Eat. Enjoy.



Zucchini Fritters

From **Loving it Vegan**

These delicious zucchini fritters are crispy on the outside and moist on the inside with a perfect savoury flavour. Quick and easy for a wonderful light meal.



Ingredients

- 3 1/2 cups Grated Zucchini (490g) measured/weighed before squeezing out excess water
- 1 tsp Salt
- 1 cup All Purpose Flour (125g)
- 1/4 cup Nutritional Yeast
- 1 1/2 tsp Baking Powder
- 1/2 tsp Crushed Garlic
- 2 Spring Onions Chopped*
- 1/4 cup Coconut oil, melted
- Olive Oil for frying

For Serving (Optional):

- Cashew cheese
- Spring Onions Chopped

Instructions

- Grate the zucchini and then add it to a mixing bowl. Sprinkle over the salt and mix in. Then leave it for 10 minutes. The salt will help release the excess water from the zucchini. Then use your hands to squeeze the zucchini and drain off excess water. Place the squeezed zucchini into another bowl and leave the water behind.
- Once the squeezed zucchini is in a fresh mixing bowl, add in the flour, nutritional yeast, baking powder, crushed garlic and chopped spring onions and mix together. It will be very crumbly.
- Add in the melted coconut oil and mix into a thick batter.
- Preheat the oven to 210°F (100°C) and place some parchment paper over a grill rack on a baking tray.
- Add 1 Tbsp of olive oil to a frying pan and let it get hot. Once hot, scoop out 1/4 cup sized amounts of batter into the frying pan. Use your spatula to press it down from the top and flatten.
- Let it cook for a few minutes and then flip over – around 3 minutes per side. When both sides are nicely browned, then transfer your cooked fritters to the baking tray in the warmed oven to stay warm. Repeat.
- These are wonderful served with homemade cashew cheese and chopped spring onions.

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: Grass Heart

From:
Making the Children's Year



Grass Heart

This project is a lovely memory of a sunny afternoon in the countryside. But it is not one for those who suffer from hay fever. Older children will enjoy making this grassy item out of nature's abundance.

YOU WILL NEED

- A bundle of long grass
- Natural twine or strong string
- Scissors
- Red ribbon, about 50cm/20" long



1. Soak the grass overnight in a bath or large sink but be careful not to snap the stalks. Whilst it is still wet but not dripping, make a sausage-shaped bundle about 1cm/1/2" diameter. Bind it firmly and knot it as you go; lay more grass along the bundle until it is about 60cm/24" long.

2. Fold the grass in half (the bend is the bottom point of the heart). Turn the two free ends towards each other and tie them together with string. Tie a bow of red ribbon around this point.

This is ready to be a summer gift.



Books

Better than Real Life

By Richard Freed PhD

(Review from *Waldorf Today*, issue 692)

Psychologist and author Richard Freed reveals in *Better Than Real Life* the untold story of Silicon Valley joining forces with world-leading psychology experts to create the hidden science of persuasive design that is pulling kids away from the real world onto screens.

The science is so powerful that it is able to persuade youth, at a genetic level, that sitting sedentary on social media, video games, and online video is better than running and playing, better than engaging with school, better than spending time with family.

Dr. Freed has devoted his career to revealing how Silicon Valley industry is using psychology—a discipline that we associate with healing—as a weapon against kids in order to pull them online and keep them there.

Robbed of the real-world lives that must be the foundation of childhood, our kids are suffering from epidemic levels of physical, psychological, and academic problems.

Who's protecting the kids? As a parent, an educator, a health-care provider, or other person involved in raising children, why aren't you being informed about the risks that supposed "child-safe" technologies pose to youth?

Why has the industry been able to steal so much of childhood with little to no resistance?

Freed shows that the leading pop-culture "health-based" institutions claiming to protect kids from unhealthy technology are actually aligned with industry, often financially, and act as promotional bodies for consumer tech products.

Freed uncovers how a small privileged group of parents is providing their own kids a science-based low-screen childhood while the remainder of kids are pushed toward a screen-centered existence.

