

Sweet Porridge



March/April 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.

Beginners Tango Classes

A 6 week course in the Yarra Valley

Sunday afternoon's
11th May to 15th June 2025
4.30pm - 6pm

Little Yarra Steiner School
The Gymnasium
205 Little Yarra Road, Yarra Junction

\$240 per couple for 6 weeks

Bookings and enquiries:
Please call Ronan - 0404 323 584 or
email: ronanmoconnor@gmail.com
Note that class numbers are limited and
bookings close Friday 2nd May.



Argentine Tango: A Dance of Presence and Communication

Argentine Tango is more than just a dance—it is a conversation without words, a flowing connection between two people and the music. Unlike other structured dances, tango is not about memorising steps but about learning to listen—to the music, to your partner, and to your own movement.

In our beginner-friendly classes, we will explore the fundamentals of tango in a welcoming and supportive environment. You will learn to move with confidence, develop a sense of balance, and experience the joy of dancing in harmony with another person.

No dance experience is needed—just bring comfortable shoes, an open mind, and a willingness to explore this beautiful and expressive art form.

People joining the classes will need to have a dance partner for the duration of the course.

Our teachers: Tom and Tania Hungerford are passionate tango dancers who see the dance floor as a space for creative expression, connection, and joy. As experienced educators, they love sharing their knowledge with dancers of all levels, from complete beginners to those with experience. Tom began his career as a professional dancer and has spent decades exploring movement forms that uplift and enrich human experience. Tania brings a rich background in teaching, art, and anthroposophy, with 28 years of experience in adult education.

Autumn Leaves

by Monty Edwards

Like an ancient herald's call
Rustling leaves in autumn fall.
Though they whisper, never shout,
Yet their message leaves no doubt:
"Summer's heat is on the wane,
Winter's on the way again!"

Waring Wombat Season

Source: **Museums Victoria**

- 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.



Waring - Wombat (*Vombatidae* sp.)

Advertising deadline for the next issue of Sweet Porridge is Friday 25th April 2025

Embracing Autumn

As the vibrant colours of autumn settle in, we are reminded of the rhythms of nature that guide our lives. This season, a time of transformation and reflection, invites us to slow down, and connect with the earth.

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

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Advertising rates and artwork specifications for Sweet Porridge

- Small ad / 25 words – \$3
- Business card: 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

Guitar Tuition

by Simon Robinson Class 5

**Tuesdays – Thursdays
3:30pm - 4:30pm**

Hi! I'm Simon from Class 5. I have many years of experience teaching and playing guitar and I'm very excited to offer lessons after school at LYSS commencing in Term 2.

I specialise in beginner and intermediate levels for adults and children, including acoustic, electric, bottleneck slide, bass guitar and music theory.



**Feel free to call for more information:
0466 381 164**



Shaun Kirk Live at ECOSS

Friday, 11th April 2025 | 5:30 PM – 8:30 PM
Yarra Valley ECOSS

Tickets are selling fast for Shaun Kirk's live gig at ECOSS! Don't miss the chance to enjoy this amazing performance after The Valley Market. Grab your tickets now before they're gone!

HOOK IN 2 HOCKEY

FIRST SESSION FREE

All Equipment Provided

- 4-14 year olds
- Introduction to Hockey
- Learn New Skills
- Mini Matches
- Fun, Social & Making new Friends

4:15-5:15pm

Healesville
Lilydale
Launching place
Mooroolbark
Warranwood

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 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

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.

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 Chamber Brand Cello and bow. Great condition – some minor wear and tear. Comes with HYBRID brand Cello case (these retail for about \$399) Selling together for \$575 - can bring to school -Welcome to have it assessed by Music Dept). Call Amber on 0417 590 359

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 Chamber Student 300 Cello (rrp \$1550) and hybrid wheeled case (rrp \$399). Cello has some cosmetic marks. \$700. Please contact Nastassia 0401579137

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

**The Art of Play and Wonder:
Foundations in Steiner Education**
Workshop for carers of 4-6 years old
face-to-face at Warranwood, 4-5 April 2025



This workshop focuses on the distinctive elements of Steiner Education for early childhood that honour the developmental needs of young children.

Key topics include building inner strength and inspiration (for parents and educators), storytelling, *understanding the expression of young children through their drawings, movement, and play*, and practical skills such as woodworking for pre-school teachers and children.

<https://teachsteiner.org/ECWorkshop4-6>

ALSO check out the Primary C11-2 Sensory Integration workshop at <https://teachsteiner.org/SensoryIntegrationC1s1-2>

MELBOURNE
RUDOLF
STEINER
SEMINAR
50 years of teacher training & adult education



Nourishing and Supporting Family Life
Online, Sat 10-11am, 10 May – 14 June



\$190
early bird special
if enrolled prior to
11 April 2025

The early years of a child's life are crucial for laying the foundation for the development of the child's mind, body, and soul. Learn how to create an home environment to be a safe and reassuring place to grow a healthy body, learn about the world, foster capacities for curiosity and imagination, and educate the heart. This course is for parents and carers with young children up to the age of 4 years old. **Tutor: Kim Roche**, MRSS Playgroup Leader, former primary and drama teacher, and counsellor.