This is wrong. Science-based parenting must be made available to all families.

Better Than Real Life shows how we can provide our kids the healthy childhood they need—in the real world.

The book is now available on [Amazon.com](https://www.amazon.com).

Richard Freed, PhD, is a child and adolescent psychologist, author, and leading expert on how our kids' increasingly screen-focused lives affect their physical and mental health as well as academic success. His insights have been featured in the *New York Times*, *Wall Street Journal*, and other media outlets. He lives in Walnut Creek, California, and is the proud father of two daughters.

Contact information for Dr. Freed: To request an interview, book a speaking event, or read more about Freed's work, visit www.RichardFreed.com

Praise for Better Than Real Life

"This book will haunt you, but in all the best ways. It's not enough to know our kids are being tricked and manipulated, it's knowing how they are being tricked that will help parents—and kids themselves—make smarter screen-time decisions."

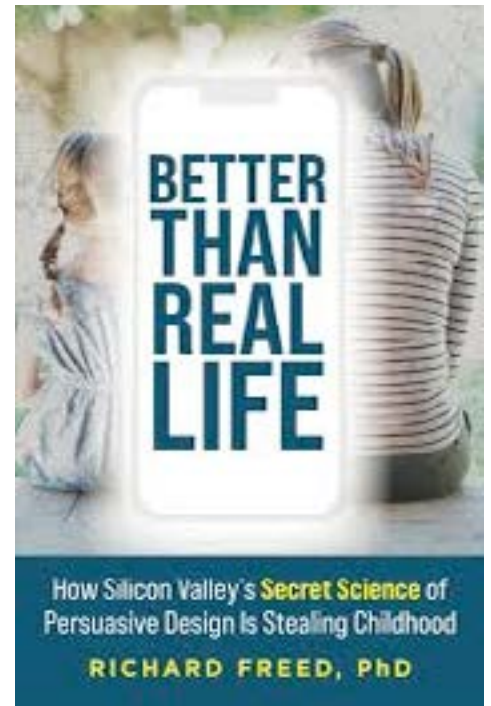
—Victoria Duncley, MD, integrative child psychiatrist and author of *Reset Your Child's Brain*

"Dr. Freed courageously exposes the 'puppet masters' hiding behind kids' screens, shedding light on how technology and gaming companies employ neuropsychologists and neuroscientists to implement manipulative designs in their digital products."

—Andrew P. Doan, MPH, MD, PhD, neuroscientist and author of *Hooked on Games*

"This beautifully written and accessible book will give you calm, clear, and courageous information that cuts through profit-driven marketing, tech-industry manipulation, and media hype."

—Kim John Payne, MEd, author of *Simplicity Parenting*, *The Soul of Discipline*, and *Emotionally Resilient Tweens and Teens*



True, Kind, Necessary, Securing

By Kim John Payne

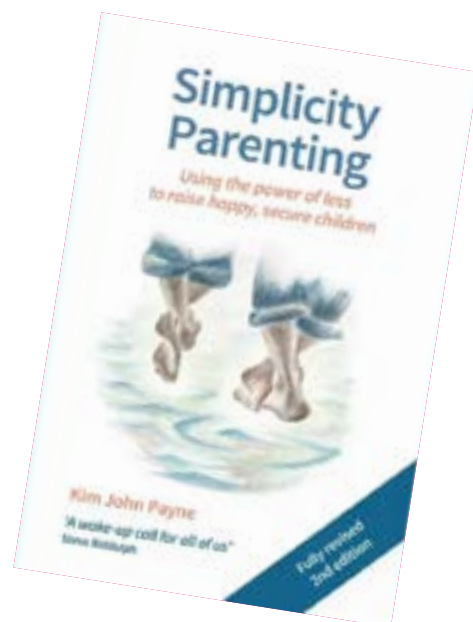
An extract from Simplicity Parenting 2nd edition

Most every wisdom tradition cautions for the wise use of words, acknowledging their tremendous power to inspire and to wound. This might be most obvious on the world stage, where the words of someone like Martin Luther King Jr. can echo through history, capturing an era and galvanizing change.

But I see the power so much more commonly wielded in the family. Through the noise and bustle of daily life, a parent's words can help shape the way a child sees the world and, most importantly, sees themselves.

In our era of spin and counter-spin, when words are parsed and split, where news stands beside opinion and embraces blogs, meaning is often drowned out. Just as it's hard to cherish a toy lost in the middle of a mountain of play-things, when we say less, our words mean more.

One of the best filters I know for talking less has been attributed to (among others) the 19th-century guru Sai Baba, Socrates, the Bible, the Quakers, Rotarians, the poet Beth Day, the Sufis, and an early 20th-century Unitarian sermon.



Known by various names, including the Threefold Filter, it forms the basis of 'Right Speech', one of the pillars of the Buddhist Eightfold Noble Path. You could probably find an echo of it in every religion and culture, and like most basic truths, it's easier to remember than it is to put into practice.

I find that this filter works wonders for parents, wherever and whenever they remember to use it, in helping them speak less, and more consciously.

Before you say something, ask yourself these three questions: Is it true? Is it kind? Is it necessary? And I would add, will it help the child feel secure?

True.

Gossip and hear-say will fail the first filter every time. This filter alone is worth its weight in gold.

By asking ourselves if something's true before we say it, we also notice how often we pass off exaggeration, opinion and supposition as truth.

Imagine the 'verbal load' of your home all the words that swirl around, whether they come directly from family members or are brought in from outside.

Now imagine a basket at the front door for the rejects, the words that can't come in; in it are all of the unsubstantiated, nasty, hurtful, mean things that people say about one another. With the filter in place, is there more air, more quiet in the home?

By filtering your own speech you lead by example, but you can use this as a guide for what you'll listen to as well. 'Hey mum, did you hear about the Andersons, and what their mum did?' 'No, but first, Kiki, is it true?' 'I think so – Amy told me, and I think her dad is maybe their accountant or something like that, or at least he used to be, so he would probably know.' 'No, darling, that doesn't sound like truth to me. I don't want to hear it.'

Kind. Is it kind?

If what you're about to say has passed the first filter – it is true – it must still pass a test of compassion: is it kind?

Some things that are true still don't need to be said, if doing so would be hurtful. Bullying wouldn't exist if children used this filter, but adults have to model and reinforce it first.

If a bully's most common weapons are put-downs – taunts or criticisms – parents sometimes engage in the same behavior – through words and body language – under the guise of instructing or motivating a child.

Where I see parental over-involvement, I very often see put-downs. Sometimes in my work, whether in family therapy or in a school setting where there are bullying issues, I challenge parents to go on a three-week, self-imposed put-down diet.

By being more conscious of the put-downs they use with their children – the judgments, the names and the characterizations ('You always...' and 'You are so...') – they begin to see how 'admonishing' and 'challenging' can feel a lot like bullying.

'Is it kind?' is a critical filter, and home is a wonderful place to put it into practice. What better place to set a standard of kindness to others and to one another?

When we have to instruct our children, as parents, it helps to remember that even difficult truths can be said with kindness. Is it kind?

Necessary.

I think of this as the verbal 'clutter' filter. Is what I'm about to say necessary? Is this now my sixth pass at an explanation, and my children stopped listening during my third?

I don't take 'necessary' to mean that everything we say has to be instructive, or have some larger educational or inspirational purpose. Instead, I take 'necessary' to mean 'more important than silence'. What enables us to read a word is the white space all around it, and without some intervening quiet we couldn't hear a thing.

Silence is important, especially in a noisy family in a noisy world. And noise is self-perpetuating; so if your children grow accustomed to a 'noisy norm' they'll always try to create and maintain that level of clamor.

There – I've scared you. Let's agree to the obvious: that silence is important, wherever and whenever we can find it. Given the importance of silence, the clutter filter, 'Is what I'm going to say necessary?' should clear the air in your home even further.