<https://teachsteiner.org/NourishingFamilyLife>



HUGS FOR KIDS

— Online Toy Store —

Toys — Games — Books — from Baby to Teen



• Shop at hugsforkids.com.au
• Local delivery

Little Yarra Road, Gilderoy, VIC, 3797
— (03) 8740 8743

Our top picks for
the Easter holidays...



Sweet little
treasures
for Easter
gifting

Start a
holiday
project



Perfect for
travel and
holiday fun

Rudolf Steiner and the Renewal of our Cultural Life

From Waldorf Today, 4th March 2025

In the context of current social, economic and political events, I have a growing sense that humanity may finally muster sufficient motivation to seriously engage in the seminal ideas on three-folding introduced by Rudolf Steiner over a century ago.

How do we find equality in the 'rights life' in the face of seismic shifts towards totalitarianism around the world? How do we find each other as caring humans in the economic realm when income inequality and rule by millionaires seems to be the new normal? And are people even aware of the alarming loss of freedom in the cultural life today?

How can we preserve an inner life in the face of sensory, emotional and intellectual pollution streaming towards us, threatening to overwhelm the often quiet voice of conscience?

In a recent school visit I found myself in conversation about how schools, institutes and community initiatives need to collaborate as never before to guard our freedom in the cultural sphere so that: children can be educated based on developmental insights (not politically motivated mandates), teachers are free to teach with spontaneous creativity (not bound by standardized goals) and administrators/leaders can make decisions on behalf of those they serve (not just out of compliance or financial constraints). Freedom is a spiritual condition that is hard to win and easy to lose.

Starting with the publication of his seminal work, *Intuitive Thinking as a Spiritual Path: A Philosophy of Freedom*, Rudolf Steiner describes sense free thinking as a pathway towards an experience of freedom. This form of thinking has a profound moral quality.

Human beings are freely creative when this strenuous activity results in something new in the world, when we are not simply beholden to the dictates of the past. For this, we need to become free of old karma which seeks to hold us back.

In a lecture on freedom and love, (given on 4.18.09), Rudolf Steiner speaks of the urgent need to support free creative activity in the moral sphere. It takes much love to overcome and transform the obstacles of unredeemed karma.

Perhaps we are thrown together in schools and other organizations with the express challenge to do this redemptive work together.

As we approach the 100th anniversary of Rudolf Steiner's death on March 30, 2025, we could collectively resolve to do our own 'truth and reconciliation' work regarding anthroposophy and the remarkable human being who brought it to the earth for our present time.

Rather than using old thought habits of criticism and polarization, do we have the courage to use 'beginners eyes' to see the good, beautiful and true in anthroposophy, our schools and each other? Do our thoughts, words and deeds diminish or raise us up?

Most of all, may March 30th inspire gratitude towards the deeds born out of freedom. If one has been touched by Waldorf education, biodynamic produce, Camphill communities, anthroposophical medicine, eurythmy and the other arts, and the amazing people who are inspired by anthroposophy, let us give voice to our gratitude on March 30 and beyond. As with love, there is no such thing as being too grateful.

Torin M Finser, PhD

Professor, Antioch University

Director, CfA Waldorf Leadership Development:



Rudolf Steiner By Otto Rietmann

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

Apple Cake, from *The Children's Year*



This tasty cake is easy to make and uses the fruits of autumn's harvest.

You will need

- 100 g melted butter or margarine or oil, plus extra for greasing the cake tin
- 200 ml syrup or honey (or some of each)
- 1 teaspoon vanilla
- 200 g whole wheat flour
- 1 1/2 teaspoon baking powder
- 1 teaspoon salt
- 1 1/2 teaspoon cinnamon
- 50-75 g raisins
- 100 g chopped nuts
- 4 medium apples, chopped small
- mixing bowls and spoons
- measuring utensils
- 23 x 33 cm cake tin
- paper doily, powdered sugar, sieve (optional)

What to do

- 1 Preheat the oven to 180°C, 350°F, Gas Mark 4.
- 2 Lightly grease the cake tin.
- 3 Cream the melted butter, syrup or honey and vanilla.
- 4 In another bowl, mix the dry ingredients.
- 5 Combine the liquid and dry ingredients, stirring until blended. Do not over mix; it makes the cake dry.
- 6 Stir in the raisins, nuts and apples.
- 7 Spread the batter in the cake tin.
- 8 Bake at 180°C, 350°F, Gas Mark 4 for 45 minutes or until done.
- 9 For an extra special occasion, once the cake is cool, decorate the top by placing a paper doily on top of the cake and sifting powdered sugar over the doily. Carefully remove the doily, and you have a lovely design.