'Is it necessary?' will be most helpful in guiding your own speech. As your children begin to notice that you're saying less, they'll listen more. But it's tough to use this one as a filter for what you'll listen to from your children.

Necessary? 'Dad, I was thinking about space travel and I realized that jet packs might work even better on your shoes than on your back.' 'Mum! Quick! There's a ladybug in the bathroom and it's the same one I saw when I was five! It's in the exact same spot, only now I can't remember its name!'

Necessary? Yes, actually, these probably are 'necessary'. 'Please, please dad, can I have it?' 'Mitch, I said "no". You've already asked me twice; a third time's unnecessary.'

Securing.

There is so much going on in the world that we could possibly speak about in front of our children, but will it result in them feeling secure?

Certainly, we can't protect them from world tragedies, but we can filter what we share with them so that what we say will give them a feeling that they have a safe base here with us, their parents.

This four-part filter is beautiful in its simplicity. I sometimes jot down the words – 'true/kind/necessary/secure' – on my calendar or notebooks, just so I can carry them through the day.

Like everything worthwhile, it takes practice to consciously erect these filters somewhere between our minds and our mouths. Luckily, as parents, we have many opportunities a day, every day, to practice.



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.



Powelly Market Day

4 Blake Street, Powelltown

Sunday

February 16th & March 16th

9am - 2pm

Unique
Stalls!

SAUSAGE SIZZLE

Specials
Galore!

CAKE STALL

RAFFLE

STALL HOLDERS \$15 / Day

Tables in the hall available.

Be quick to secure the best spots

Ph: 0458 432 301

powelly.hall@gmail.com



Gardening

February In Your Patch

Source: *Sustainable Gardening Australia*

Because it is warmer than summers 10 years ago, you might need to change what you normally do your garden. Maybe in February in your patch some of your summer crop is having a little bit of a last hoorah, you may find the tomatoes, eggplant and capsicum and still chugging along. In any case, it's time to start thinking about preparing your garden for autumn planting. This month's guide has loads of tips and ideas of what to do NOW that will ensure your patch is ready to go. Wait until the heat of the day is off and then spend some lovely time in the garden.

Weeding

Weeding is a great job to do at this time of year. Cut down the competition between your tasty treats and these space invaders, and tidy up your patch. It may sound tedious, but it's incredibly rewarding!

Planning

Time to think about what wonders you will whack into your patch come April. Preparing beds and plots now means that when autumn planting time rolls around, your garden will be ready and waiting. Removing spent plants, clearing areas of weeds and topping up organic matter is an excellent February job. A nail rake, some good organic compost and lovely sustainable mulch is the perfect recipe for productive patches of the future.

It is still fairly warm around these parts, but there are a number of incredible edibles ready to go in now. Try lettuce, spinach, leek, silverbeet, and some Asian greens towards the tail end of the month. Broccoli, leeks and spring onions could be worth a shot when the nights get cooler.

Add some colour and movement to the patch, and pop in some of these little pretties: stock, dianthus, viola, pansy, verbena and ageratum.

Give most herbs a miss just now, but, if you're really keen, get rolling with parsley and watercress.

Garlic is good to go once the weather cools a touch.

Top up mulch on your veggie patches, herb gardens and ornamental beds. A hot summer tip is to mulch after watering the patch, to a depth of about 7cm. Keep mulch clear of plant stems...especially young seedlings. Choose sustainable, low environmental impact mulch, one that will enrich your soil as it breaks down.

Plants feel the need for a feed at this time of year. A seaweed tea or low environmental impact liquid fertiliser is perfect, especially for the seedlings shoved in at the tail end of last year.

Apply to the soil early in the morning, and in the concentrations mentioned on the packet.



Online Lecture Series

5 consecutive Thursday Evenings

Beginning
Thursday 13th March 2025 7.00 – 8.30 pm

Spiritual Food
for BD Farmers & Home Gardeners

Given by
Johannes Schuster

Everyone Welcome


First Lecture is free

For a short YouTube Introduction click [here](#)

Get your First Lecture Free Ticket [here](#)

www.SpiritInMatter.com.au

info@spiritinmatter.com.au



YARRA VALLEY

ecoss Presents:



ECOSS VALLEY MARKET

EVERY FRIDAY ~ 3.30 - 6PM



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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!

Warburton/Redwood Playgroup

Thursdays, from 13th February for 6 weeks

10:30 AM – 12:00 PM

ADRA Community Care Centre, 3505 Warburton Hwy, Warburton

Mums of babies, toddlers, and preschoolers, join us for a fun and social morning at the Warburton/Redwood Playgroup! Held at the ADRA Community Care Centre, enjoy morning tea while your little ones play with toys and games. Exciting sessions include a Bunnings workshop, Messy Play, and Storytime. A perfect chance to make local friends and share experiences. Morning tea provided

ADRA Redwood Community Centre

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

3505 Warburton Hwy, Warburton

(03) 5966 2320, katebarratt@adra.org.au

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Mid-week morning Eurythmy

Come and experience the gentle art of Eurythmy. Mindful movement that helps to re-centre and orientate us in the world through connecting and moving together.

All are invited with no experience necessary.

Sessions will be led by Kelly Papas

When: Wednesdays starting 12th February 9.00am – 9.45am

Where: The Eurythmy Room, Little Yarra Steiner School, 205 Little Yarra Road, Yarra Junction

Cost: \$15 for casual attendance.

For queries contact Kelly on 0414391039

Supporting Anxious Children online workshops

Does your child worry, feel anxious or seem stressed at times? Want to gain a greater understanding of anxiety and strategies to support your child? Presented by Anxiety Recovery Centre Victoria, this session will cover:

- Understanding anxiety and normal childhood development
- The signs and symptoms in your children
- Types of anxiety disorders
- What's helpful and not helpful
- Methods and strategies to support your children
- Where to go for more information/support

Parents, carers and early childhood professionals are invited to attend FREE online information sessions:

- Monday 17th February - parents and carers of children aged 0-6 years
- Thursday 20th February - parents and carers of primary school children
- Wednesday 5th March - parents and carers of secondary school children

<https://www.trybooking.com/events/landing/1329107>



Wecan 2025 Parent And Caregiver Events

The registration fee for each event is \$10 USD, You can register online through the WECAN bookstore. We want everyone to be able to participate in these events. If you require financial support, please contact Heather Church at hchurch@waldorfearlychildhood.org. These events are all live, so please note the date and time of the events you sign up for. All who register will receive access to the event recording except for the Practice Sessions which will not be recorded.

Please remember which email address you use to sign up, as a Zoom link will be sent to you the day of the event. Please do not opt out of receiving emails from us, so we can send you the Zoom link.

Registration for all events closes 24 hours before the event.

We look forward to you joining us!

Heather Church
WECAN Co-Coordinator



A Zoom Parent/Caregiver Event
with Adam Blanning MD

An Unfolding Flower: The Spiritual Growth and Development of Children

March 5, 2025
at 3:30 pm HT, 5:30 pm PT, 6:30 pm MT,
7:30 pm CT, 8:30 pm ET.

For more information contact
hchurch@waldorfearlychildhood.org

 WECAN
WALDORF EARLY CHILDHOOD
NATIONAL ASSOCIATION

Children mature on different levels with different timelines. As a general rule, children first work to take hold of a new capacity within themselves, within their body, and within their physiology. When that is practiced and "ripe," we see a refinement of that capacity go out towards the outside world. We could describe it this way: a breath into ourselves, a breath towards the outside world. We will explore how this unfolds over the first 21 years of life, on the levels of growth, emotion, and self-identity.

Find out more or book [here](#)



Adam Blanning, MD practices anthroposophic medicine in Denver, CO, and works closely with children, families, and schools to support healthy development on a physical, social, sensory, and spiritual level. Dr. Blanning teaches nationally and internationally as a co-leader of the Medical Section at the Goetheanum in Switzerland. He is the author of *Raising Sound Sleepers: Helping Children Use their Senses to Rest and Self-soothe*.