Fennel, Pepper and Tomato Tart

Serves 6

- | | |
|----------------------------------|---------------------------------------|
| 1 400-g (14-oz) tin kidney beans | 6 tomatoes, peeled and thickly sliced |
| 2 tbsp non-dairy milk | 1/2 tsp coriander seeds |
| 2 tbsp vegan pesto | 1/4 tsp fennel seeds |
| sea salt and pepper | 2 1/2 tbsp olive oil |
| 2 heads fresh fennel | 1 tsp lemon juice |
| 1 red pepper, seeded and halved | 1 sheet pre-rolled puff pastry |

Preheat oven to 190°C (375°F/Gas mark 5). In a food processor, combine the beans, non-dairy milk and pesto and process until smooth. Season with salt and pepper. Set aside. Trim the base of the fennel without damaging its ability to hold the bulb together. Remove and discard the green stalks. Cut the fennel into 8 and place in a saucepan. Cover with boiling water and simmer for 10 minutes, drain thoroughly and cool. Meanwhile, place the pepper under a hot grill and cook until the skin blackens, turn and repeat until the whole pepper is charred. Wrap in clingfilm, let cool, then remove the skin and slice. Unwrap the pastry and lay it on greaseproof paper on a baking tray. (If you can't find pastry sheets, roll out pastry into a rectangle 3 mm (1/8 inch) thick.) With a knife, score a border 2.5 cm (1 inch) from the edge. This will rise to form the edge of the tart. Spread the bean purée on top of the pastry, taking care to stay within the scored line. Arrange the tomato slices on top, followed by the fennel and pepper. Crush the coriander and fennel seeds and sprinkle over the vegetables with salt and pepper. Brush the outside border with olive oil, then drizzle the remaining oil and lemon juice over the vegetables. Bake for about 25 minutes or until the pastry is risen and golden brown. Slip off the parchment paper and serve warm or at room temperature.



UPPER YARRA MUSEUM

presents

CRANK UP

~ 2025 ~

Heritage & Community Festival

April 5-6, 2025 : 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

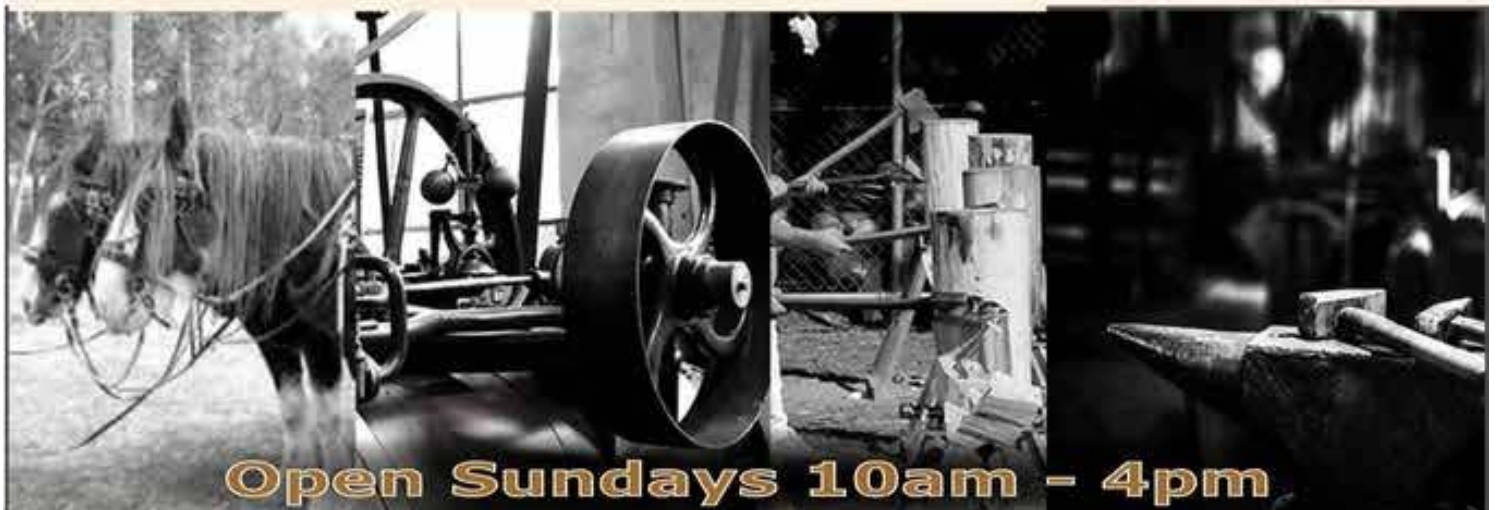
WORKING DRAUGHT HORSES

LIVE BLACKSMITHING AND HERITAGE TRADES DEMONSTRATIONS

KIDS ACTIVITIES - DONKEY RIDES - JUMPING CASTLE

FOOD TRUCKS

CARSHOW - LIVE MUSIC ~Saturday
WOOD CHOP COMPETITION ~Sunday



Open Sundays 10am - 4pm

D.A.S. Blacksmith
<https://dasblacksmith.square.site/>

UYVHS.info@gmail.com
www.upperyarramuseum.org.au

Craft: Tie-dyed Eggs



From:
Making the Children's Year
by Marije Rowling

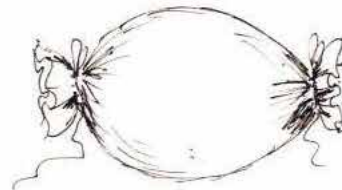
This is not suitable for small children to attempt, but teenagers can have a go.