A Zoom Parent/Caregiver Event
with Meagan Gill

Part I: Affirming Values and Honoring Differences: Engaging in Anti-Bias Education with Young Children

March 26, 2025 at 2:30 pm HT, 5:30 pm PT, 6:30 pm MT, 7:30 pm CT, 8:30 pm ET.

Part II: Practice Session with Alma Partners

with Aiyana Masla and Masumi Hayashi-Smith

April 2, 2025, at 2:30 pm HT, 5:30 pm PT, 6:30 pm MT, 7:30 pm CT, 8:30 pm ET.

For more information contact hchurch@waldorfearlychildhood.org



Part I

In this follow-up session to our April 2024 presentation on the same topic, Early Childhood teacher and Waldorf alum Keelah Helwig will help parents and caregivers understand and support healthy, age-appropriate racial identity development in young children. Drawing on research and decades of her own experience as a Waldorf student and teacher, Keelah will offer a framework to help adults reflect on racial identity and share practical exercises that help all students love the skin they are in. This two-part event includes a practice/skill-building session.

Part II

In the week following the presentation, Aiyana Masla and Masumi Hayashi-Smith of Alma Partners will lead practice sessions for participants to integrate what they have learned with Keelah. In these sessions, participants will have opportunities to connect in small groups, engage in reflective exercises, and collaboratively delve into problems of practice associated with Racial Identity Development and Anti-Bias Education. (not recorded).



Join us for a joyful online workshop, 'Please, Can We Play Games?'. Led by the delightful Ruth Ker, this session is all about actively embracing the healing power of play. Learn fun and engaging games to play with children—at home or in the classroom. Children connect to their world through play, and with a caring adult joining in the fun, the experience becomes even more magical. Ruth will share some of her favorite games collected over the years, sparking laughter and lighthearted moments that will foster bonds and create lasting memories for the adult and the child.

Untutored Art Group

Wednesdays, 10am – 1pm

Cire Community Hub, Yarra Junction

Love art? Join this relaxed, self-led art group where creativity flows freely. Bring your materials, share ideas, and create in a supportive space. No experience needed—just a passion for art!

For more info, contact Vanessa Czerniawski at 5966 2320 or vczerniawski@whe.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 21st March



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



FOR SALE



3



1



1



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EXEMPLARY!

*This fully renovated home offers new walls, floors, plaster, electrical wiring, guttering, a bathroom, a kitchen, and a cozy wood heater

*The entertainer's kitchen features a 900mm Smeg cooker, generous counter space, and ample cupboards

*The spacious living areas boast an open-plan design that flows seamlessly into the dining area

*Additional conveniences include a powder room, a European laundry, and a rear deck perfect for unwinding or entertaining

PRICE

\$790,000 - \$860,000

ADDRESS

1515 Little Yarra Road, Powelltown

Professionals Yarra Valley

2460 Warburton Hwy, Yarra Junction VIC 3797

03 5967 1800

andrewmcmath.com.au



View this property at:
<https://tinyurl.com/LYR1515>

Events Calendar

FEBRUARY

Dog Day Event

Sunday 23rd February, 9am-4pm

Warratina Lavender Farm, Wandin

A pawsome day out for dog lovers! Enjoy a doggy market, fun competitions, demonstrations, and tasty treats for you and your furry friends. A tail-wagging good time guaranteed!