YOU WILL NEED

- The palest eggs available
- Food dyes or egg dyes (or you can use lots of onion skins, for a rich golden brown colour)
- Tiny flowers and leaves
- An old nylon stocking
- Strong cotton thread
- Glue
- Furniture wax and a cloth

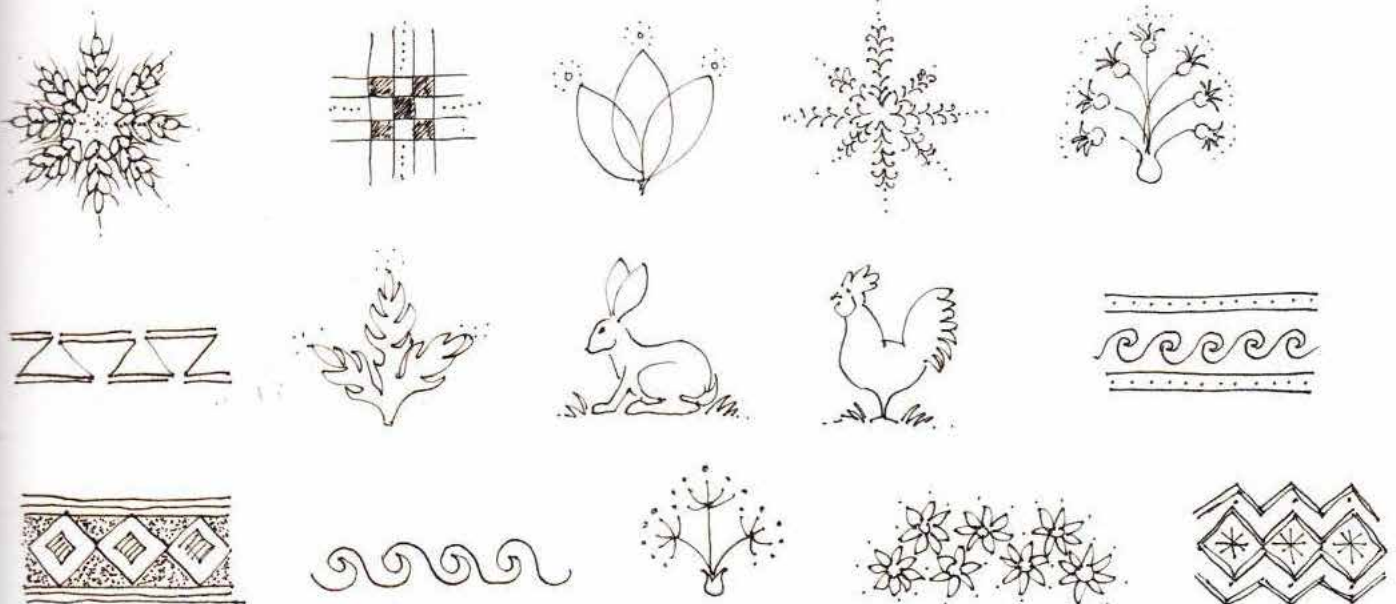


1. Follow the instructions on the egg dyes. Or boil your eggs till hard if you are using food dyes. But, if you use onion skins, do not boil your eggs yet. Cut a rectangular piece of stocking big enough to easily wrap the egg and firmly tie up one end. Carefully arrange the flowers and leaves around the egg with tiny dabs of glue. Put the egg inside the stocking, pull the nylon tightly over it and secure firmly. Your parcel is ready for dyeing.



2. Use either the egg dye or the food dye but take care not to dye it too strongly otherwise the delicate patterns will be lost. If you use onion skins, first boil them in water in a saucepan for 10 minutes then put your wrapped eggs, raw or blown, in with the skins and boil them all together for at least another ten minutes. Onions take longer to dye. When done, unwrap the eggs and let them dry in an egg box with the big hole at the bottom. When fully dry, rub the egg with furniture wax to give it a deep sheen. The delicate patterns show up beautifully on the coloured eggs. These eggs look beautiful on the Easter table.

Here are some Easter egg motifs to get you started.



School Holiday Activities

Autumn 2025



Same but Different: A Trilogy

The Memo Healesville
Fri 11 Apr – Sat 12 Apr 2025
Recommended for ages 15+



Dad and Me Movie Night: Scoob!

Montrose Town Centre
Thu 10 Apr 2025 | 7.00pm
For children aged 3-8 years



A Toast to Melba

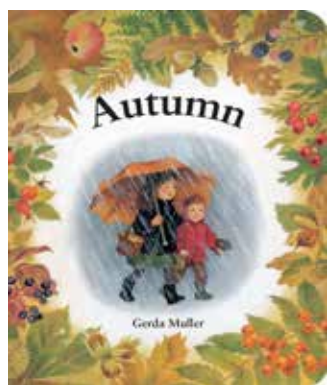
Yarra Ranges Regional Museum
Weds – Sun | 10am – 4pm | Free entry
On Display until Sun 29 Jun
Recommended for all ages



Melba's Vintage Playroom

Yarra Ranges Regional Museum
Weds – Sun | 10am – 4pm | Free entry
On Display until Sun 29 Jun
Recommended for all ages





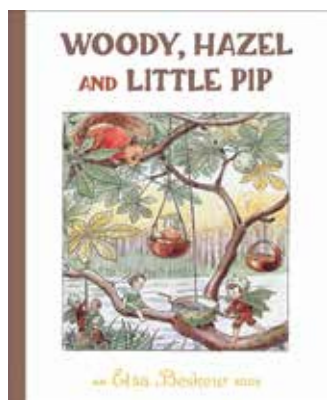
Autumn by Gerda Muller

This is one of a series of four books without text, which lead the young child through the seasons of the year.

Full of fun, active illustrations, this chunky

board book shows the joys of playing in leaves, collecting conkers, flying kites and making jam.

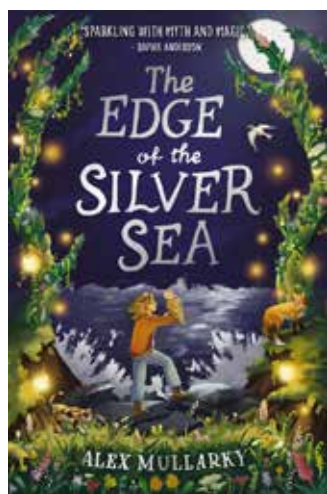
Woody, Hazel and Little Pip by Elsa Beskow



Woody and Little Pip, the acorn children, begin an adventure flying through the air on an autumn leaf. When they don't come home their friend Hazel sets off to find them.

This delightful autumn story by the world-renowned Swedish author-illustrator Elsa Beskow charmingly describes the

woodland adventures of two acorn children who get carried away by the blustery autumn wind.



The Edge of the Silver Sea by Alex Mullarky

From the author of *The Sky Beneath the Stone*, this wildly magical upper middle-grade fantasy explores family and friendship, the balance between humans and nature, and the people and places we embrace as our own. *The Edge of the*

Silver Sea deftly weaves Celtic mythology and folklore -- from kelpies and selkies, to will-o'-the-wisps and river spirits -- with themes of environmentalism, in Alex Mullarky's trademark captivating style.

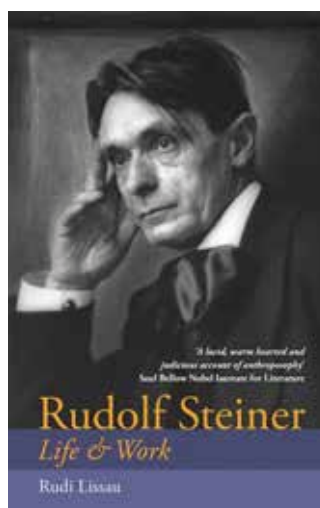


Biodynamic Farming Handbook by John Bradshaw

In the *Biodynamic Farming Handbook*, John Bradshaw, a seasoned expert with over 50 years of experience, provides an in-depth guide to this

transformative approach, offering a sustainable path to soil health and near perpetual fertility. With a clear, science-backed overview and detailed practical instructions, he equips growers with the tools to harness the full potential of Biodynamics.

Learn about the techniques that enhance soil biology and photosynthesis, leading to healthier, more flavourful crops. Explore case studies of successful Biodynamic farms in Australia and Europe using the pioneering Australian Demeter Biodynamic Method developed by Alex Podolinski. Featuring a foreword by Richard Gantlett and a preface by Neil Ravenscroft, this comprehensive guide is a must-read for farmers transitioning to organic, regenerative agriculture.



Rudolf Steiner: Life & Work by Rudi Lissau

Rudi Lissau gives a fascinating overview of Rudolf Steiner's life, philosophy, meditative path and work. He summarises Steiner's revolutionary thinking on Waldorf education, biodynamic farming, medicine, the arts and sciences -- offering

an inspiring alternative to materialism. Uniquely amongst spiritual teachers, Steiner was also an activist who campaigned against totalitarianism, nationalism, imperialism, free market capitalism and for a commonwealth society based on freedom, equality and fraternity. Central to his teaching were profound insights into Christ and the destiny of humanity.

YARRA VALLEY

ecoss Presents:

ECOSS TWILIGHT MARKET

FRIDAY 28TH MARCH - 3.30 - 8PM



Stalls ~ Cooking demo. ~ Music



YARRA VALLEY ECOSS
711 OLD WARBURTON RD
WESBURN



WWW.ECOSS.ORG.AU





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.