Powelly Market Day

Sunday 16th February, 9am – 2pm

4 Blake Street, Powelltown

Discover unique stalls, delicious treats, and community fun at Powelly Market Day! Enjoy a sausage sizzle, cake stall, and raffle, plus plenty of great local finds. Stallholders welcome—just \$15 per day! Book now to secure your spot. See you there! powelly.hall@gmail.com. 0458 432 301



25 years of giving back! Join us for a FREE outdoor celebration to mark Community Bank Warburton's incredible journey—over \$5 million reinvested in the Upper Yarra! Enjoy a fun-filled afternoon with the community. Everyone's welcome! admin@upperyarra.net.au

Clean Up Australia Day

Sunday 2nd March 2025, 9am – 11:30am

Millgrove Shopping Precinct

Join us in keeping Millgrove beautiful! Meet at the Millgrove Shops for a family-friendly clean-up and help care for our local environment. All welcome—bring gloves and a smile! Stay after for a cuppa and a chat. This event is proudly organised by the Millgrove Resident Action Group



LIVE LOCAL, LOVE LOCAL

YOUR LOCAL PROPERTY EXPERTS

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



Your Local Community House!

We're lucky to have three amazing Community Houses in the Upper Yarra, each offering courses, events, and programs to bring people together. Whether you're looking for social groups, workshops, or new skills, there's something for everyone!

Click below to see what's on:

- **Cire Yarra Junction Hub: What's On**
- **Seville Community House: Summer Planner 2025**
- **Woori Community House: Courses & Activities**

The Yarra Ranges Film Society



The Yarra Ranges film society starts back again on Tuesday 11th of February. New members are invited to join us at Warburton Art Centre, 7.00pm for 7.30 start.

The Yarra Rangers Film Society incorporates the Arts Centre in Warburton and the Metro in Healesville. Members can go to either location. We show a collection of classic, contemporary and foreign films. The second Tuesday of every month at Warburton all the third Tuesday of every month at Healesville.

Our aim is to promote cinema as an art form and do so in our local venues. After each monthly film screening; we have a casual gathering which includes a light supper. It's a social society and a great way to meet members of the community you might not otherwise meet.

Annual Membership (9 Films) \$80
Concession \$70. Student \$35.

Full brochures available at the Cinemas.

4 FEBRUARY TO 4 MARCH

MEET THE MAKERS

EXHIBITION & DEMONSTRATIONS

WARBURTON WATERWHEEL GALLERY

FREE ENTRY 10AM TO 4PM DAILY + 3400 WARBURTON HWY + 03 5966 9600

Calling All Women Artists of the Yarra Valley...

2025
Body of Empowerment
Exhibition

at the Waterwheel Gallery in Warburton in April 2025

EXPRESSIONS OF INTEREST CLOSE ON FEB 15TH 2025

<https://forms.gle/S9rf2aT2xuCdhs59>

FOR MORE INFO CONTACT
LOUISE@BODYOFWELLBEING.COM.AU

OUR VISION IS A COMMUNITY CONNECTED WITH, NURTURING, AND CELEBRATING BODIES OF ALL SHAPES AND SIZES.



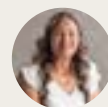
85 ROSELLA ROAD WESBURN

5  2  2  1  82 acres (approx)

STUNNING HARKAWAY HOME ON 82 ACRES APPROX WITH VIEWS

Set in prime position which gifts the best Yarra Valley views one can have, this 82 acres (approx) of prime grazing land is an exceptionally rare opportunity. The home, only 15 years young needs to be seen to be believed - with easy access to the aqueduct trail, Yarra River, its own dams with stocked fish, motocross track and shooting range.

FOR SALE



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ASH HUTSON
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9735 3300



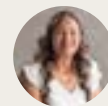
20 RYMERS ROAD GLADYSDALE

3  1  1  4  10 acres (approx)

RURAL LIVING WITH BREATHTAKING VIEWS.

Your own precious piece of the Yarra Valley, this splendid 3-bedroom, 1-bathroom homestead on over 10 acres (approx) boasts a large deck with breathtaking views, open plan living and dining with fireplace, well-equipped kitchen, rumpus, yard, paddocks, split system heating/air con, solar panels, water tank, electric car charger plus a garage/workshop.

FOR SALE



LEAH BANNERMAN
0448 924 266



ASH HUTSON
0408 335 403

BARRY PLANT LILYDALE
9735 3300