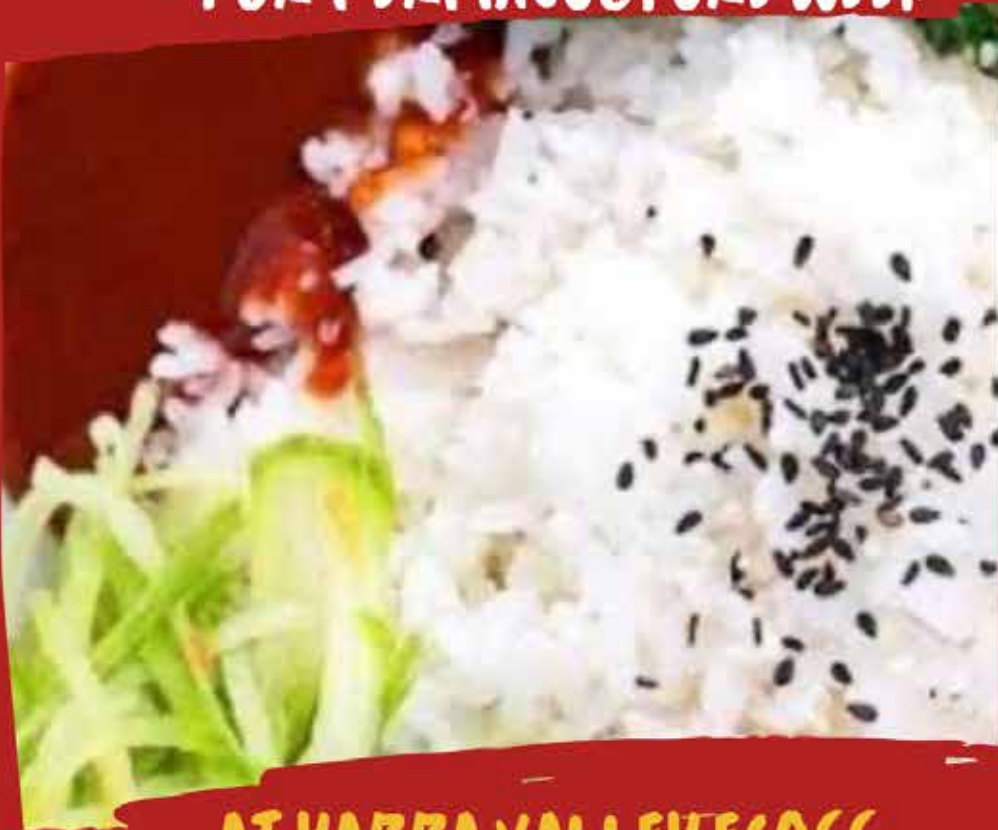


KOREAN BIBIMBAP WORKSHOP

WITH INSUN CHANG

5PM FRIDAY 28TH MARCH
2025

-FOR PERMACULTURE WEEK



AT YARRA VALLEY ECOS
711 OLD WARBURTON RD, WESBURN



YARRA RANGES COUNCIL-
GARDENS FOR HARVEST PROGRAM



yarraranges.vic.gov.au

Easter wheat grass



Image by KamranAydinov on Freepik

Two weeks before Easter, plant wheat in a bowl for a lovely Easter table display.

What you will need

- Packet of wheatgrass seeds (you can buy these from most health food shops)
- Seed compost or a small amount of soil from your garden will also do.
- Pretty container, this could be a plant pot plate, a small basket, or a soup bowl (anything soup bowl size you're happy for compost to be put into).

What you need to do:

- Fill your container with a small layer of compost (if you're using a basket, line it with some foil or plastic first, so it won't get it ruined).
- Water the compost so it is thoroughly moist
- Sprinkle the wheat grass seeds evenly over the moist compost
- Water the seeds using a spray bottle, or by pouring water through your fingers
- Put into a warm place, the seeds won't need sunlight until they start to appear.
- Once the seeds start to sprout move the dish to a sunny window sill
- Water daily or as needed to keep the soil moist.

Source: Mud & Bloom.com

10 jobs to do in the garden in April

by Judy Horton, www.gardeningaustraliomag.com.au

A change of season brings about a change of focus in the garden. There's a heap to do in the patch and elsewhere, so let's get stuck in.

- Plant spring bulbs into pots and garden beds for a great display in late winter and spring.
- Prune maple and birch trees to shape and manage their size.
- Dig out and divide well-established clumping natives, such as kangaroo paw, lomandra and dianella.
- Work compost or manure into garden bed soil in preparation for planting bare-rooted trees, shrubs, vines and roses in winter.
- Plant leafy asian vegies, such as pak choy and tatsoi, and spring onions.
- Sow seed of climbing snow peas into a sunny, well-drained bed next to a supporting fence or trellis.
- Cut down jerusalem artichoke after the leaves have turned yellow, and shred the stems to make mulch.
- Spray peach and nectarine trees with a copper-based fungicide after leaf fall to help prevent the onset of curly leaf disease in spring.
- Create some colour with a winter-spring hanging basket now that the weather is cooling.
- Thicken and patch bare lawn sections by sprinkling cool-season grass seed, such as rye or fescue, in those areas.



By pikisuperstar on freepik.com

The Christian Community Melbourne Yarra Valley Service

Saturday 29th March 2025

Little Yarra Steiner School – in the Admin Hall
205 Little Yarra Road, Yarra Junction

10am: The Act of Consecration of The Human Being
(please arrive at least 5 mins before)

11am: Morning-tea - please bring a shared plate

11.30am – 12.30pm: Talk: *Prayer in our Times* with Rev. Darryl Coonan.

All are welcome to join us for the service and/or for the talk.

Our Community is very grateful to

The Little Yarra Steiner School for their support. Thank you!



The Christian Community relies entirely on financial contributions of every member, friend and visitor. Please contribute to support the priests, activities and premises through regular or one off donations to:

Christian Community in Australia Melbourne Inc
BSB 313 140, Account No. 12260444

Treasurer: Janet Mackey

Treasurer's

email: melb.treasurer@thechristiancommunity.net

For more information contact:
Lisa Pearson: 0412 209 761
Cheryl Nekvapil: 0458 124 088

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.

Monday Morsels with Nina

Mondays 10am-12pm

Join Nina for a nutritious breakfast, and feel free to jump into the kitchen to learn how she makes her delicious dishes! Or simply share a meal in a warm, welcoming community space. Everyone is welcome! See you there!

Open Pantry

Mondays & Fridays 10am – 2pm

Thursdays 6pm – 8pm

The Open Pantry offers fresh fruit, vegetables, and bread to the community for free or by donation. On Friday mornings, takeaways are available (donations appreciated). Donations of produce and pantry items are also accepted. Support and share with your community!

Friday Social Drop-In

Fridays 10am-2pm

Grap a cuppa and a chat, or join the craft group for some inspiration and encouragement. The food pantry is available, and the free DVD/book library is open for browsing! Everyone welcome!

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.

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



Brushy's Play Space

ADRA Redwood Community Centre, Warburton

Bring your little ones to Redwood Community Centre for playtime, story sessions, and library visits! Connect with other families, enjoy fun activities, and create special memories together in a friendly, welcoming space. Stay updated by following us on Facebook: The Redwood Community Centre.

Brushy's Play Space is open Monday, Tuesday, and Thursday from 10 AM – 2 PM. Pop on down and say hi, or join one of our fun programs!

Warburton/Redwood Playgroup

Thursdays 10.30am-12pm

10:30 AM – 12:00 PM

Meet other parents over morning tea while your kids play! A great way to connect and have fun.

Story Time with Kelly

12th May, 9th June 11am – 11:30am

Enjoy magical stories in a cozy, interactive setting—perfect for little book lovers!

Library Flexi Visits

Fortnightly Thursdays 12:00 PM

Borrow books and explore wonderful stories right at ADRA Warburton.

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

School Holiday Activities

Autumn 2025 - Calendar



Let's Make Playdough

- 10am-11.30am | Seville
- Age: 2-5 years
- Booking required.



Ruccis Circus workshop

- 10am-11am | Ages 3-8 years
- 11am-12pm | Ages 8-14 years
- Belgrave
- Booking required.



Soccer Clinic

- 10am-12pm | Mooroolbark
- Age: 5-14 years
- Booking required.



Leaf printing

- 10am-11am | Lilydale
- Age: 3-8 years
- Booking required.



Let's Build Lego-quiet play

- 9.30am – 10.30am | Mooroolbark
- Age: 2-8 years
- Booking required.



Joyride Pump Track

- 2pm – 3pm | Coldstream
- Age: 8-14 years
- Booking required.



Pottery


- 1.30pm – 3pm | ECCOSS
- Age: 8-14 years
- Booking required.



Scan to
explore more
events and
book now!

For more information

 1300 368 333  www.yarraranges.vic.gov.au/schoolholidays

 earlyyears@yarraranges.vic.gov.au



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 25th April



Op Shops in the Upper Yarra

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

Golden Opportunity Shop

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

AdCare Op Shop

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

Yarra Ranges Recycling Services

689 Old Warburton Rd, Wesburn.
9am – 3:30pm Mon/Fri/Sat,
9:30am – 3:30pm Sun

FICE

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

Benwerren Boutique

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



Mini Beasts Festival

Sunday, 06 April 2025 | 10:00 AM to 03:00 PM

Birdsland Reserve, Belgrave Heights

This fun family event includes:

- Live insects, spiders, frogs and reptiles from Black Snake Productions
- Friends with Honey Mini Pollinator Palooza - build a bee hotel, taste honey and see inside a bee hive!
- Interactive displays to learn about waterbugs, worms and platypus
- Bugs, bugs, bugs - Learn about bugs and see how many you can find
- Nature play activities
- Face painting
- Environmental education
- Food available for purchase



Yarra Valley Autumn Plant Fair

Saturday, 12 & Sunday 13th April 2025

09:00 AM to 04:00 PM

125 Quayle Road, Wandin North, 3139

Plan a wonderful and interesting day out to the Yarra Valley Autumn Plant Fair & Garden Expo this April.

- Exclusive release of new imported Irises from Riversdale Iris — their first time ever in Australia!
- Over 40 stall holders and 5000+ varieties of plants
- Meet the experts including Stephen Ryan, and knowledgeable growers will be on hand to answer any of your garden queries
- Take part in our rare plant auction (Sunday only)
- Plant and gardening demonstrations from stallholders
- Supporting Kids with Cancer with a variety of fundraising activities
- Free kids activities including potting
- Dog friendly event

The Wellspring
WARBURTON.

2025 OPEN DAY & BOOK SALE

Sunday
13th
April
from 10 am to 3 pm

3424 Warburton Highway,
Warburton, Victoria

- Book & Crystal Sale
- Lemonade Stand
- Oracle Card Readings
- On-site Practitioners
- Workshops
- Venue Tours

Doug Macmillan (M: 0438 932 377) | Jessica Eden (M: 0409 016 574)

wellspringwarburton.org

Autumn Story

A story by B. Marking

Once there lived a hedgehog called Hedgy Hedgehog. One evening he woke up just as Father Sun was going to bed. Autumn winds were blowing showers of golden, red and brown leaves across the meadow.

Hedgy Hedgehog scrambled out of his bed under the hedge and began to look for worms and beetles. As he trotted along he mumbled to himself, "All I need is a few worms and beetles to eat. I am getting nice and fat. Soon I will make myself a nest and lie down for my Winter rest."

Hark! Who was that calling? Was it Mother Earth calling her children? Already many beetles and butterflies were nestling amongst the leaves and grasses. Autumn had come.

Hedgy Hedgehog began to look around for a soft bed of leaves. Above the trees the sky was grey and wintry. "I'll stay here," he said to himself. He crawled into his leafy bed and curled up ready to go to sleep for the Winter.

Busybody Squirrel Nutkin was still busy searching for nuts. When he heard Mother Earth calling he said, "Wait Mother Earth. I'll go to sleep when it gets really cold."

He scurried down the tree and sat on the grass beneath, looking for nuts. "I have to collect lots more nuts and acorns," he said. He put some into his cheeks and carried them up the tree. Two of his store cupboards were already full so he put them into a new hiding place. Then he sat on a branch looking about him. What a lovely brown coat he had.

Mother Earth called again, "Squirrel Nutkin, Squirrel Nutkin." And the wind sang a song for him:

Squirrel Nutkin has a coat of brown,
The loveliest coat in woodland town.
Two bright eyes look round to see
Where the sweetest nuts may be.

Squirrel Nutkin held up his two tufted ears and listened. Then he darted away and was gone amongst the branches.

B. Marking.



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 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).

**A Zoom Parent/Caregiver Event
with Ruth Ker**

**Please Can We Play
Games?**

**April 16, 2025
at 2:30 pm HT, 5:30 pm PT, 6:30 pm MT,
7:30 pm CT, 8:30 pm ET.**

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.



**A Zoom Parent/Caregiver Event
with Ruth Ker**

**Please Can We Play
Games?**

**April 16, 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**




Ruth Ker, WECAN’s Teacher Education Coordinator and representative on the AWSNA Teacher Education Delegates Circle, and a Program Director for the West Coast Institute for Studies in Anthroposophy. She lives in Duncan, BC, Canada, where she was a founding teacher at the Sunrise Waldorf School. She is the mother of two grown Waldorf students and has four grandchildren. As the facilitator of the WECAN Older Child in the Kindergarten Group and member of the international IASWECE working group on this theme, Ruth edited *From Kindergarten into the Grades* and *You’re Not the Boss of Me*. She is also the author/editor of *Please Can We Play Games?*.



FOR SALE



GREEN VALLEY FARM

- *Bluestone home with polished timber floors and wrap around verandah
- *Gardens with veggie patch, berry tunnel, and fruit trees
- *Bore water, 75000L tanks, and private dam with gazebo
- *Sheds, workshop, home office, and garage
- *Fenced paddocks, stables, and self-contained cottage

PRICE

\$1,350,000 - \$1,450,000

ADDRESS

80 Parkinsons Road, Launching Place, VIC 3139

Professionals Yarra Valley

2460 Warburton Hwy, Yarra Junction VIC 3797

03 5967 1800

andrewmcmath.com.au



View this property at:
andrewmcmath.com.au/1358420
Property ID: 1358420

Events Calendar



Permaculture Week 2025

22nd March – 29th March

Permaculture Week in the Yarra Valley, will feature a variety of events, including the Grow Show by UYV Garden Club, workshops at PEACE Farm, a Solar Power Site Visit in Warburton, a Cheesemaking Workshop in Woori Yallock, and the ECOSS Twilight Market in Wesburn. Visit permacultureweek.org for full program details.

Tour of Edible Warburton Community Garden

Thursday, 27th March 2025, 10-11am

We have new water tanks and a shed arriving this week, and a brick compost bin building workshop coming soon.

Autumn Twilight Market

Friday, 28th March 2025, 3:30 PM – 8:00 PM

Yarra Valley ECOSS

Join us to celebrate Permaculture Week with a special edition of the ECOSS Twilight Market! Enjoy extra stalls, a cooking demo, and live acoustic music by The Little Yarra Ensemble. Support local businesses and grab the best produce the Valley has to offer!

Crank Up 2025

**Saturday 5th and Sunday 6th April,
10 am – 4 pm**

Upper Yarra Museum

Learn about heritage trades and vintage machines, browse through the Museum collections, and enjoy

food and drinks while listening to some live music.

This event showcases vintage machinery (moving and stationary) and vintage cars; live blacksmithing and heritage trades demonstrations; an exciting wood chop competition and working draught horses; live music and fun kids' activities as well as market and food stalls. Vintage car show takes place on Saturday and wood chop competition on Sunday.

Shaun Kirk Live at ECOSS

Friday, 11th April 2025, 5:30 PM – 8:30 PM

Yarra Valley ECOSS

Don't miss the chance to enjoy this amazing performance after The Valley Market.

2025 Wellspring Open Day & Book Sale Sunday, April 13th, 10 AM - 3 PM

Join us for a fun-filled day with amazing activities, workshops, and great deals on books!

- Book Sale
- Practitioner Workshops
- Crystals from Doug
- Lemonade Stand by Warby Primary Kids



**LIVE LOCAL,
LOVE LOCAL**

YOUR LOCAL PROPERTY EXPERTS

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